

POSSESSION GAMES

Activity #1:

Set Up:

A 15 x 15 yard grid is created with two cones positioned 1 yard from each corner as shown in Diagram (a) below. Two teams of six players are organized as follows: 4v4 inside grid, two players from each team positioned in a corner. In Diagram (a) below players (A) and (B) are the corner players.



Diagram (a)

Objective:

Both teams compete for possession of the ball. Players must maintain possession through sharp passing and constant movement. Points are awarded for passing to a corner player and receiving a return pass from the corner player. The return pass must go to the player who made the initial pass for a point to be awarded (i.e.) In Diagram (a) player (C) has made a successful pass to corner player (A). Player (A) must attempt to pass back to

player (C) for a point to be awarded. The corner players may opt to pass to another teammate at any time.

Coaching Points:

- The playing area is tight and must encourage quick ball movement.
- One and two touch play is essential.
- Communication is vital.
- Players must offer appropriate angles and distance of support.

Progression:

As above except, the corner player must play the return pass to a different teammate. In Diagram (b) below, corner player (A) has received a pass from player (D) and has returned the ball to teammate (C) for 1 point.

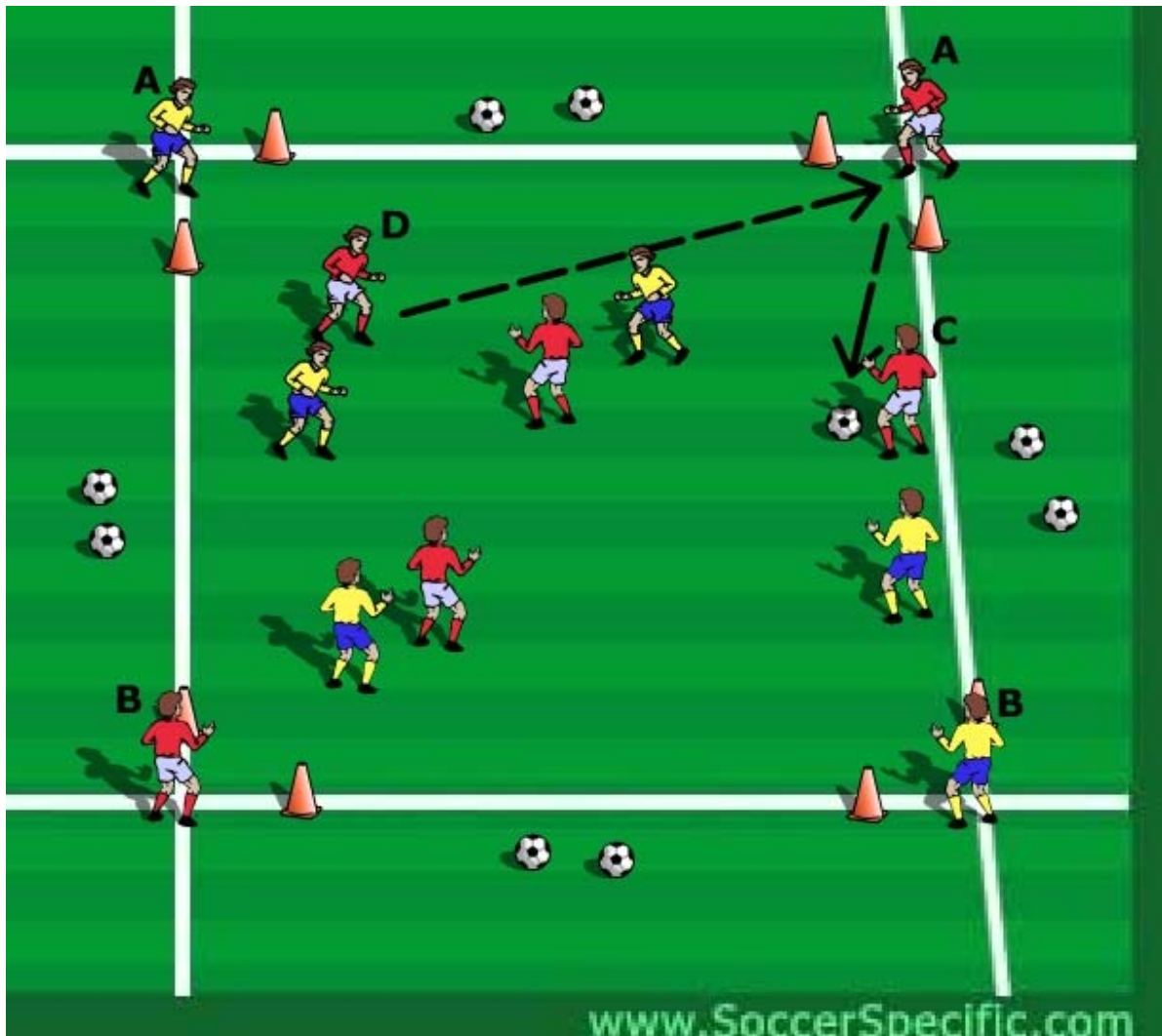


Diagram (b)

Coaching Points:

- Corner players must have an awareness of what options are available.
- Sharp ball movement.
- Angles and distance of support.
- Communication.

Progression 2:

As above except, the corner player enters the playing area upon receiving a pass. The player that made the initial pass to the corner now becomes the corner player. Diagram (c) illustrates corner player (B) entering the playing area after receiving a pass. Player (D) now becomes the new corner player.

