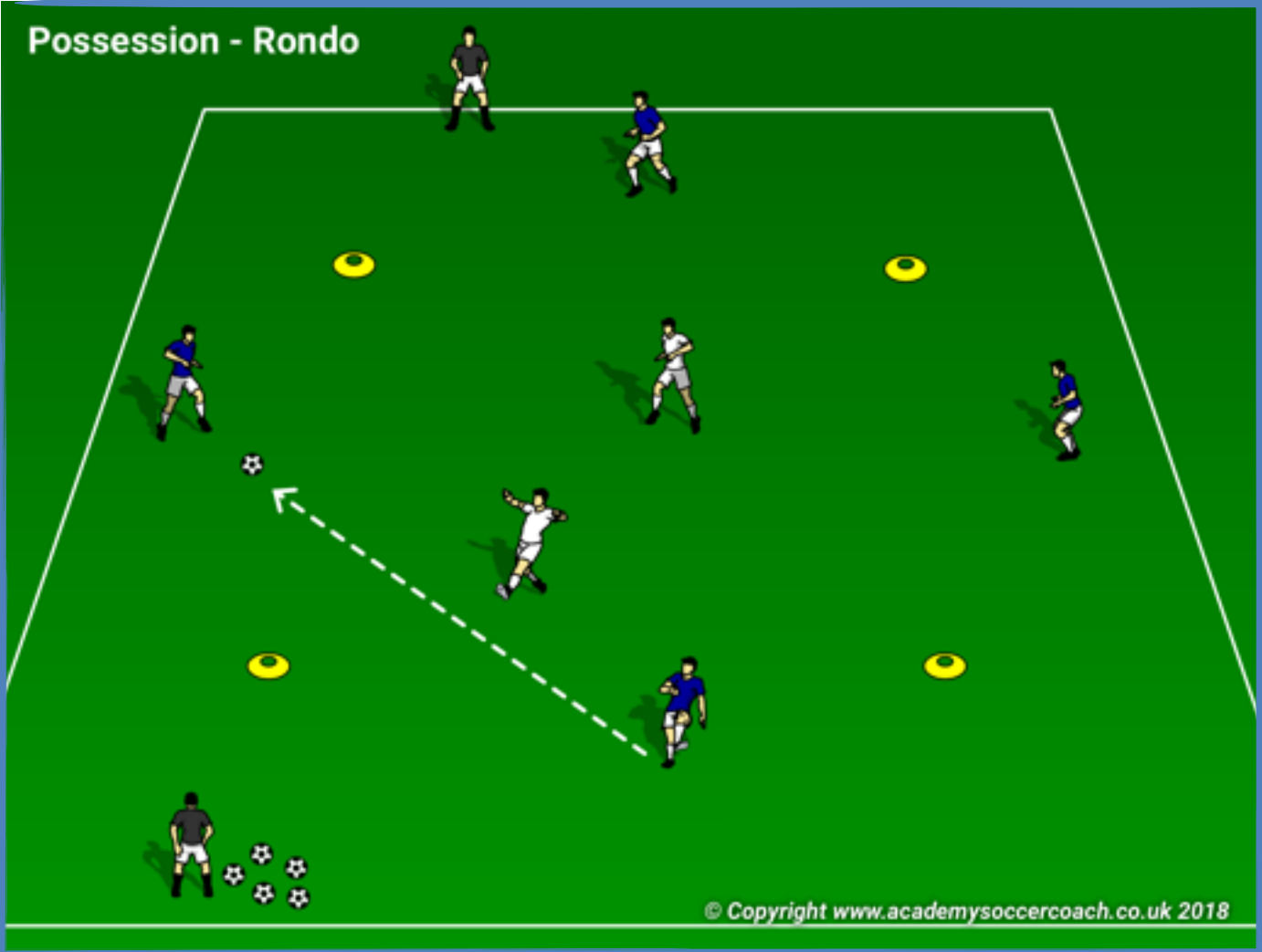


Possession Activities

Possession - “Every well-oiled soccer team works on possession because the coaches know that it greatly increases their chances of winning games. Not only is it a more attractive brand of soccer, it is also the best way to break down defenses and score goals.”

Possession - Rondo





Possession Activities

Why Possession or Rondo?

