

8v4 KEEPING THE BALL

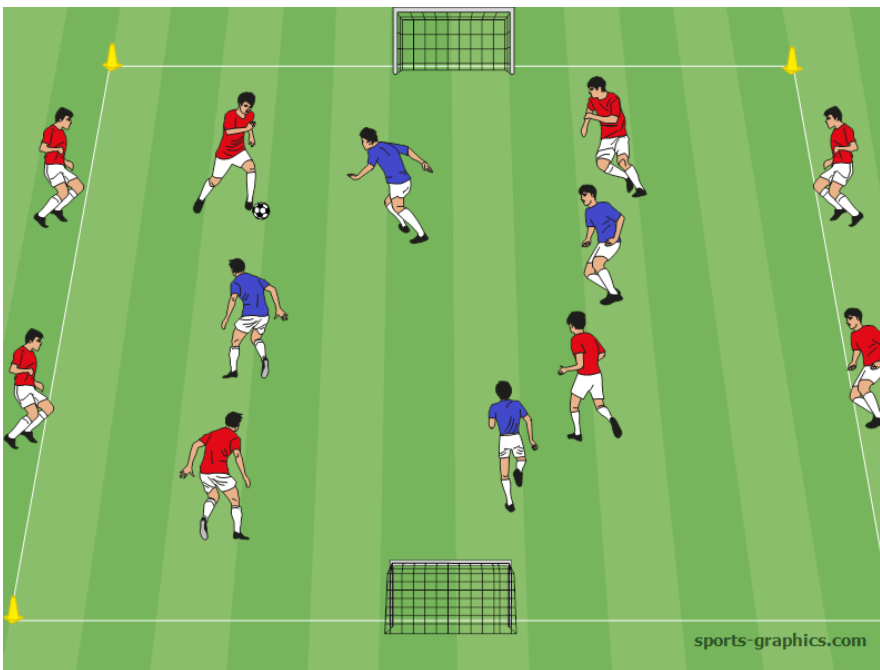
Improve passing and receiving to keep possession in a skill related practice

TACTICAL

PSYCHOLOGICAL

Passing

Possession



Set up a playing area 50x30 with a small goal at each end.

Arrange 4v4 with four additional outside players. As per diagram eight players (red) attempt to maintain possession of the ball and four players (blue) try to win the ball and score.

The four players attempting to win the ball can score in either of the goals.

The eight players keep the ball and utilise the players on the outside.

If a player passes to an outside player, they swap positions.

Swap roles regularly.

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 technique to receive.
- Develop good decision making.
- Improve the quality of passing and pass selection.
- To make early decisions of when and where to keep possession of the ball.
- Understanding of spatial awareness.

KEY FACTORS

- Body shape
- Communication
- Good angles and distances of support
- Good early decision making (on and off the ball)
- Good first touch
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Support quickly

FOCUS AREAS

- Control and protection of the ball to maintain possession.
- Encourage players not to force the pass.
- Encourage players to keep the ball moving.
- Good first touch.
- Pass selection and end product.
- Passing angles and distances.
- Quality of the pass - accuracy, weight and timing.
- Team work and communication.

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