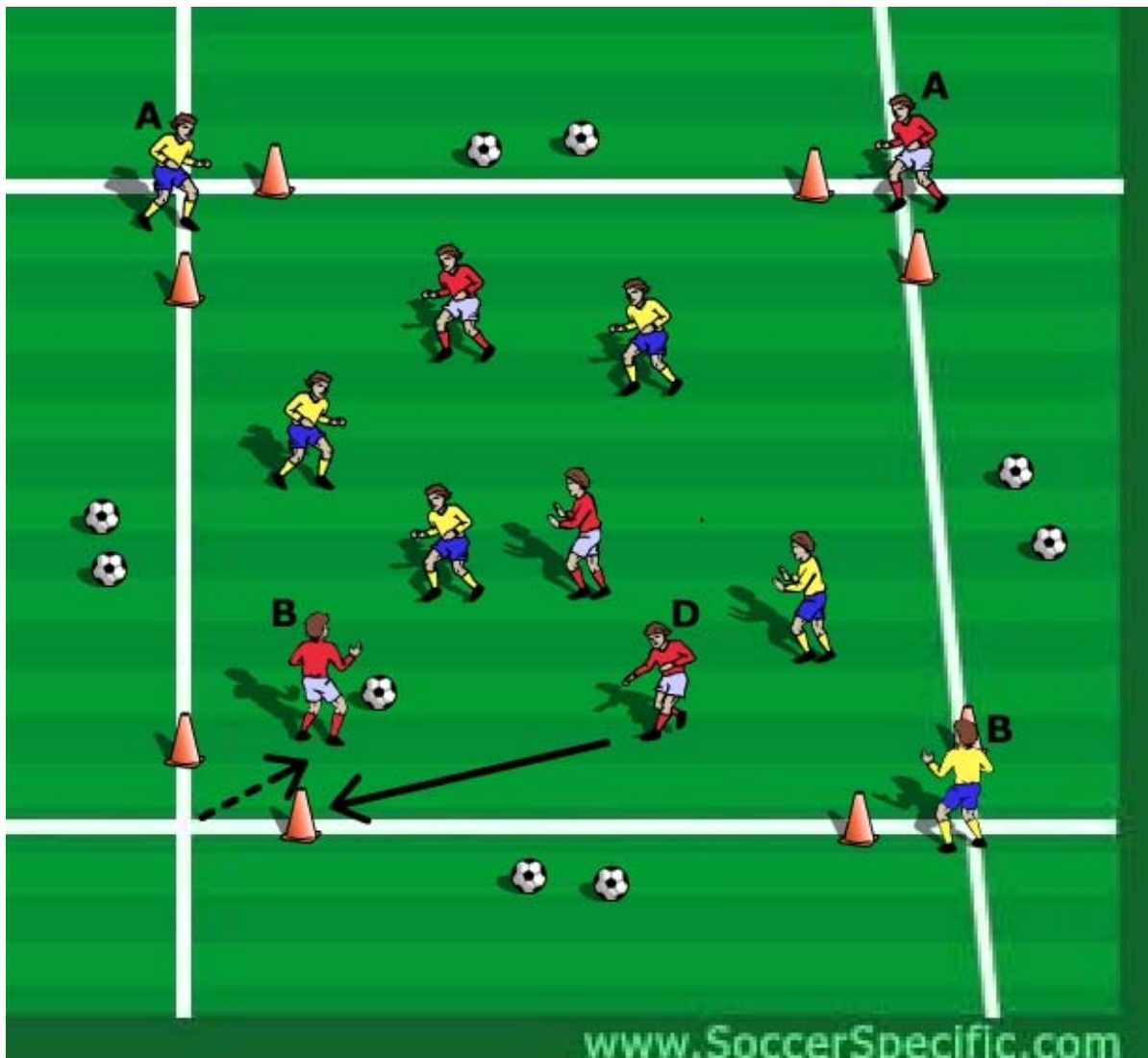


Diagram (c)

Coaching Points:

- Corner players must transition quickly into the playing area – stay switched on!
- Sharp ball movement.
- Angles and distance of support.
- Communication.

Activity #2:

Set Up:

A 40 x 20 yard grid with two 3-4 yard wide end zones is organized as shown in Diagram (d) below. A 5v5 is organized inside the grid and two “floaters” are positioned on the outside of the playing area.

