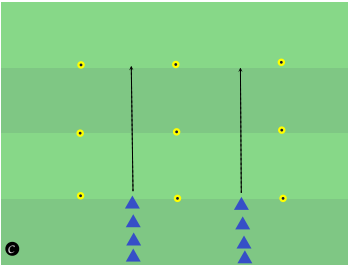


Warm up - No ball

Duration: 0 Min



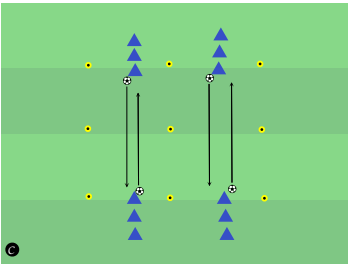
Coaching Points

Objectives

To improve players technical & tactical understanding of advancing possession by playing through, around, or over

Warm up - With ball

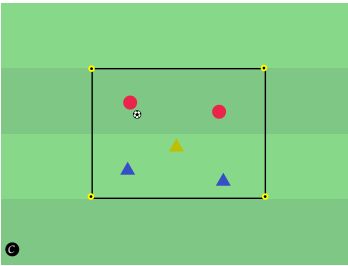
Duration: 0 Min



Coaching Points

Skills Square 2v2+1 - Possession to advance

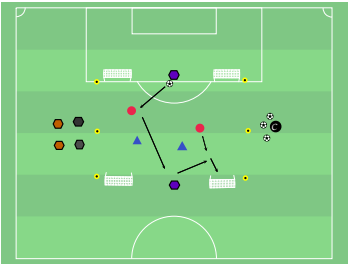
Duration: 0 Min



Coaching Points

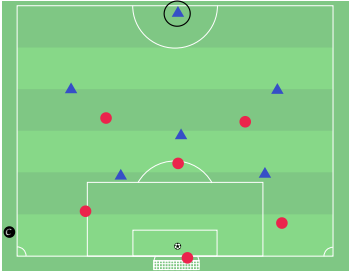
Core Positional/Possession Box to small goals - Possession to advance

Duration: 0 Min



Coaching Points

Scrimmage - To target - Possession to advance



Coaching Points

Warm up - No ball

PLAYERS

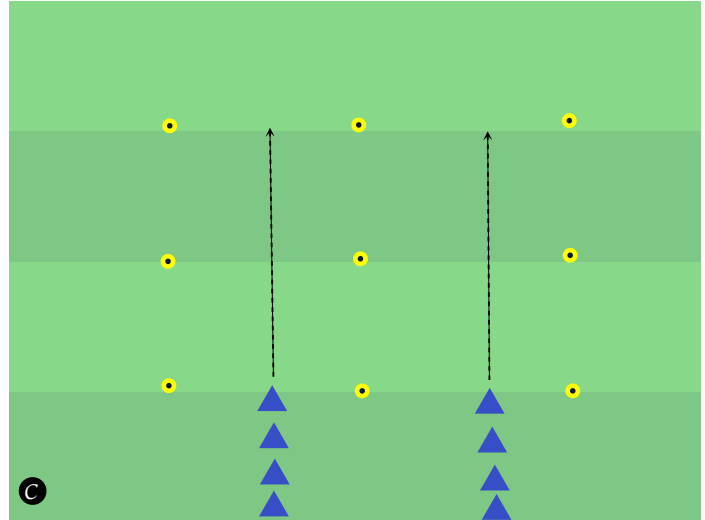
1 players

INSTRUCTIONS

Dynamic Warm Up

Players go through each movement twice.

1. Jog
2. High Knees (out)/ Butt Kicks (back)
3. Quad Stretch (out)/ Jog Back
4. High Hamstring Kick (out)/ Jog (back)
5. Calf Stretch (out)/ Jog (back)
6. Open Gate (out)/ Close Gate (back)
7. Build Up Sprint (out)/ Jog (back)



