

POSSESSION GAME 4v1

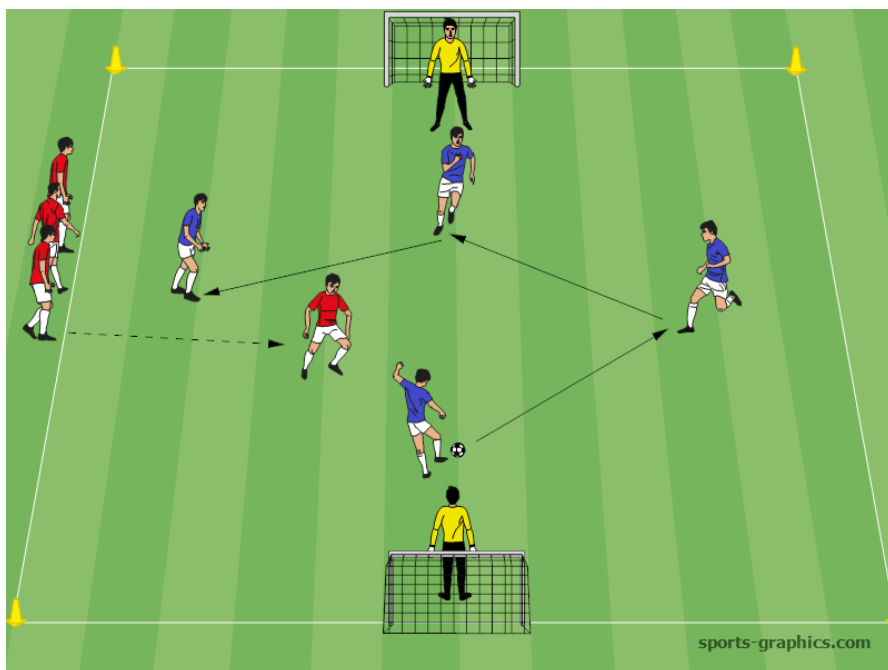
Improving passing and receiving in a modified small sided game

TECHNICAL

TACTICAL

Passing

Possession



Set up a 35x25 practice area with small goals at each end. The practice begins with a goalkeeper in each goal, four attackers and one defender. Additional defenders wait to join the game. Attacking team try to keep possession from the defender. When three consecutive passes are made, an additional defender joins the game. Defenders keep increasing as the attackers make more passes. If defenders win the ball they attempt to score in either goal.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.

LEARNING OUTCOMES

- Angles and distances of support. Does the player on the ball see a clear pathway to pass to a teammate?
- Awareness and decision of passing options. Which is the most effective pass?
- Correct passing technique.
- Correct technique to receive.
- Develop good decision making.
- Good movement to show for the ball.

KEY FACTORS

- Body shape
- Communication
- Good angles and distances of support
- Good first touch
- Head up
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Support quickly

FOCUS AREAS

- Correct technical shortfalls with quality of pass where necessary.
- Encourage communication between the players.
- Encourage good crisp, flat passes. Players should pass and move quickly to open space. Reinforce this repeated action of pass and move, in all relevant practices and games.
- Encourage players not to force the pass.
- Encourage players to keep the ball moving.
- Observe the quality of the pass (accuracy, weight and timing).
- Observe the session from outside the grid to identify and make necessary improvements.
- Play fast, confident passes.

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