



# Possession

Category: Tactical: Possession

Difficulty: Moderate | Start Time: 09-May-2018 17:45h

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Individual-Adult Member

## Description

Possession session focussing on team possession and passing and movement.

### Arrival Activity (10 mins)

Arrival Activity.

As players arrive, split into groups of 4 and play small 3v1 Rondos.

If defender manages to get ball he swaps with the one of the attacking players.

Coaching Points.

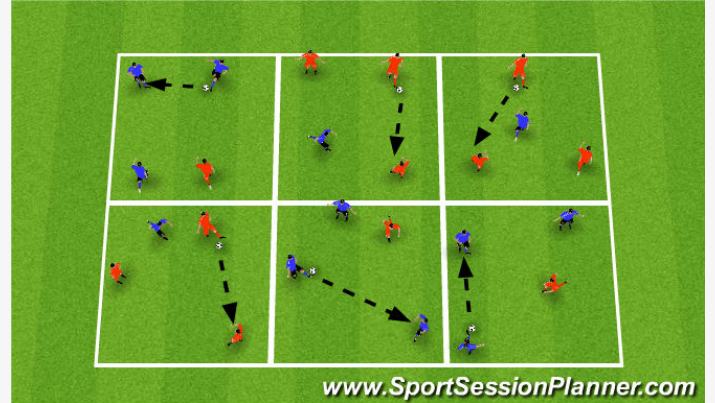
Weight and accuracy of pass.

First touch.

Movement off the ball.

Pass and move.

Communication.



### Rondo (15 mins)

4v2 + 4v2 Rondo.

Mark a pitch into thirds. Split players into 3 teams.

The blue are the defending team.

The yellows keep possession of the ball for a set number of passes.

2 of the blues enter the area to try and win the ball.

If the yellows complete the set number of passes they can play the ball across to the red team.

The 2 other blue players now enter the red's area and attempt to win the ball back.

If the blue team win the ball, they become the team in possession and the team that lost the ball become the defending team in the middle.

Coaching Points.

Pass and move.

Good first touch, which way are you going to play? Away from the defender.

Communication.

Passing accuracy



### Breakout (15 mins)

Breakout Game.

With the pitch divided into thirds, blues and reds play 4v2 in the middle third with a red player waiting in the zones either end of the middle section.

Blues play possession until the reds win the ball.

When the reds win the ball, the player who wins it can break out of the middle area and combine with one of the attackers to score.

One blue player may follow and defend.



## SSG (20 mins)

SSG.

Play SSGs to finish.

Normal rules apply.

But teams can score 3 goals if all outfield players touch the ball in the build up to the goal.

If all outfield players combine in the build up but the shot is missed, they score 2 goals.

Only 1 goal is scored if all outfield players do not touch the ball.

Teams can score 5 goals if play starts from the GK.