Warm up - With ball

PLAYERS

1 players

INSTRUCTIONS

Warm Up- Technical

Dribbling

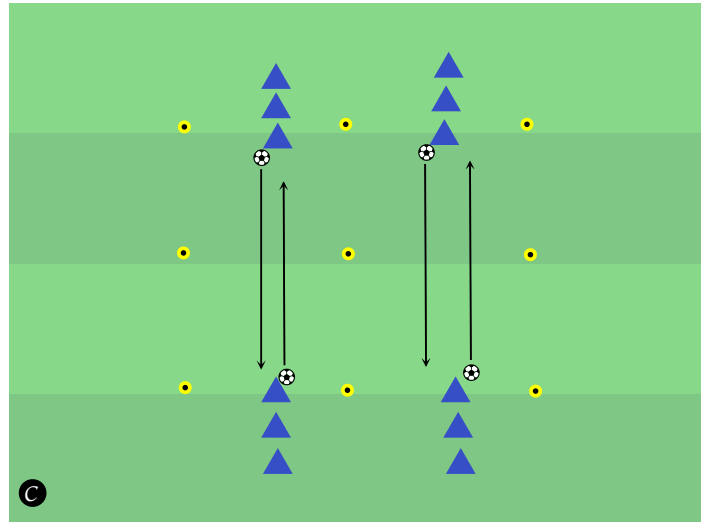
Each movement is done in 1 Minute Intervals.

1. Speed Dribble w/laces
2. Inside/Outside Dribble with one foot
 - a. To make it more challenging add a scissors in the middle
3. Roll Overs with one foot
4. Scissors half way (this should be done with players dribbling at each other and completing a scissors at the same time.
5. Free Move

Passing

Each movement is done in 1 Minute Intervals.

1. Two Touch Passing
2. Give and Go
3. One Touch Passing



Skills Square 2v2+1 - Possession to advance

PLAYERS

1 players

INSTRUCTIONS

Set Up

- Area size appropriate for level of players. 10x10 yards recommended
- Players play 2v2 with a neutral player
- Players try keep possession and use their numerical advantage
- Players score one point for passing the ball through the opposition (split pass)
- Add additional point scoring opportunities.
- Play for one minute. Team with the most points win.

Focus

Technical points related to keeping possession:

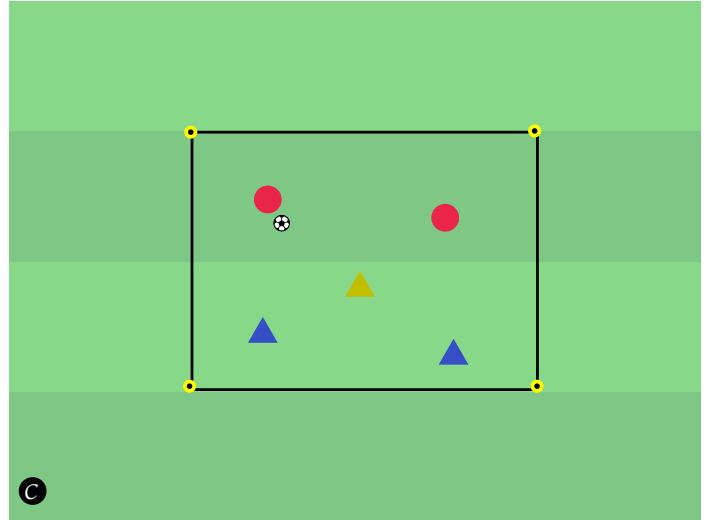
Ball speed - Correct weight of pass depending on distance your teammate is from you and the defender

Body shape - Open hips to see the ball, teammate, opposition, and where you want to go

Best touch - First touch depends on where the opposition pressure is coming from. Take first touch with intention - set up your next move

Progression/Regression

- Alter area size
- Limit touches



Core Positional/Possession Box to small goals - Possession to advance

PLAYERS

1 players

INSTRUCTIONS

Set up

2v2 +2 box game: Players play 2v2 attack and defend two goals each. You have a target player in front and behind. The objective is to maintain possession until you can score in either goal.

Reward - If you score by playing into the target player in front (up-back and through) it's worth 2 goals. If you score you stay on and the other team go off and another team come on. If the ball goes out of play, both teams go off and two new teams come on. The first pair to reach 6 goals win.

