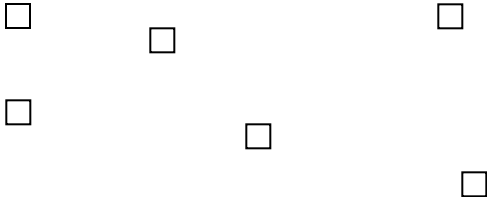
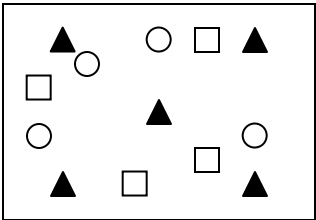
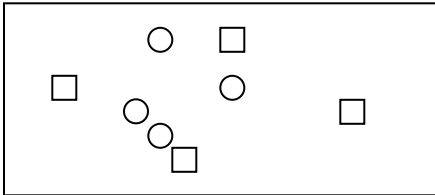
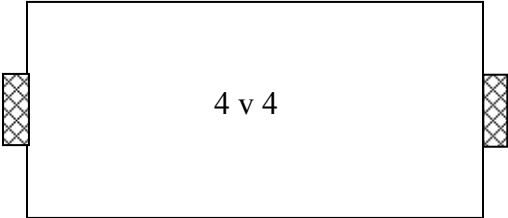




Name:

Topic: Possession

Date:

<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Ball between three players – moving and passing 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Players constantly moving ▪ Supporting players at an appropriate distance from 1st attacker ▪ Supporting players at an appropriate angle from the 1st attacker
<p>RESTRICTED SPACE</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 in a 35-x-35 yard area with five cones placed in the area ▪ Teams score by passing the ball to knock over a cone ▪ The play continues with the coach picking up the cone ▪ First team to five goals wins <p>Progressions: Limit touches. Have different colored cones that are worth more points.</p>	<ul style="list-style-type: none"> ▪ Players in good supporting positions ▪ Decision making: safety versus risk ▪ Communication ▪ Good team shape
<p>ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> ▪ Play 4v4 in a 25-x-35 yard area ▪ Teams score by dribbling under control across the other teams end line ▪ The objective is to pass the ball around until a team has an opportunity to penetrate by dribbling <p>Progressions: Teams can score points by completing a certain number of consecutive passes or by dribbling across the line.</p>	<ul style="list-style-type: none"> ▪ Possess the ball to look for an opportunity to score ▪ Players in good supporting positions ▪ Decision making: safety versus risk ▪ Communication ▪ Good team shape
<p>GAME – TWO GOALS</p> 	<ul style="list-style-type: none"> ▪ Play a 4v4 + Gk's game ▪ No restrictions on the players 	<ul style="list-style-type: none"> ▪ Observe to see if the team possess the ball well ▪ Check to make sure the team is possessing the ball with a purpose