

EDUCATE - CONNECT - INSPIRE



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

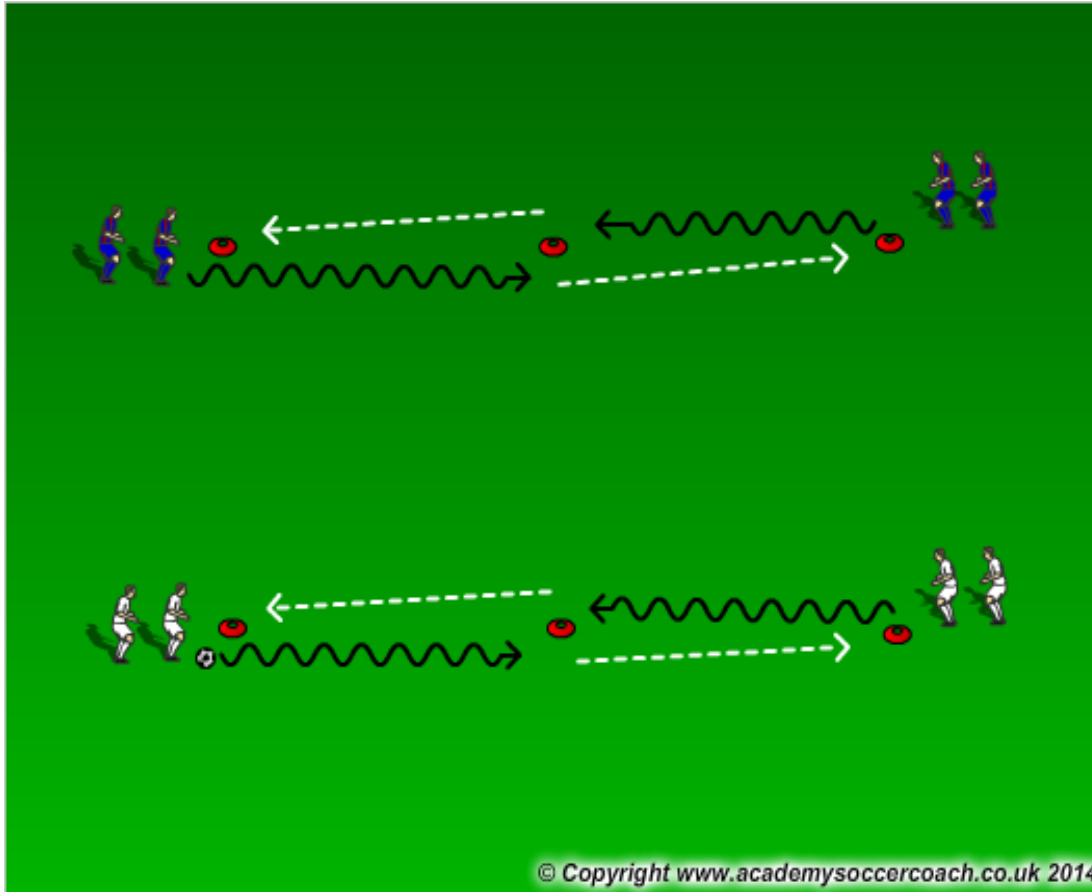


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Session Eight: Possession in Games