"Everything that goes on in a match, except shooting, you can do in a rondo. The competitive aspect, fighting to make space, what to do when in possession and what to do when you haven't got the ball, how to play 'one touch' soccer, how to counteract the tight marking and how to win the ball back." - Johan Cruyff

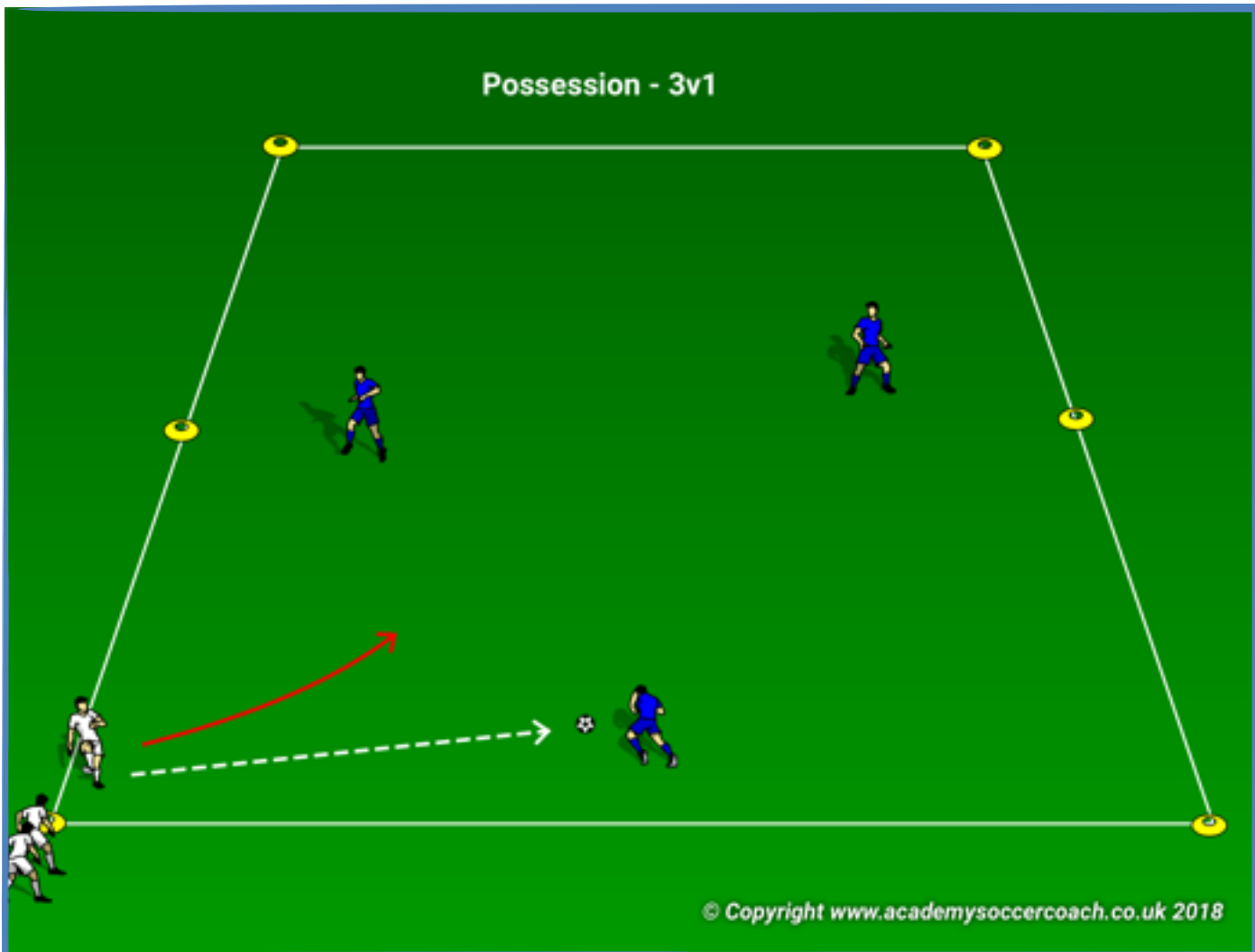
Benefits:

- Team Collaboration
- Technical Abilities - Directional First Touch, One Touch Play, Decision Making, and Creativity
- Tactical Pressure, Speed of Play, and Conditioning
- **Terms to consider:**
- **First Touch** - Ability of player to self-pass
- **Angles** - Ability of player to create space to receive pass
- **1 Touch Pass** - Ability to pass ball first time

