

EDUCATE - CONNECT - INSPIRE



**LYNNFIELD YOUTH SOCCER
CLUB
GRADES 3 & 4**

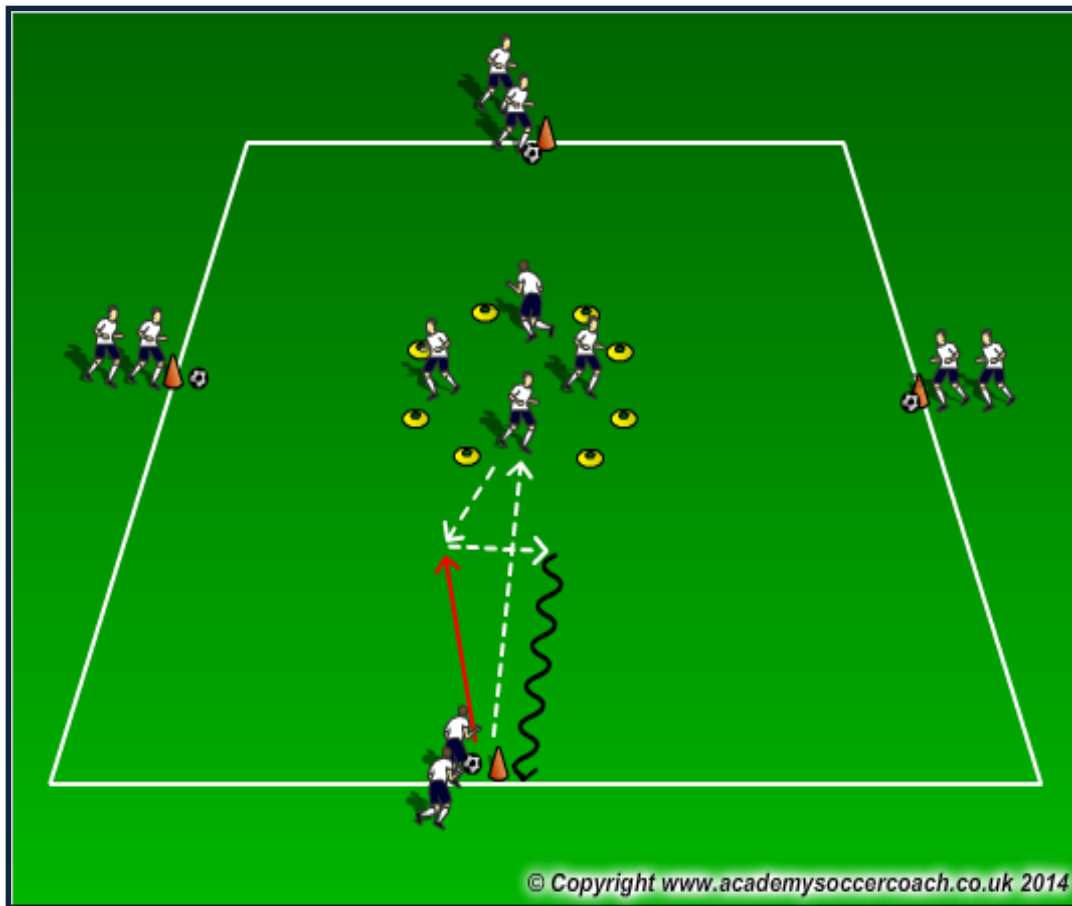


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Session Seven: Possession & Basic Positioning



PASSING WARM-UP: LATRONICA



Area: 20x20 yard grid

Description:

Separate players equally around grid on the outside. 1 player from each line starts in the middle. Players perform passing patterns. Add gates between inside and outside players to complete passing combinations.

Passing Patterns:

1-2 to feet, 1-2 to feet (with movement to outside gate), 1-2 between 3 players

Coaching Points:

Short sharp touches on the ball

Check back to receive ball

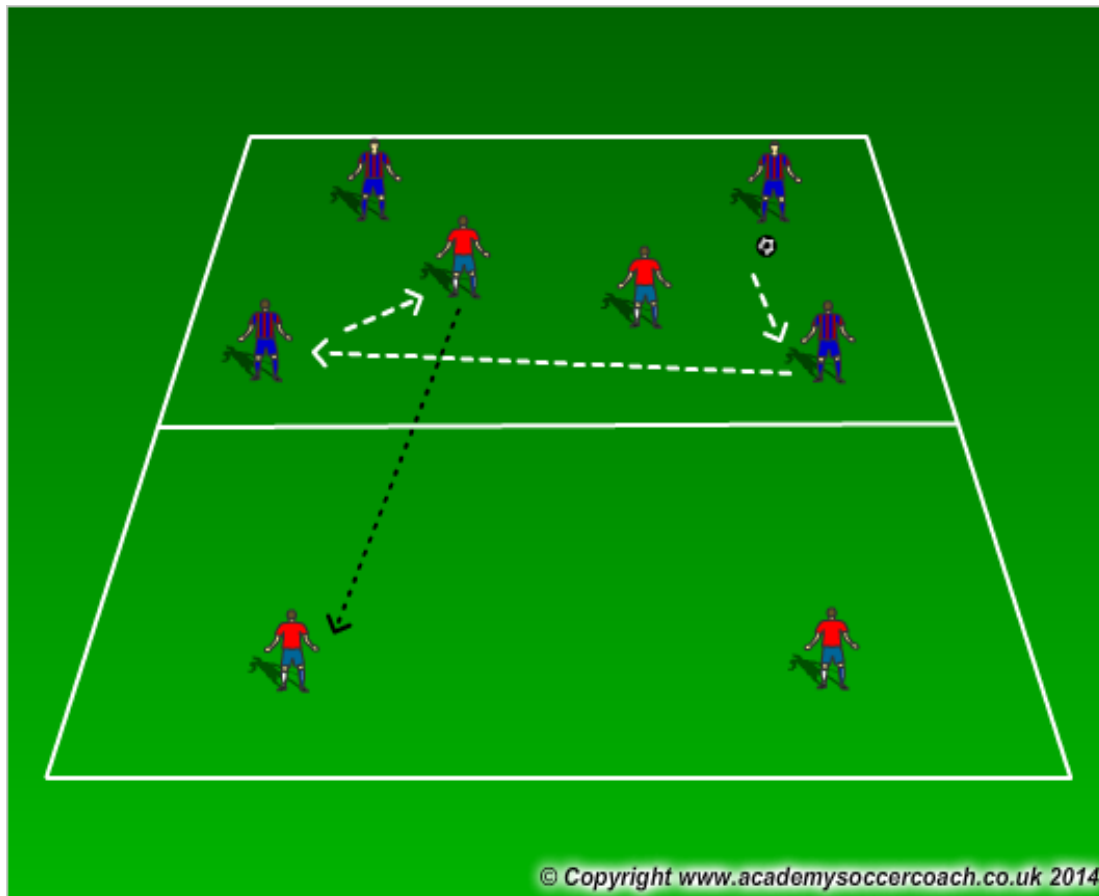
Vary passing surfaces – focus on inside of the foot