PASSING: PASS AND FOLLOW



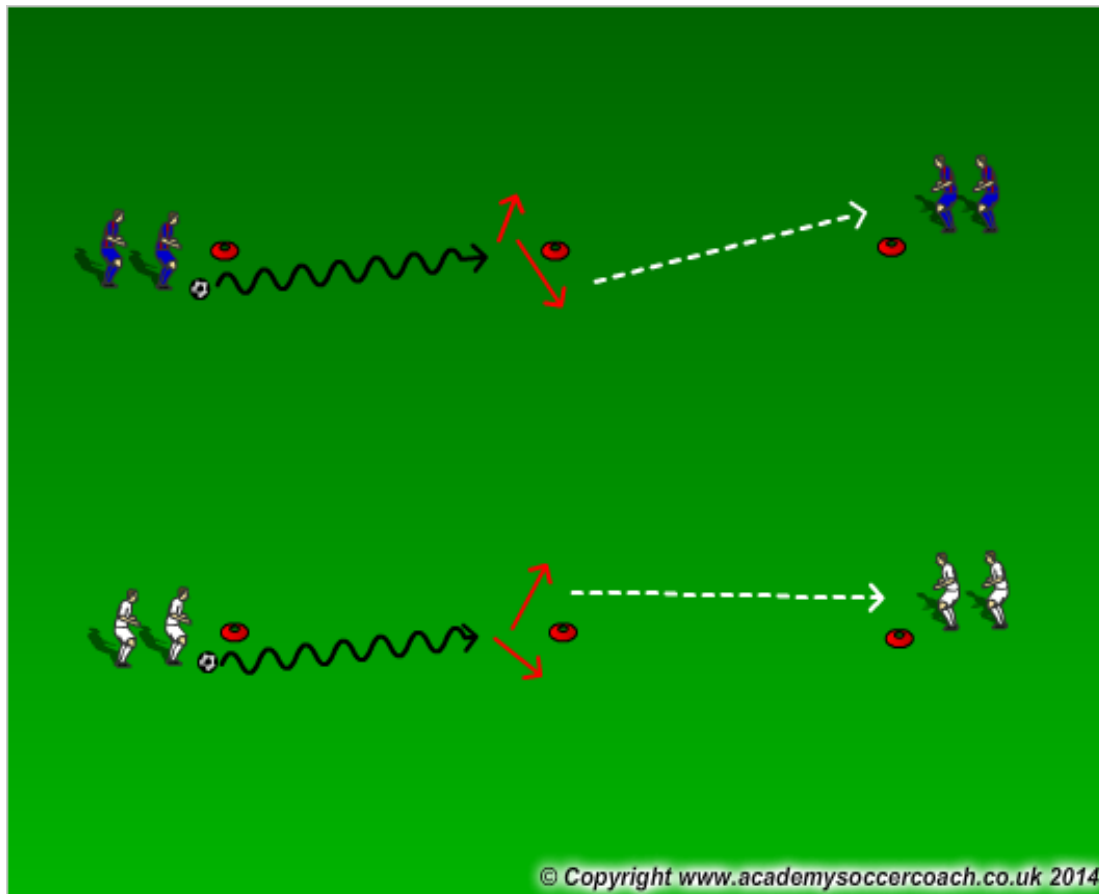
Set-up: Players approximately 20 yards apart (center cone @ 10 yards). Multiple players in line(s) depending on #'s. 1/2 Balls per group, depending on #'s.

Description: Player(s) with the ball dribble across the area, staying to the right side of the cones and at the half way cone pass to the opposite player. All players follow their pass. Add in touches with different surfaces and dribbling combinations.

Coaching Points: Dribble with close control, concentrating on the dribbling combination. Quick touches rather than speed. Quality pass to the opposite player, concentrating on accuracy and speed of the pass.

Progressions: Add passing turns, fakes and passing combinations. Add competition.

