

Teaching Possession Play – Phase 2b

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

Discussion:

This Coaching Point is also 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 this additional activity.

We have our players passing and moving in a space, and we have also challenged them to shift their shape from space to space. Now, we are going to challenge them to expand and contract their shape, while maintaining the pace of their possession passes. This activity is also done in an 18x18 space with an adjacent 18x18 space. If you have more than one group playing, you can have them expand into each other’s space.

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.

~ call this set up, with each group in their own, single 18x18 space “1”

~ The coach will call out “.2” At this time, the players will expand their shape into both their space, and the adjacent space. So, they go from playing in one 18x18 space, to playing in two.

~ 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 larger space, accommodating for the other group moving about in the same two spaces...then call out “1” to have them shrink back down to one space.

~ 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 expand, challenge them to quickly move part of their numbers into the additional space. Some players will look to dribble the ball into the space...this is too slow. Players without the ball should run into the space, and the ball is then pushed to them.

~ When the players are contracting their shape, challenge them to push the ball, and then their numbers, into the smaller space as quickly as possible.

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

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

~ It can be very difficult for younger players to conceptualize this activity, and the activity in 2a at the same time....older players will have less trouble.

Take aways:

All of the take aways from Phase 1 remain viable.

Players should be able to create ball and team movement, expand and contract their shape, 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.