Possession Activities

Possession - 3v1

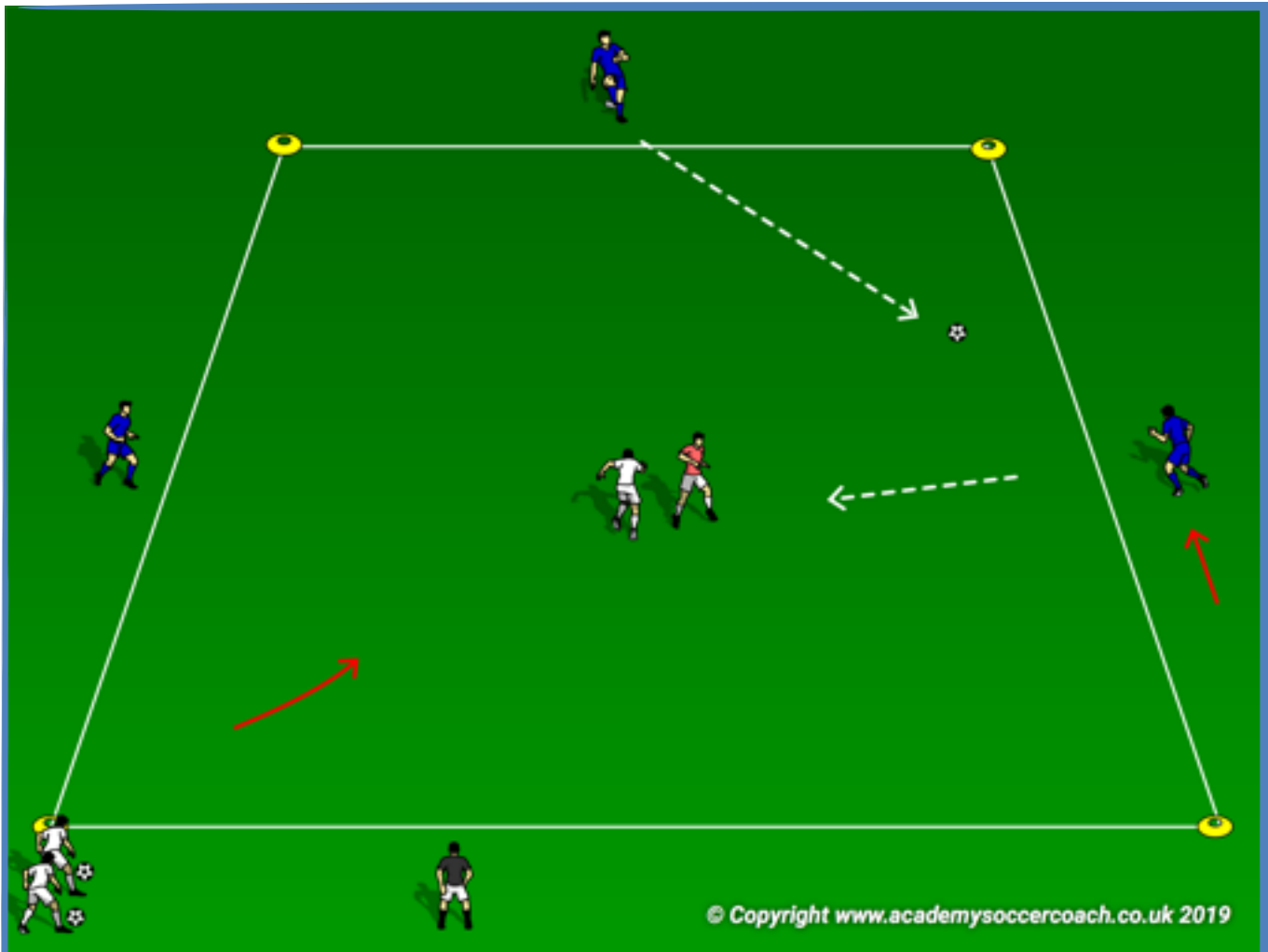
- Set-up 10x10 or 15x15 box. 3 Players inside. Defenders lines up on outside.
- 1 Defender plays ball to inside players. Inside players connect 1-2 touch passes keeping possession as long as they can. How important is your First Touch? Can you angle your your runs to help create space?
- Once defender recovers balls - New defender restarts. How long can team keep possession?



