



## Tier 1: Session 3; Intermediate Possession

Category: Technical: Passing & Receiving

Difficulty: Moderate | Start Time: 28-Jul-2015 15:20h

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Individual-Adult Member

### Description

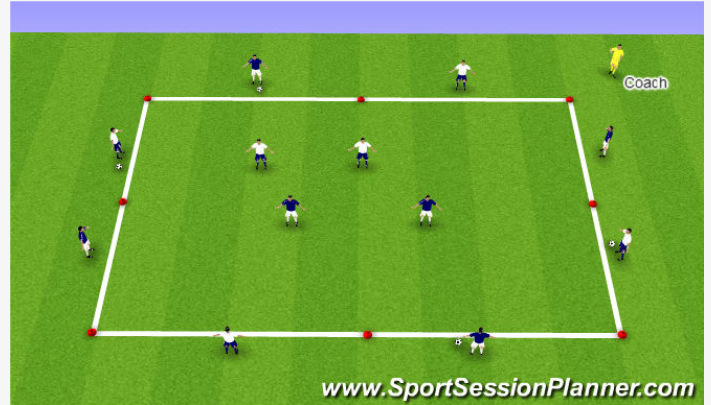
#### Warm Up (15 mins)

30yd x 30yd area; 12-players; Jackson Practice

- Check to the ball; receive the ball; turn-dribble and pass to an open player on your team.
- AS ABOVE, but once you pass the ball out, switch with the player you pass to,
- AS ABOVE, but play a Give & Go when receiving the ball from outside player.

#### Coaching Points

- Angles:** Do players create angles to receive the ball? Do they use the front foot to receive?
- Vision:** Do they head check before receiving? Do they take their 1st-Touch into space? Do they identify the next pass to outside person early?
- Technique:** Is the control tight? Is the dribble touches with the laces? Is the outside pass firm to feet?



#### Activity One (20 mins)

30yd x 30yd area: 4-Corners Game; Play 5 v 5 + 2 Floaters

- Coach plays the ball in. Teams try to pass the ball to a teammate inside one of the 4-corners to score a point.
- No re-scoring in the same corner in the same possession.
- Floaters must be involved in possessing the ball for the goal to count.
- IF score in 2nd corner in same possession = 2pts. IF score in 3rd corner in same possession = 6pts, IF 4th corner = 12pts.

#### Coaching Points

- Spacing:** In possession, do players spread out to use more area to attack into? Is there support at angles? Do players time there runs into the corners? OR do they wait in there for the ball to come to them?
- Field Awareness:** Since you can score in all directions, do players switch the point of attack? Do they communicate to each other when deciding on which corner to attack?
- Technique:** With more space, do players show a wider range of striking the ball skills to pass? Run w/ball skills? Control of higher/harder passes?



#### Activity Two (20 mins)

40yd x 30yd area; play 5 v 5 + 2 "Bumper Players"

Rotate 'Bumper Players' every 3-mins

- Play 5 v 5 with GK's. Can use 'bumper' players to keep possession (**width**)
- Move bumper players to side of the goal (**length**).
- After full rotation, bring 2-bumper players onto the field; floaters (**Support**)

#### Coaching Points

- Awareness:** Do the players see pressure and where the ball should be played to keep possession?
- Importance of Possession:** Are the players trying to keep possession of the ball and try to score? OR Are they recklessly trying to score?
- Field Usage:** Are the "Bumper" players being used? Are the players aware of how the positioning of the bumper players expands the field of play?



## Final Game (15 mins)

50yd x 45yd area; Play 6 v 6 to age appropriate goals

Formation: 1 - 2 - 2 - 1

Formation Emphasis: Keep possession and use the full space on the field.

FIFA RULES APPLY