Vary receiving technique

Scan as they dribble

Scan before they receive the ball

PASSING WARM-UP: LATRONICA

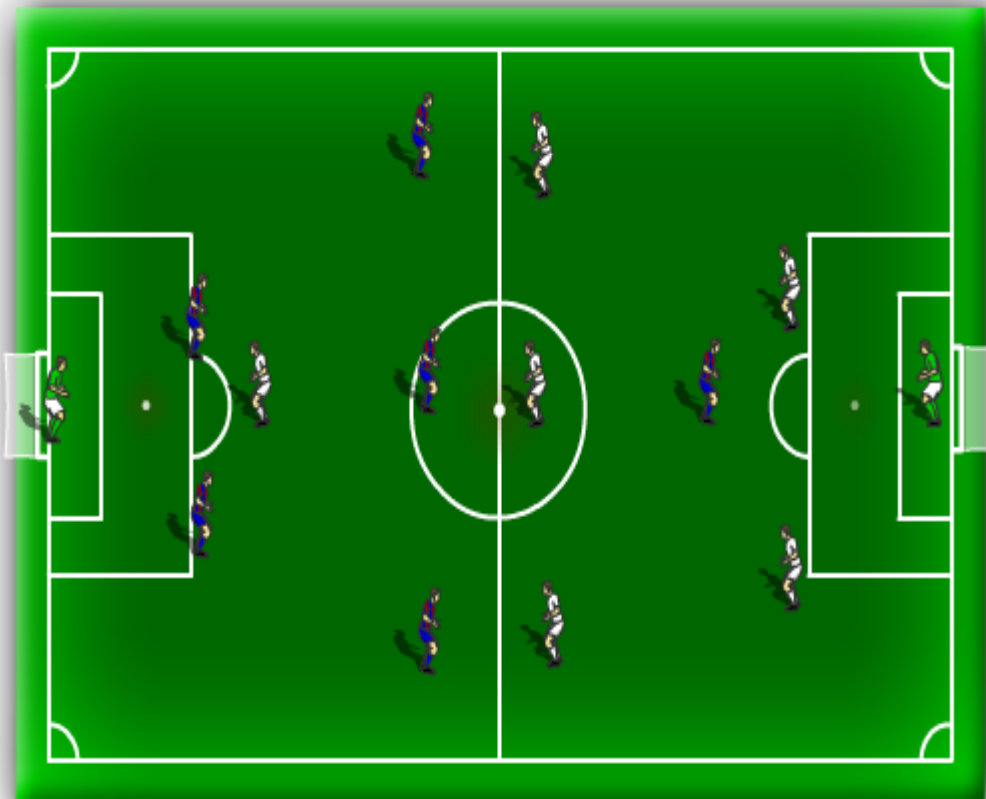


Set-up: 25 x 15 yard areas, back to back. Two teams of 4 players. Start with 1 team in one of the areas versus 2 players from the opposite team. Remaining players waiting in the opposite area. 1 ball, with a supply of extra balls on the outside of the area.

Activity: 4 vs 2 possession in one area. Possession team try to move the ball quickly and complete as many successful passes as possible. If the defenders kick the ball outside of the area, then the possession team restart. If the defending team get possession of the ball, then they attempt to pass the ball to either of their remaining 2 team mates in the opposite area. The play then transitions into this area with the activity repeated (4 vs 2). Keep playing until one team reaches 21 points.

Coaching Points: Move the ball quickly (speed of play) with reduced touches. First touch away from pressure, on the back foot where possible. Speed of pass is important. When possession is lost move the ball into the opposite area as quickly as possible.

6 vs 6: Conditioned Game(s)



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Area: 35 x 55 (dependent on area available)

Description: Separate players into teams of 6. Make 2-3 fields based on numbers.

Coaching Points: Emphasize the key points that have been worked on over each week; Speed of the pass, first touch, movement on and off the ball, combination play etc

Progression: Add neutral players or target players, dependent on the number of players available.

Basic Positions and Rules:

Set-up Teams in basic formations:

1 – 2 – 1 – 2

1 – 2 – 2 – 1

Focus on using the space, making the field bigger (player positions) and moving the ball.