

Topic: Keeping Possession

Age: U-12 & Above

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Warm-up: Groups of 3 players- One player (A) has the ball with one player (B) standing behind him. The third player (C) is about 10-15 yards away (depends on ability).

- 1) Player (A) plays the ball to the third player(C) that is 10-15 yards away and the first player (A) follows his pass. The third player(C) receives the ball and plays the ball to the second player (B) that is standing behind the first player. Then the second player (B) in line will now play the ball to back to player (A) and follows his pass.

Keys to concentrate on: Using good technique (toe up and ankle locked when playing the ball. Strike straight through the ball.

Variations: 1) Must receive the ball with the inside foot and play back with the same foot. 2) Must receive the ball with the inside foot and play back with the opposite foot. 3) Must receive the ball with the outside of the foot and play back with the same foot. 4) Must receive the ball with the outside foot and play back with the opposite foot.

- 2) Small Sided Activity- (Grid is size is 40 x 30) 4v4 + 2 Neutrals
(Neutrals are players that play for whichever teams have possession of the ball). The Neutral are players at the end of the grid that act as a target player. The objective of the game is to get three points. To get a point you must find one target at one end of the grid and keep possession while trying to find the other target at the other side of the grid then that team will get receive one point.

Variations: 1) Neutrals only have two touches. 2) Neutrals only have one touch. 3) Players inside the grid have two touches. 4) Players inside the grid only have one touch. 5) Switch the neutrals

- 3) Expanded Small Sided Activity- (Grid 40x 30) 4v4 + 2 Targets
The teams are divided into a red team and a blue team. The red team has four players on the field and is trying to play a red target while four blue are trying to find a blue target on the other side of the grid. You are now defending a side and attacking the other way. The objective of the game is to be the first to three points. To get a point you must find your target at the end of the grid. Once red plays the ball into the red target (standing at the end of the grid), red target will now play the ball into a blue player so play can flow.
Variations: 1) Neutrals only have two touches. 2) Neutrals only have one touch. 3) Players inside the grid have two touches. 4) Players inside the grid only have one touch. 5) Switch the targets

4) The Game- (Grid 60x 40) play 6v6.

Keys to be concentrating on during the play:

- 1) When we lose possession: Are we forcing the play? Are we taking too many touches or dribbling when we could play forward? If we cannot play the ball forward then can we play left or right so it changes the passing lane? Are we receiving the ball with our hips open so we can play forward? If not can we play the way we face so a teammate can play forward?
- 2) These are coaching moments that we must be concentrating on during the training session.