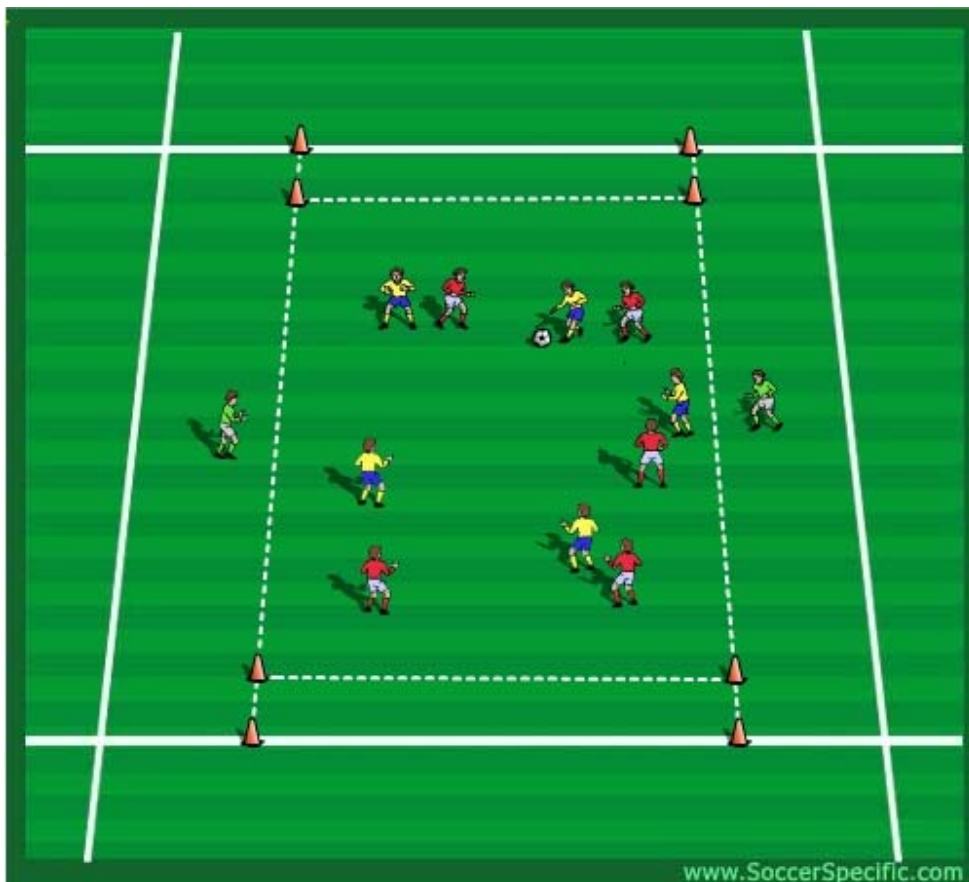


Diagram (d)

Objective:

Both teams compete for possession of the ball. Either team can utilize the floaters on the outside of the field at any time. Floaters are limited to 2-touch. Points are scored by successfully dribbling into either end-zone. If a point is scored the same team maintains possession and immediately attacks in the opposite direction. Play is continuous for the designated period of time.