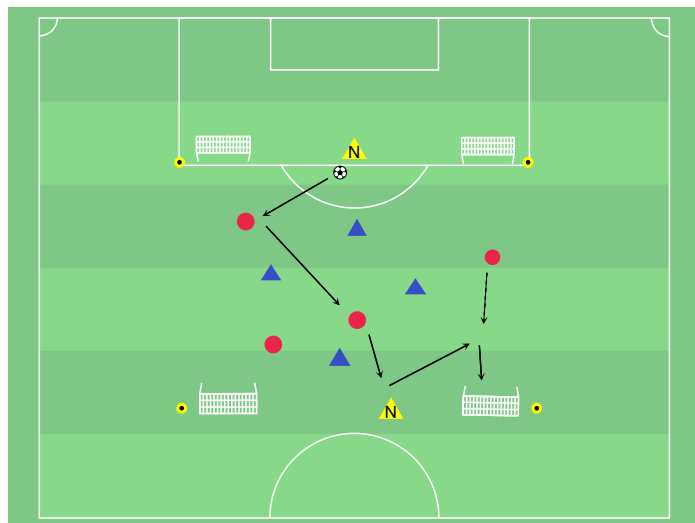
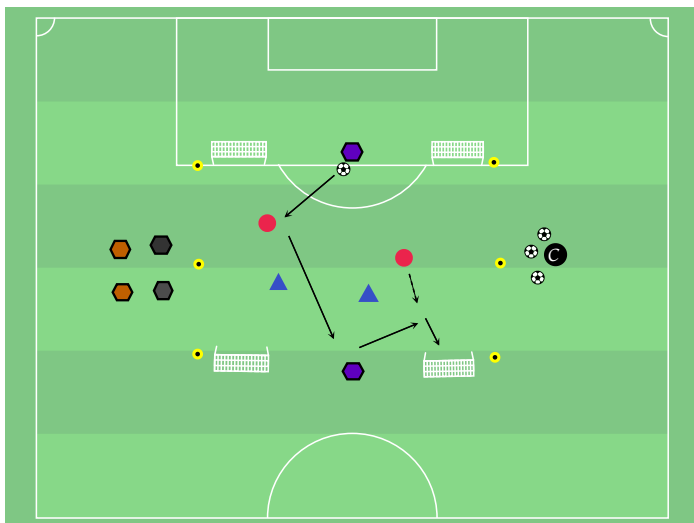
Focus

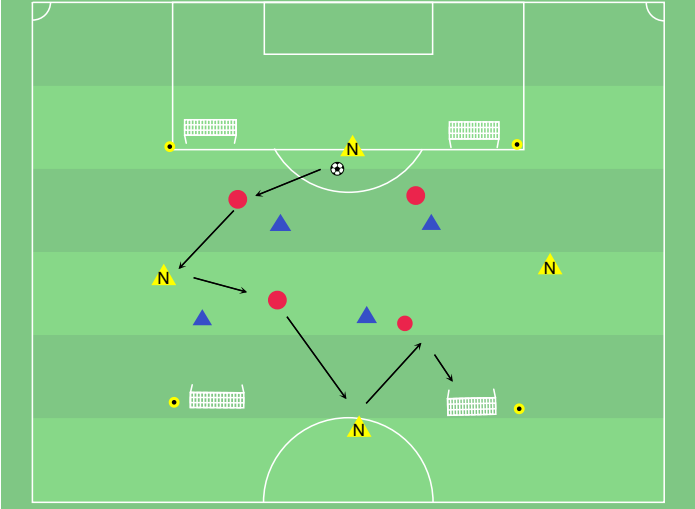
Repeat technical focus of 3 B's.

Increase tactical understanding of recognising when to play through, around, or over.

- Are the opposition marking out wide, leaving gaps? Be brave and play **through**
- Are they protecting the middle leaving space out wide? Look to play **around**
- Are they pressing high as a unit, leaving space behind? Look to play **over**

Variations - 4v4+2 or 4v4+4





Scrimmage - To target - Possession to advance

PLAYERS

1 players

INSTRUCTIONS

To target - One team looks to build up and find the target player. The opposition look to prevent this and score on goal.

Look to apply the technical and tactical points from the previous drills.

As the coach, you come up with the target, challenge, or condition of the practice. Use the STEP model to help adjust to activity