PASSING: PASS AND FOLLOW WITH FAKES

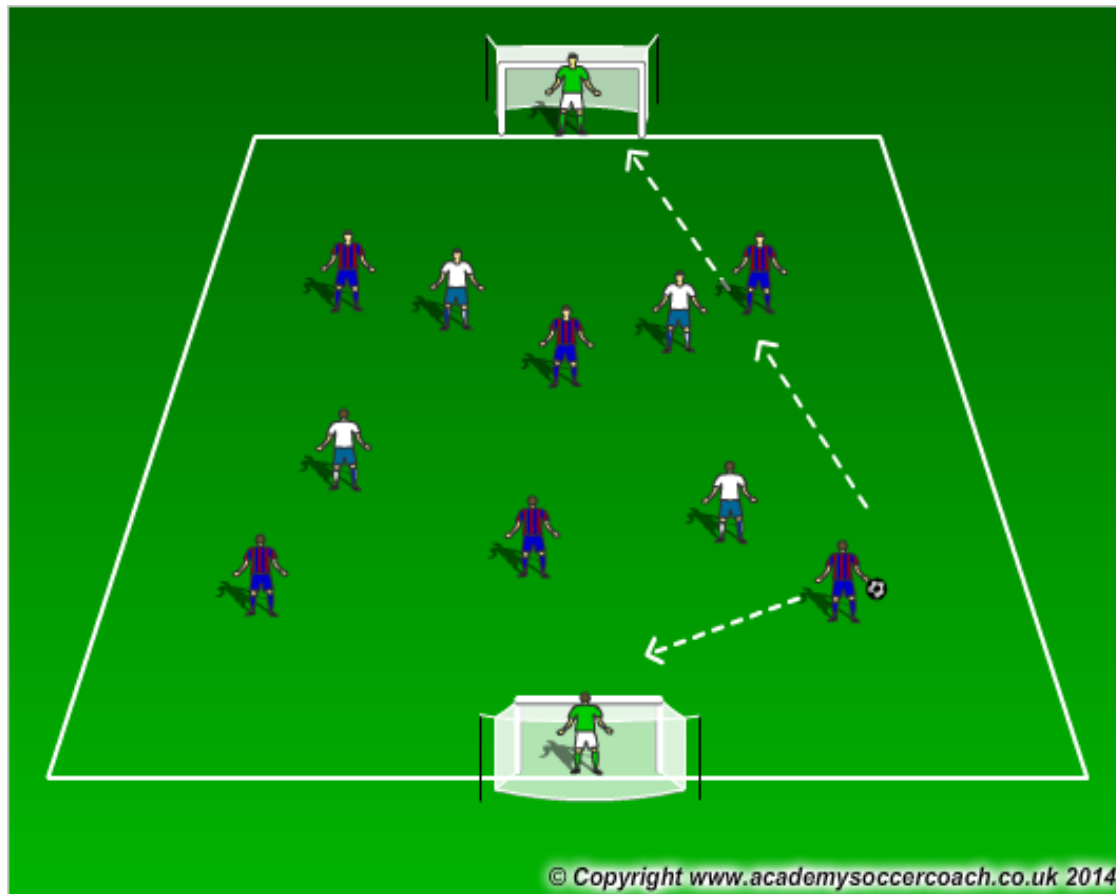


Set-up: Players Approximately 20 yards apart (center cone @ 10 yards). Multiple players in line(s) depending on #'s. 1/2 Balls per group, depending on #'s.

Activity: Player(s) with the ball dribble across the area, staying to the right side of the cones and at the half way cone pass to the opposite player. All players follow their pass. Players perform a fake before and around the center cone, then pass to the opposite line of players.

Coaching Points: Dribble with close control, concentrating on the dribbling combination. Quick touches rather than speed. Fake around imaginary defender (cone) and make sure the change of direction is big. Add in change of speed after fake; positive first touch out of the fake. Quality pass to the opposite player, concentrating on accuracy and speed of the pass.

POSSESSION vs ATTACK

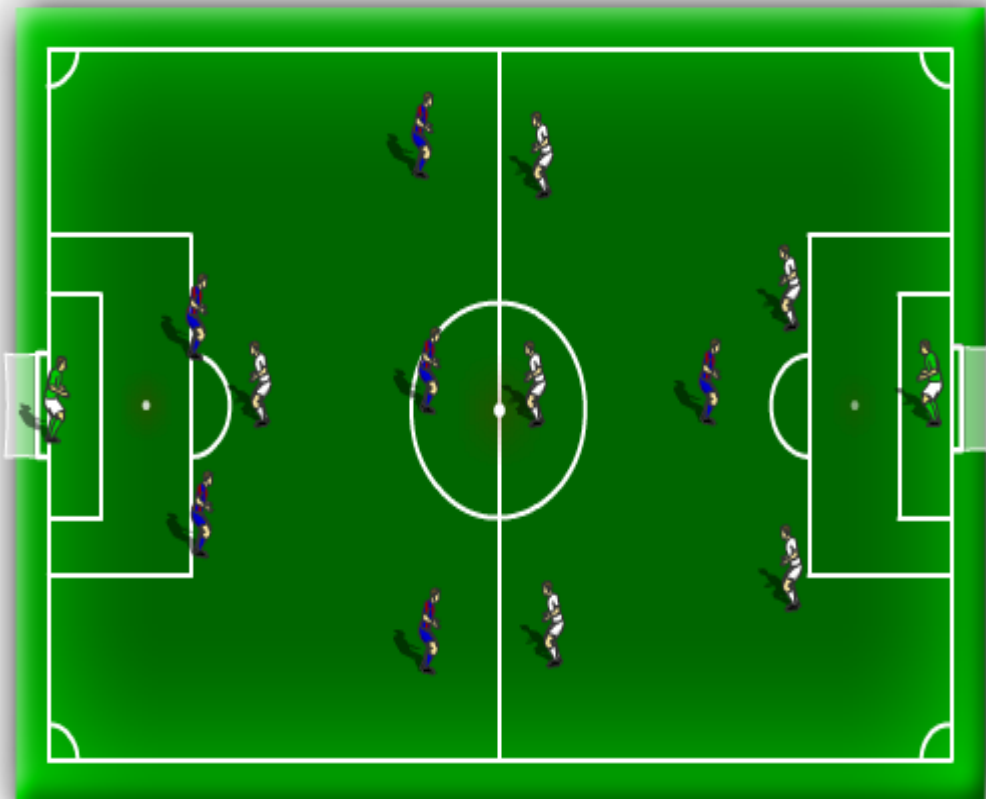


Set-up: 60 x 40 yard area. 6 vs 4 in the area with a GK in each target goal. 1 ball in the area with a supply of balls on the outside.

Activity: 6 vs 4 in the area. Team of 6 (attackers) attempt to move the ball quickly to create opportunities to shoot in either of the goals. Defenders try and delay the attacks and deny space. 5 minute possession game(s) and then switch the teams and roles.

Coaching Points: Move the ball quickly to create space and opportunities to attack the goal(s). Look for attacking passes (first look forward) and use moves and changes of direction to create space. Defenders try and deny space and delay the attack(s). If defenders kick the ball out then another one is played in. If they gain possession then try and keep the ball to delay the attack.

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.

Game Positions and Rules:

Set-up players in basic formations (as in Week 7).

Focus on quick restarts and rules applied to the re-starts.