Coaching Points:

- Sharp, crisp passing is essential.
- Movement off-the-ball must be constant.
- Angles and distance of support.
- Communication.
- Transition from defending to attack and vice versa.

Progression:

Targets are added to each end-zone area. Points are awarded for passing to a target player, receiving the return pass and then dribbling into the end-zone. Target players are restricted to 1 or 2 touch (depending on ability) In Diagram (e) below, player (A) has successfully passed to a target player. Player (A) must receive a return pass from the target player and then dribble into the end-zone for a point to be awarded.

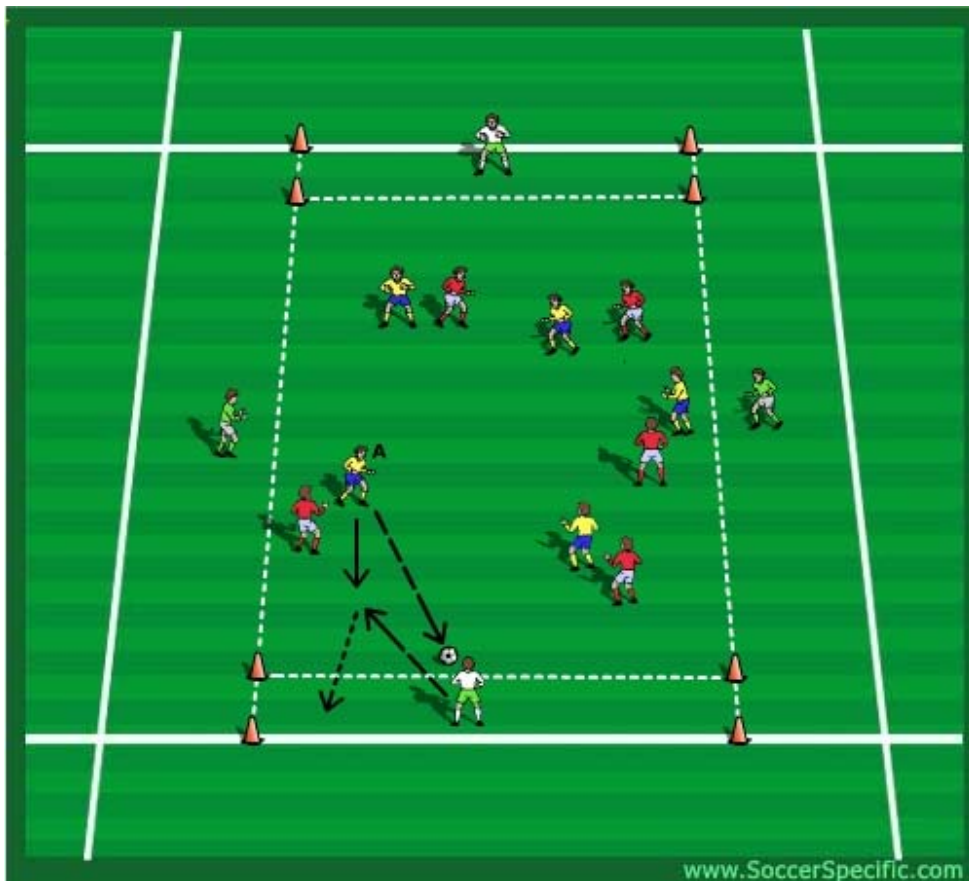


Diagram (e)

Coaching Points:

- Players must cover the distance quickly to offer support to the target players.
- Sharp, crisp passing.
- Movement off-the-ball must be constant.
- Angles and distance of support.

- Communication.
- Transition from defending to attack and vice versa.

Progression 2:

As above except, the target player must make a return pass to a different player. That player must then dribble successfully into the end-zone for a point to be awarded. Diagram (f) illustrates player (B) traveling quickly to offer a good supporting angle to the target player.

