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Dribbling and Possession Skill Warm Up - Players begin by dribbling to the right. Keeping ball close with head up. Then switch and have them dribble to left. Have player receiving the ball MOVE it with their first touch. DONT STOP THE BALL. Then dribble and pass. Then have them dribble straight across. They must have their HEADS UP when they dribble straight so they dont bump into one another. ADD A CONE IN THE MIDDLE and then have them do a move on the way to the cone an dribble back.



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Possession I - 15x15- PLAY 1 MINUTES GAMES - Dark team counts passes. White team counts how many times they can throw their ball to hit the Dark team ball. WHEN THE WHITE TEAM PLAYERS HAVE THE BALL IN THEIR HANDS THEY CANNOT MOVE THEIR FEET. At the end of the minuteminus the number of times the ball was hit off the total number of passes. Then switch roles and see how many passes the WHITE team can get.



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Possession I - 15x15- PLAY 1 MINUTES GAMES - Dark team counts passes. White team counts how many times they can DRIBBLE their ball to hit the Dark team ball. At the end of the minute minus the number of times the dribblers hit the ball off the number of passes the DARK team played. Switch roles and repeat the game.

EXERCISE – Warm up with dribbling and possession skills

TIME – 10-15 minutes - Click below for video demo:

#1 - <https://www.youtube.com/watch?v=c1-swEGbSrl>

#2 - <https://www.youtube.com/watch?v=a2ePkg5RWTA>

#3 - <https://www.youtube.com/watch?v=tvuYgX0gUvo>

OBJECTIVE – Warm players up, lots of touches via dribbling, passing and receiving.

POINTS OF EMPHASIS: Head up, point toes down and use laces to dribble. Move the ball when you receive it. Check your shoulder constantly to see what is going on around you and especially just before you turn.

EXERCISE – Possession

TIME – 10-15 minutes - Click below for video demo:

#1 - <http://www.youtube.com/watch?v=L1lg95XYkgQ>

OBJECTIVE – Keep possession in area. Keep ball moving.

POINTS OF EMPHASIS: Keep ball moving, move your feet every time the ball moves, play away from pressure, get as many passes as you can, keep your head up so you know where your opponents are at all times.

EXERCISE – Possession

TIME – 10-15 minutes - Click below for video demo:

#1 - <http://www.youtube.com/watch?v=Q6D6Xt-tWfU>

OBJECTIVE – Keep possession in area. Keep ball moving.

POINTS OF EMPHASIS: Keep ball moving, move your feet every time the ball moves, play away from pressure, get as many passes as you can, keep your head up so you know where your opponents are at all times.

For the remainder of the session have the players scrimmage. Try to play 3v3 so have more than one field if you need to. Encourage players to get their heads up as they play and remind them that the ball does not get out of breath, hot, tired, or sweaty. Focus on getting them to get their heads up and dribble, pass, or shoot.