



Possession

Category: Technical: Passing & Receiving
Difficulty: Moderate

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Individual-Adult Member

Description

Possession with 4v2

Warm up (10 mins)

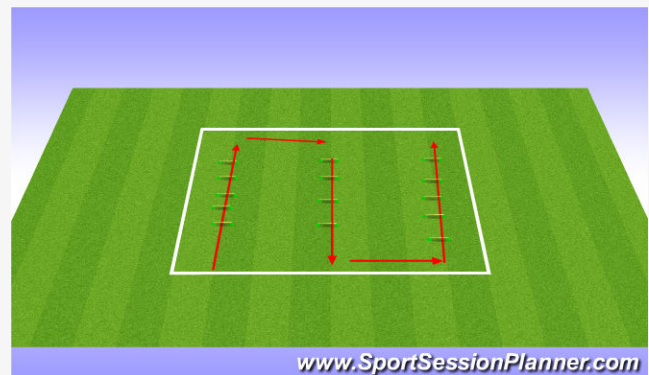
Organization 40 x 40 square split into 4.
Split teams into 2 teams, players pass and move inside the square trying to limit their touches to 2 only
players start at 50 % and increase as warm up progresses.
Add dynamic stretches. Skipping High Knees, heel flicks, open the gate, kick through skipping and windmills.



SAQ (10 mins)

Players follow the movement pattern

1. bunny hops
2. side to side

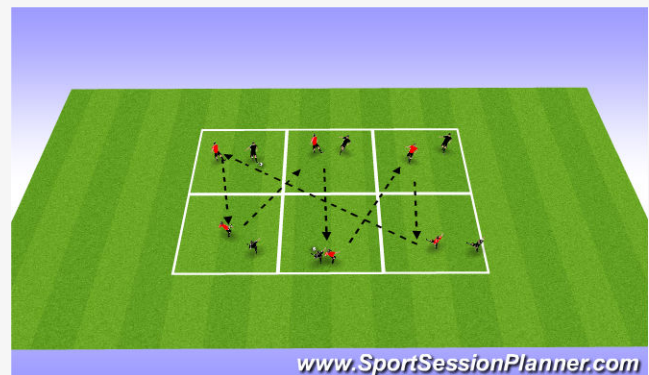


Technical (15 mins)

Organization 40 x 40 square split into 6 squares
split group into 2 teams and have 1 player per team inside
players must pass the ball from square to square following the "w" pattern opposite team can reverse the pattern.

Progression

1. sprint and touch line after pass
2. pass and follow.



Technical Advanced (15 mins)

Organization 40 x 40 split into 6 squares.

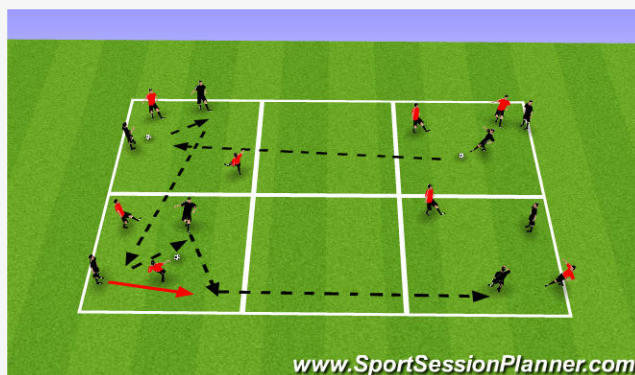
middle squares are empty

Players are split into two teams, 2 players of each colour per box

Players must pass and move the ball around the six squares red team would go one way and black team the opposite.

Coaching Points

1. quality of pass - weight and accuracy - driven - can we set, so that the next player can pass quick
2. support movement - create angles. can we set the ball so we can drive the pass to the far side
3. speed of play reduce touches to 1 touch only
4. can we be creative, as the ball comes in can we play a 1-2 before going to the next box.



4v2 (15 mins)

Organization 40 x 40

4v2 players play a 4v2

Coaching points

can we split the defenders

can we move the ball quick.

Supporting angles



Game (15 mins)

Formation 241-

Encourage players to keep possession when possible

Can we play out of defense

can we switch the point of attack?

can we penetrate quickly?

