



Possession - Speed of Play

Category: Tactical: Possession
Difficulty: Moderate

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Individual-Adult Member

Description

Speed of play

Warm up (10 mins)

Organization

30 x 20 grid - split the rectangle up into 3 or 4 teams no more than 4 on a team. Each team needs 1 ball.

Players pass and move around the inside of the square - to begin with you can pass and receive from any team and any player.

Follow the pattern below changing it every 3 minutes.

1. Open touches - players are to receive the ball and are not in a rush to pass it, but they are asked to play the next pass with quality
2. Your team only - give 1 ball to each team - they can now only find their own team with passes - again as many touches as they want.
3. Find the other Team - players have to receive and pass too other colours in the square.
4. 2 or 3 touch Max - players pass and receive within their own team and maximum number of touches is 3.
5. Encourage players without the ball to find space - and always try and be open.



SAQ (5 mins)

Organization

Run the team through various SAQ drills.



3v1 - Monkey in the Middle (15 mins)

Organization

30 x 20 Rectangle split into 4 areas.

Inside play 3 v 1, each player in the middle scores points by intercepting the ball, keep each player in the middle for 90 seconds.

Coaching Points

1. Players who are not involved - should be reacting to the pass, can we support the player receiving the ball.
2. Can we push our first touch in the direction we want the ball to go in?
3. Can we play two touch soccer?
4. Quality and control of the touch and pass - is it smooth?



6v2 or 6 v 3 (20 mins)

Organization

Turn the 4 squares into 2, then play 6v2 or 6v3. Have players work in the middle for 90 seconds then switch

Coaching Points

1. If i don't have the ball can we find space?
2. Can I see where the ball is going? - can I then offer support to the player receiving the pass.
3. First touch as the ball is traveling can i find space to push the ball into can i open up my body to the full field - preparing for what to do next? I should be constantly looking for space so that my next touch is a pass



Possession fun game (20 mins)

Organization

Split your teams into two groups. inside a 30 x 20 grid - one whole group of players should be inside the grid. Against 1 defender (yellow).

After every 3 passes 1 additional yellow defender comes into help. Reset back to one defender after the yellow team wins the ball. Switch teams every 5 rounds.

Coaching Points

1. Can we keep the ball away from the player in the middle. Use the full field offering width, height and depth when possible.
2. Can we play longer passes after several short passes. this will help open up the field.
3. Technique - can we follow good passing techniques - use inside of the foot and driven passes
4. Be creative - play 1,2's around defenders
5. Move of the ball - support the player on the ball.



Game (15 mins)

Organization

Play a game - can we try and keep possession, and score points for passes.