Possession Activities

Possession - 3v1 + 1 Neutral

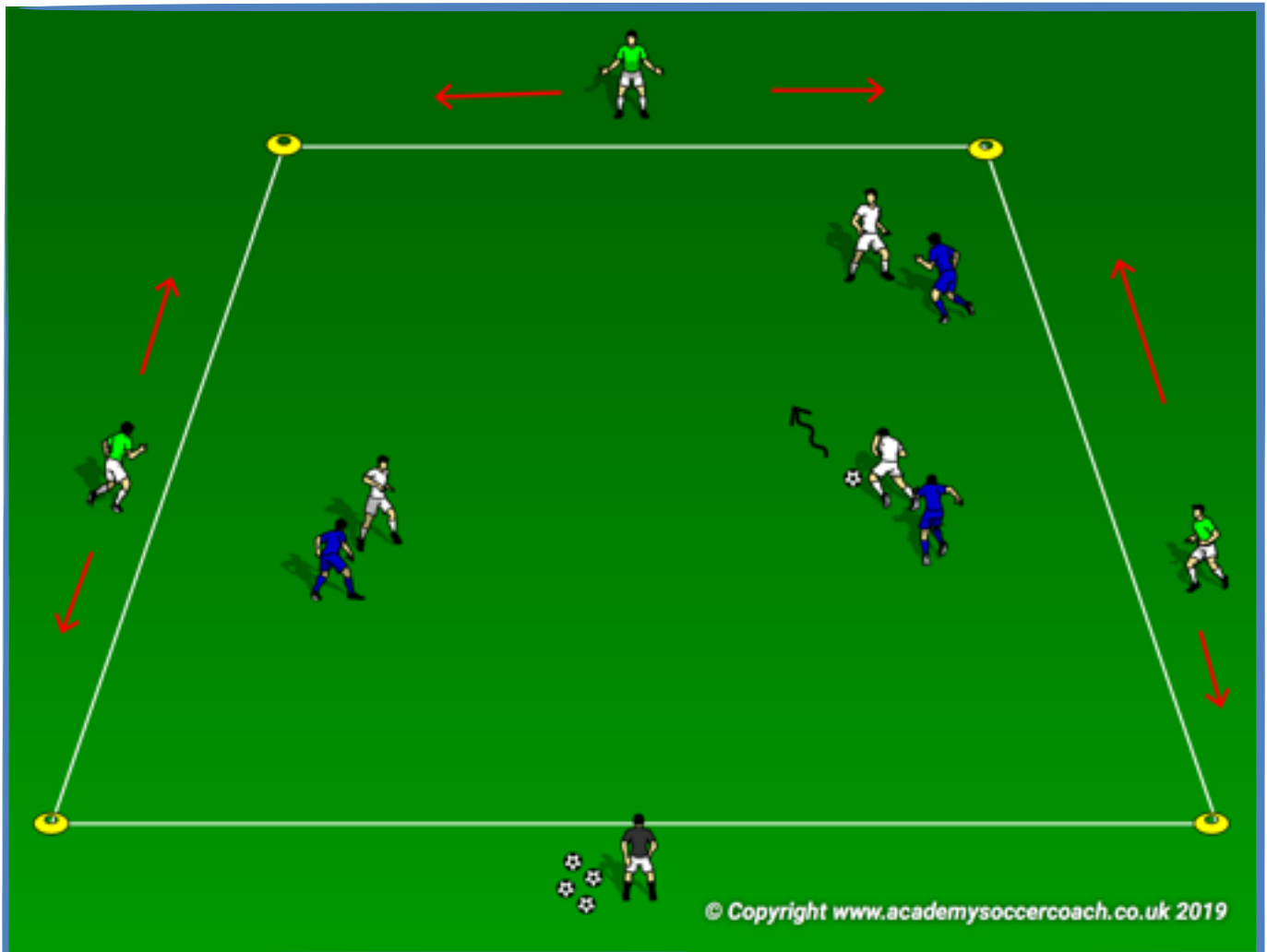
- Set-up 10x10 or 15x15 box. 3 Players outside box. Defenders line up on outside corner. 1 Neutral player inside box. Creating 4v1 scenario.
- Players outside box connect 1-2 touch passes keeping possession as long as they can, using free-moving neutral player to connect passes inside. Switch players out every few minutes.
- Once defender recovers balls - New defender restarts. How important is your First Touch? Can you angle your your runs to help create space?
- Once defender recovers balls - New defender restarts. How long can team keep possession?



