

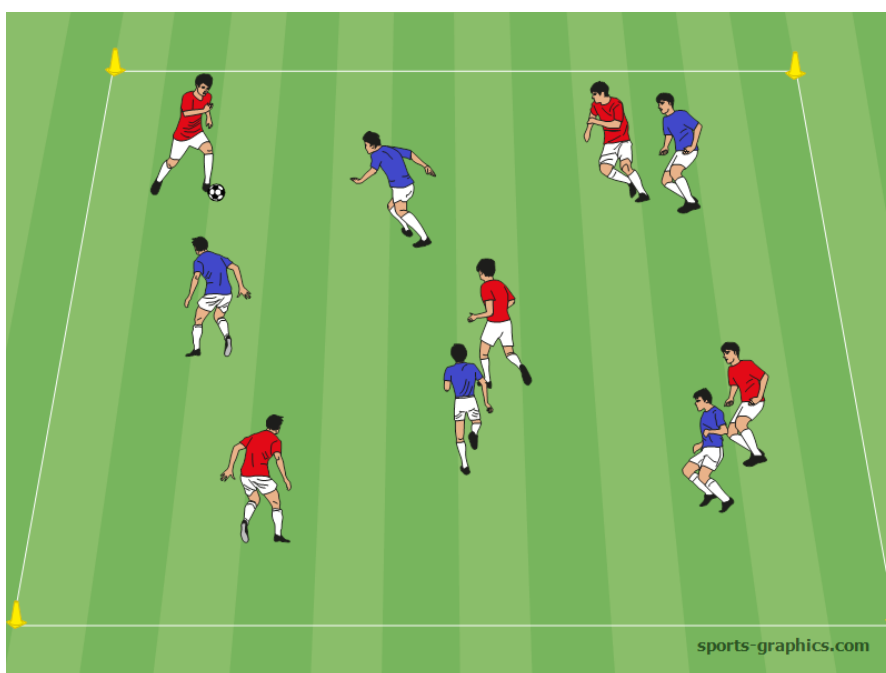
BASIC KEEP BALL

Understanding how to keep possession of the ball

TECHNICAL

Passing

Possession



Set up a playing area 20x20. Modify size of area to suit number of players or to achieve more specific outcomes.

Divide players evenly into two teams.

One ball in the middle, both teams try to maintain possession.

If a team can make five passes without the other team touching the ball, they score a point.

If the ball goes out of play the defending team gain possession of the ball.

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.
- How to make space as individuals.
- Improve team work.
- To develop fluent and quicker passing while under pressure in tight areas.
- To work within a team unit with an agreed outcome.

KEY FACTORS

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

FOCUS AREAS

- Angles and distances of support.
- Control and protection of the ball to maintain possession.
- Correct technical shortfalls with quality of pass where necessary.
- Creating space and movement to receive the pass.
- Demonstrate good angles and distances of support.
- Encourage communication between the players.
- Encourage players to pass between the two defenders whenever possible.
- Form triangles.
- Keep possession.
- Keep the ball moving.
- Passing and support play skills.
- Size of grid to be modified to suit skill level.
- Timing of release of passes to fellow attackers.

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Understanding how to keep possession of the ball

