

Teaching Possession Play – Phase 2a

Objective: To provide coaches with a developmental process for teaching possession focused play.

Discussion:

This Coaching Point is intended to follow on the “Teaching Possession Play – Phase 1.” Here, we use the Phase 1 set up, and then the action as an initial activity. Once your players are warmed up, are moving successfully in their space, then you are ready to introduce these additional activities.

We are going to challenge our players, who are passing and moving in an 18x18 space, to move themselves and their ball into an adjacent 18x18 space. If you have more than one group playing, you can have them switch...or rotate around if you have more than 2 groups.

So, now that we have movement and anticipation of pass location...let's challenge our players to change their location on the field.

Exercise: 5 players in a space, passing and moving

Setup

Set up a square, about 18x18 for every 5 players in the training session...but you need at least 2 squares. Set up the squares adjacent to each other, sharing a common sideline.

Action

~ The Players pass and move about in the space, always changing their position in the space and their relationship to each other. Players only play the ball to a player that is calling for the ball. Players also pass the ball into the space that the receiver is moving...as shown by the receiver with a movement of their hand.

~ The coach will tell the players to “switch.” At this time, the players will push the ball and themselves into the identified adjacent square.

~ The players will continue their passing and moving...so as to continue on at the same pace.

~ Allow them some time to create their activity in the new space...then move them again.

~ With different groups moving into each other's space, they will also have to successfully plan their movements around the other team.

Tips

~ All of the tips from Phase 1 remain viable coaching points in this Phase.

~ When the players move, challenge them to push the ball into the space as quickly as possible. Nothing moves faster than the ball. Some players will look to dribble the ball into the space...this is too slow. Push a pass. Players without the ball need to make runs into the space, and the ball can be played to where they are going.

~ At the same time we are pushing the ball into the space, challenge all of the players to move into the space and resume their ball movement as quickly as possible.

~ Identify which “team” gets the ball into the space first, then which team gets all the people into the space first, then which one resume play first.

Take aways:

All of the take aways from Phase 1 remain viable.

Players should be able to create ball and team movement, push the ball and themselves into a new space, and resume their movement.

Players develop an additional sense of the field, as it relates to their movement.

Players learn to identify space for the ball, they learn to move into a space calling for the ball, and learn to resume possession play after vertical movement on the field.