Possession Activities

Possession - 3v3 + 3

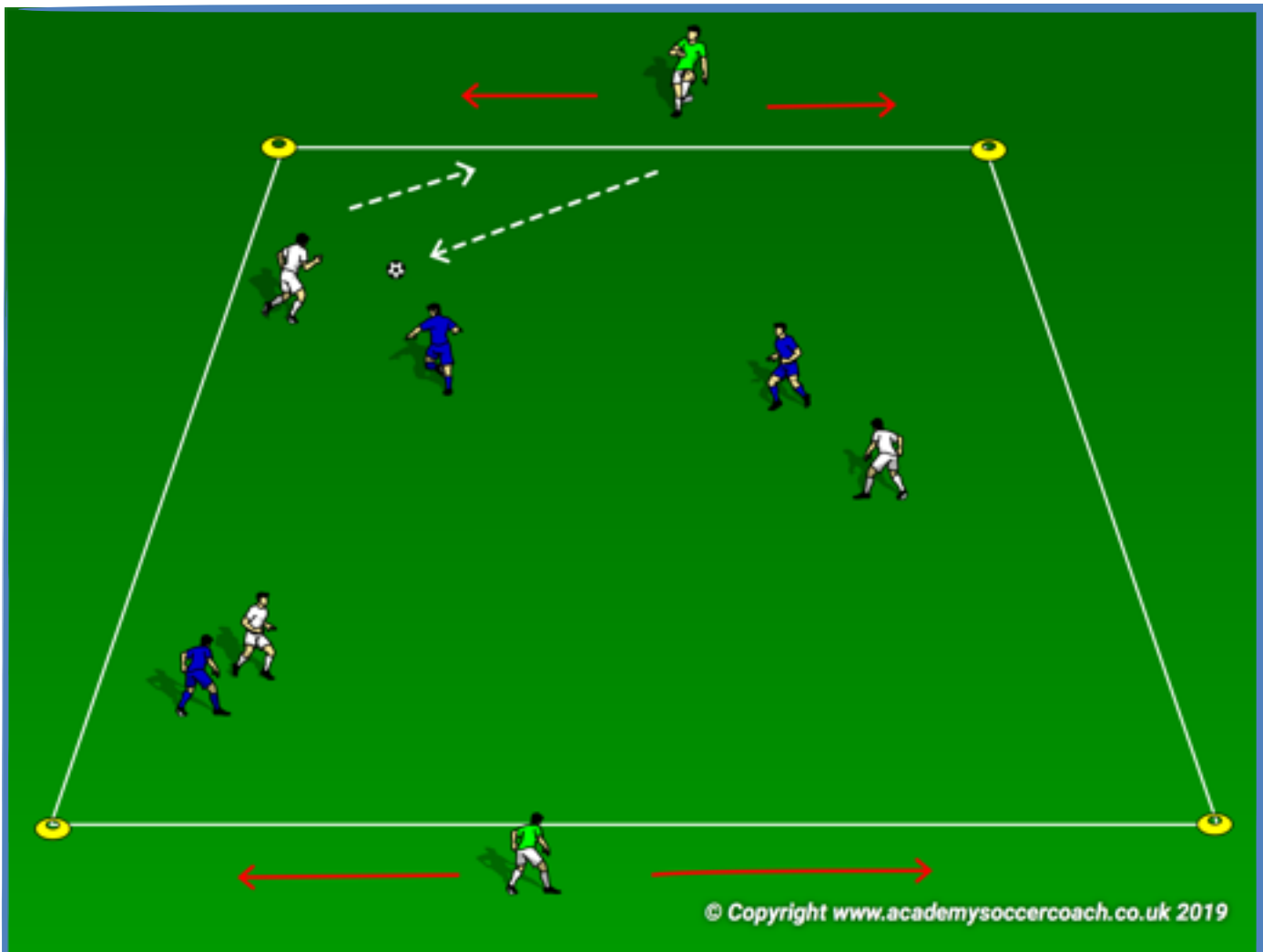
- Set-up 10x10 or 15x15 box. 3 Players outside box. 3v3 inside box. Creating 6v3 overload in possession.
- Team in possession inside box connects 1-2 touch passes keeping possession as long as they can, using outside players to help connect passes inside. Switch outside team every few minutes.
- How important is your First Touch? Can you angle your your runs to help create space? Can we switch the ball to other side?



Possession Activities

Possession - 3v3 + 2 Bumpers

- Set-up 10x10-20x20 area. 3v3 inside area. Creating 5 v3 overload in possession.
- Team in possession inside box connects 1-2 touch passes keeping possession as long as they can, using outside players to help connect passes inside. Switch outside team every few minutes.
- How important is your First Touch? Can you angle your your runs to help create space? Can we switch the ball to other side of the area?



Possession Activities

Attacking Possession - 3v3 + 3 in Goal Box

- 3v3 inside goal box. 3 players on outside. Creating 6v3 overload in possession.
- Team in possession inside goal box connects 1-2 touch passes keeping possession as long as they can, using outside players to help connect passes inside. Players inside and outside work on creating chances on goal. Switch outside team every few minutes.
- How important is your First Touch? Can you angle your runs to help create space? Can you set-up your teammates to hit one-time finish?

