

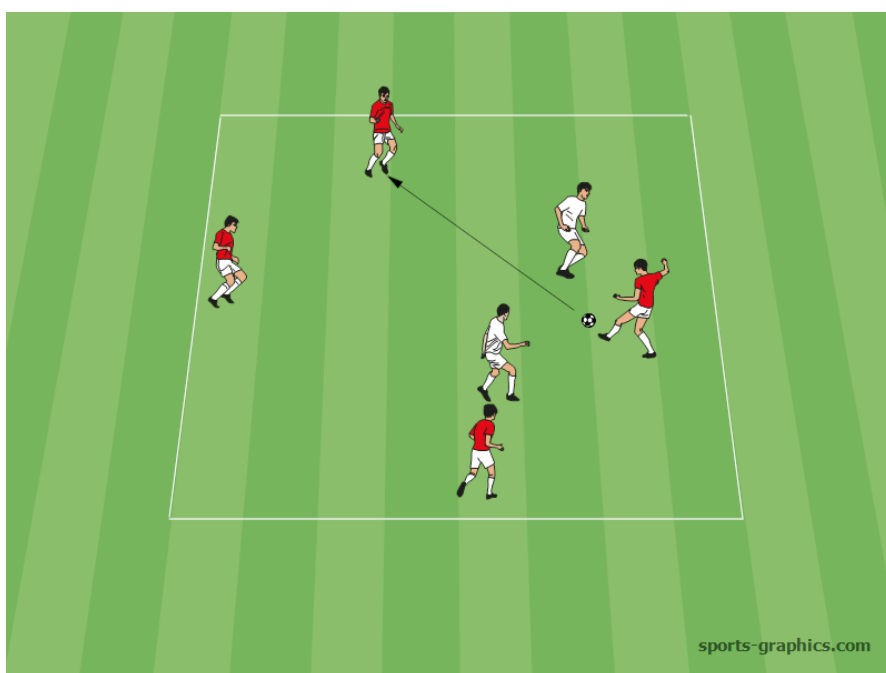
4v2 POSSESSION GAME

Understanding how to keep possession of the ball

TECHNICAL

Passing

Possession



Create an area up to 15x15.

Divide the players into four attackers and two defenders.

Place as many balls as possible around the area for fast restarts.

The attacking team tries to maintain possession for as long as they can.

The defending team tries to spoil and break up the flow of possession to gain possession or force the ball out of the area.

If the defending team wins the ball they give it straight back.

The defending team try to win the ball as many times as possible.

Change roles/new teams 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

- Correct passing technique.
- Correct technique to receive.
- How to make space as individuals.
- The importance of forming lots of imaginary triangles and diamonds to give good supporting passing angles.
- To understand how and when to support the player with the ball.
- To understand passing priorities and select the appropriate pass for the situation.

KEY FACTORS

- Communication
- Good first touch
- Head up
- Keep the ball moving into space
- Quality of pass (accuracy, timing and disguise of the pass)
- Selection of pass - technique

FOCUS AREAS

- Angles and distances of support.
- Awareness of passing options.
- Body shape.
- Change angle on first touch to create and gain advantageous space.
- Creating space and movement to receive the pass.
- Encourage communication between the players.
- Encourage players to maintain their receiving and passing standards - insides of feet, furthest foot, and change of feet to move the ball away from defenders etc.
- Good movement to show for the ball.
- Observe the session from outside the grid to identify and make necessary improvements.
- Receiving with furthest foot to open up space.

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