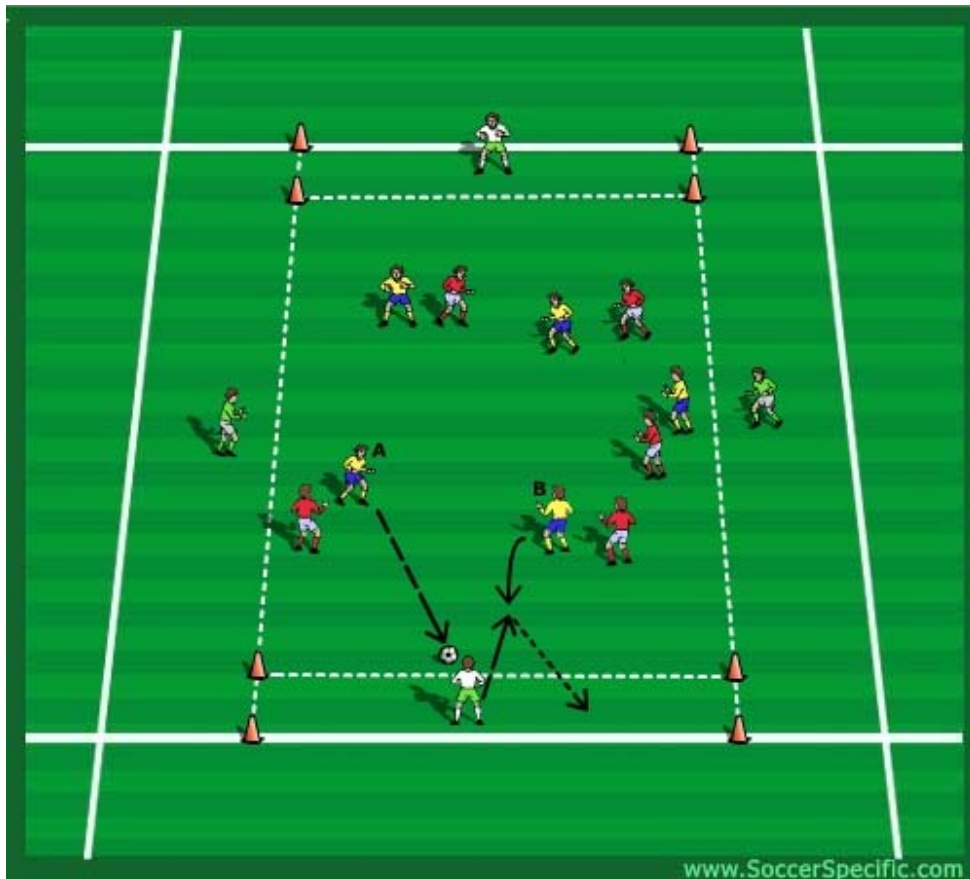


Diagram (f)

Activity #3:

Set Up:

A half pitch is organized as shown below in Diagram (g). A central playing area 35 yards wide x 25 yards deep is created in the center of the playing area as shown. An 8v4 is organized inside the central playing area. Four target players (defensive team) are positioned at cones outside the central playing area. Goalkeepers are positioned in each goal. A supply of balls is placed with the coach at the side of the playing area.



Diagram

(g)

Objective:

Play begins with a pass from the coach to any of the 8 attacking players. The 8 attacking players must attempt to complete 10 passes. On the tenth pass one player from the attacking team can burst out of the central playing area and go to goal. If the defensive team wins possession they must attempt to pass to any of the four target players positioned at the cones outside the central playing area. After a shot or a loss of possession the next ball is put into play by the coach. Play is continuous for a total of 6 balls from the coach.

NOTE: If the 8 attackers score then that ball does not count as one of the six total.

Example – If the attacking team scores on the fourth ball the next ball that is put into play is #4 again. Teams switch roles after 6 balls have been played.

Diagram (g) above illustrates player (A) bursting out of the central area towards goal.

Coaching Points:

- Defensive team must close down the opponents and deny passing options.
- Defensive team must work as one unit because of the numbers-down situation.
- Attacking team must use one and two-touch passing at all times.
- Attack at pace after the tenth pass.