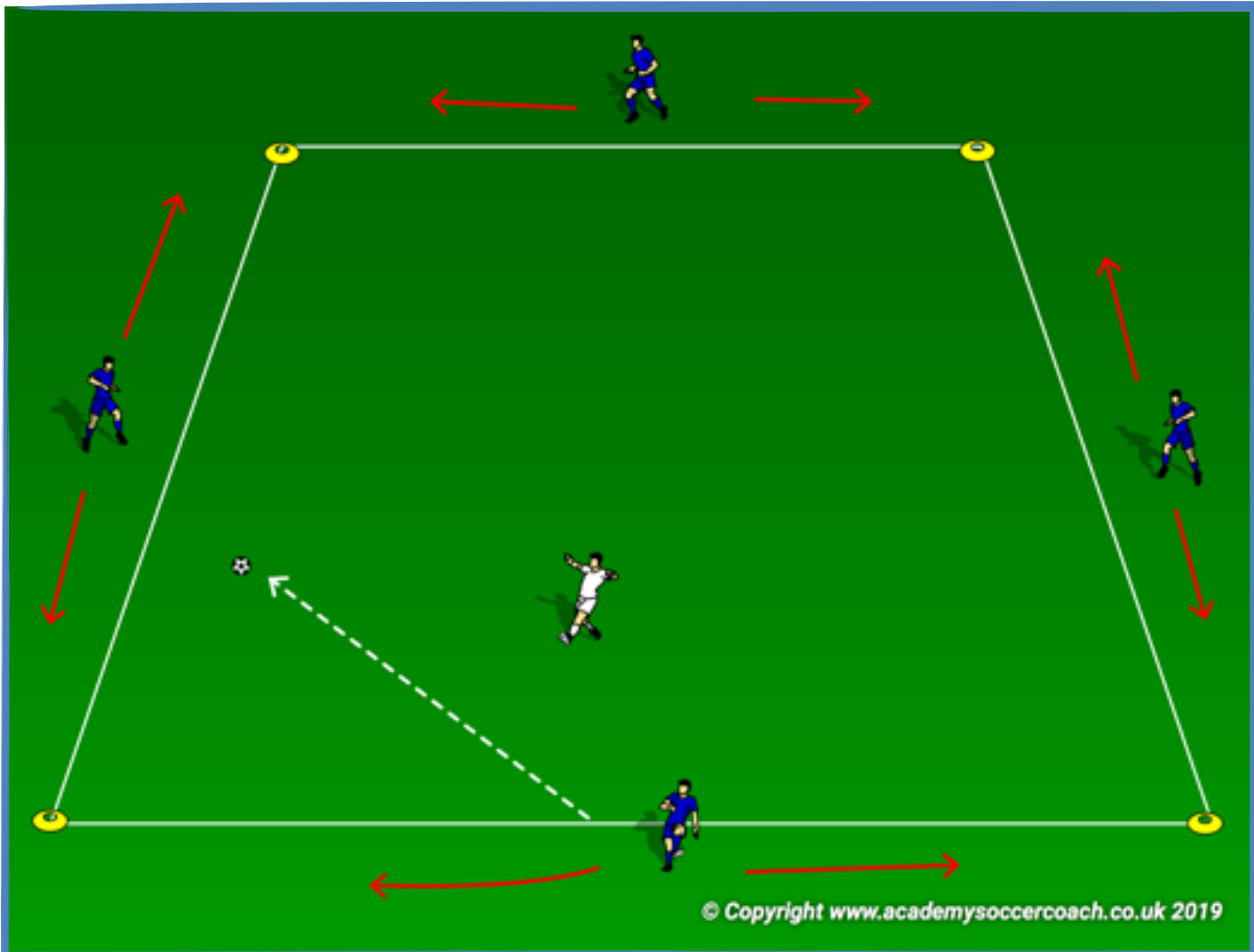


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Possession Activities

Possession - 4v1

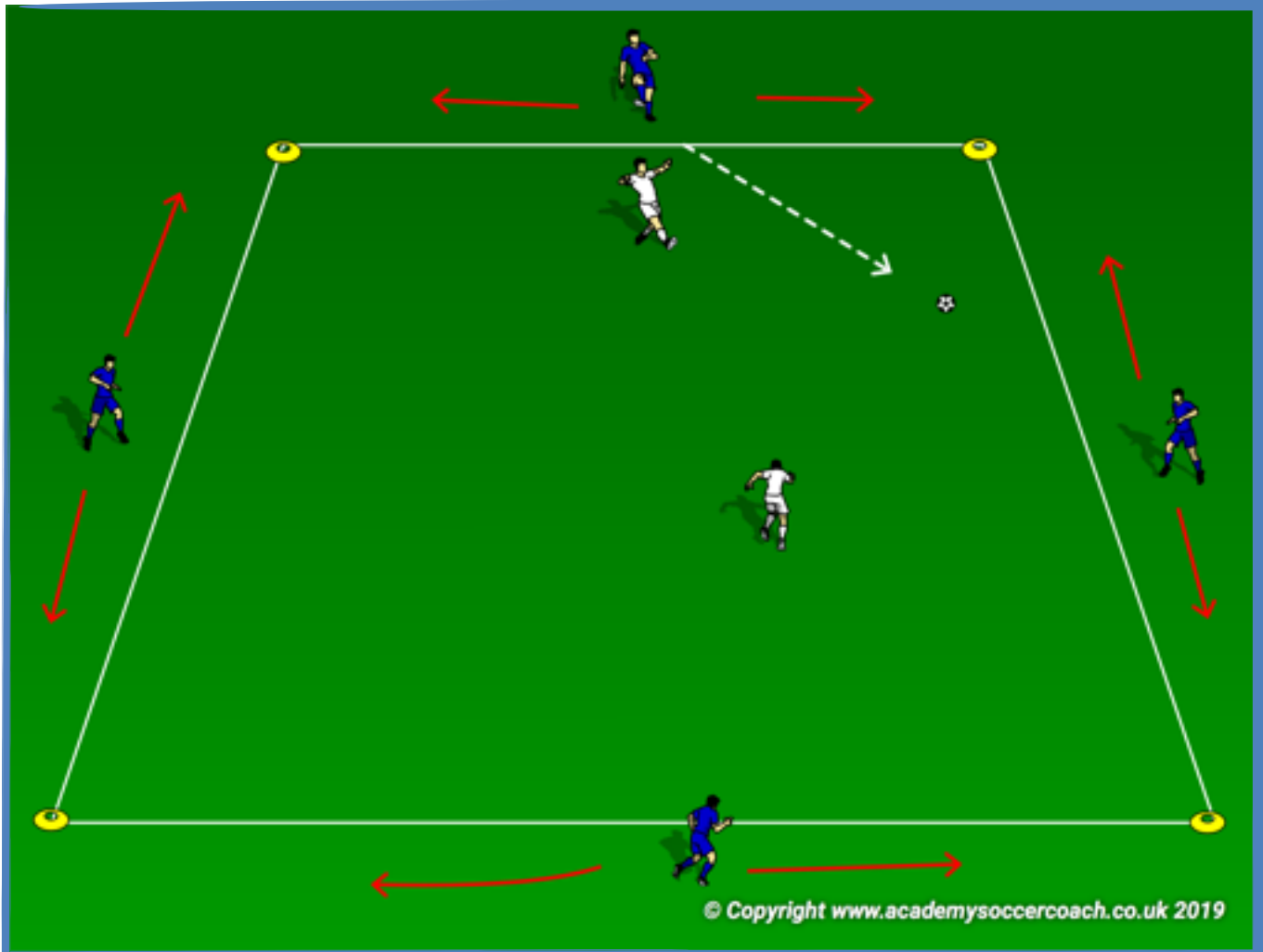
- Set-up 10x10 or 15x15 area. 1 Player inside. Outside players connect 1-2 touch passes keeping possession as long as they can.
- Once defender recovers ball, or an outside player loses possession w/ poor first-touch or pass. That outside player becomes defender.
- How important is your First Touch? Can you angle your runs/position to help create space? Can you play out of pressure?



Possession Activities

Possession - 4v2

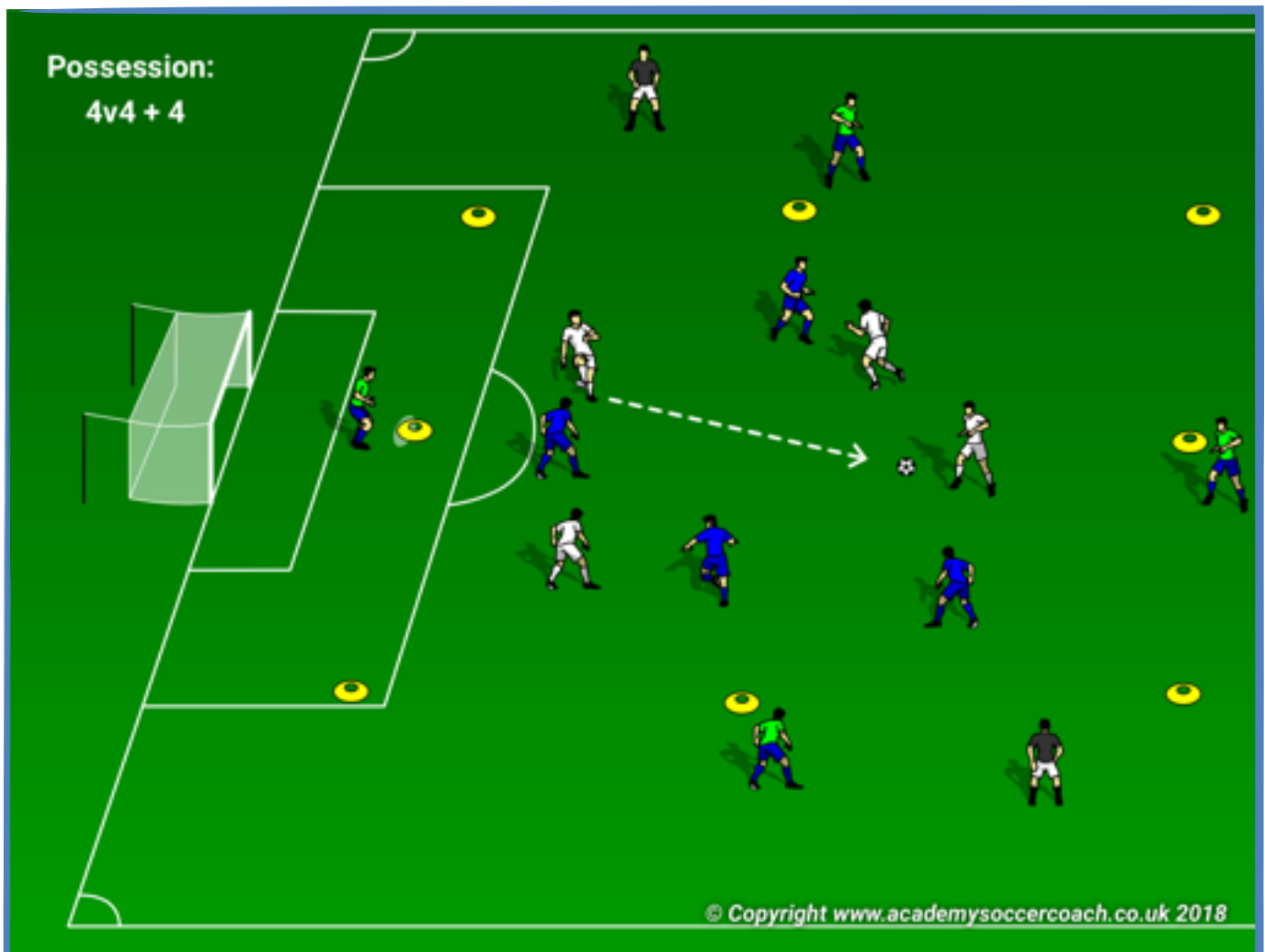
- Set-up 10x10 or 15x15 area. 2 Players inside. Outside players connect 1-2 touch passes keeping possession as long as they can.
- Once one defender recovers ball, or an outside player loses possession w/ poor first-touch or pass. That outside player becomes defender. Inside players are in twice!
- How important is your First Touch? Can you angle your your runs/position to help create space? Can you play out of pressure?



Possession Activities

Possession - 4v4 + 4 Bumpers

- Set-up 10x10-20x20 area. 4v4 inside area. Creating 8v4 overload in possession.
- Team in possession inside box connects 1-2 touch passes keeping possession as long as they can, using outside players to help connect passes inside. Switch outside team every few minutes.
- How important is your First Touch? Can you angle your your runs to help create space? Can we switch the ball to other side of the area?



Possession Activities

Possession - 5v2

- Set-up 10x10 or 15x15 area. 2 Players inside. 5 outside players connect 1-2 touch passes keeping possession as long as they can.
- Once one defender recovers ball, or an outside player loses possession w/ poor first-touch or pass. That outside player becomes defender. Inside players are in twice!
- How important is your First Touch? Can you angle your runs/position to help create space? Can you play out of pressure?

