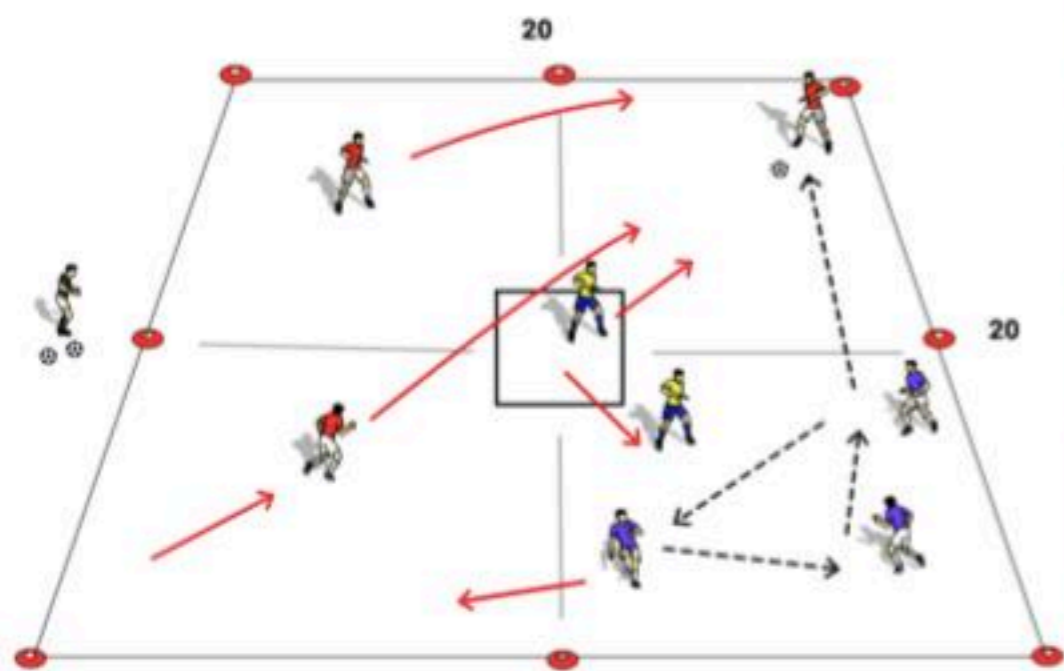


Decision making in Possession

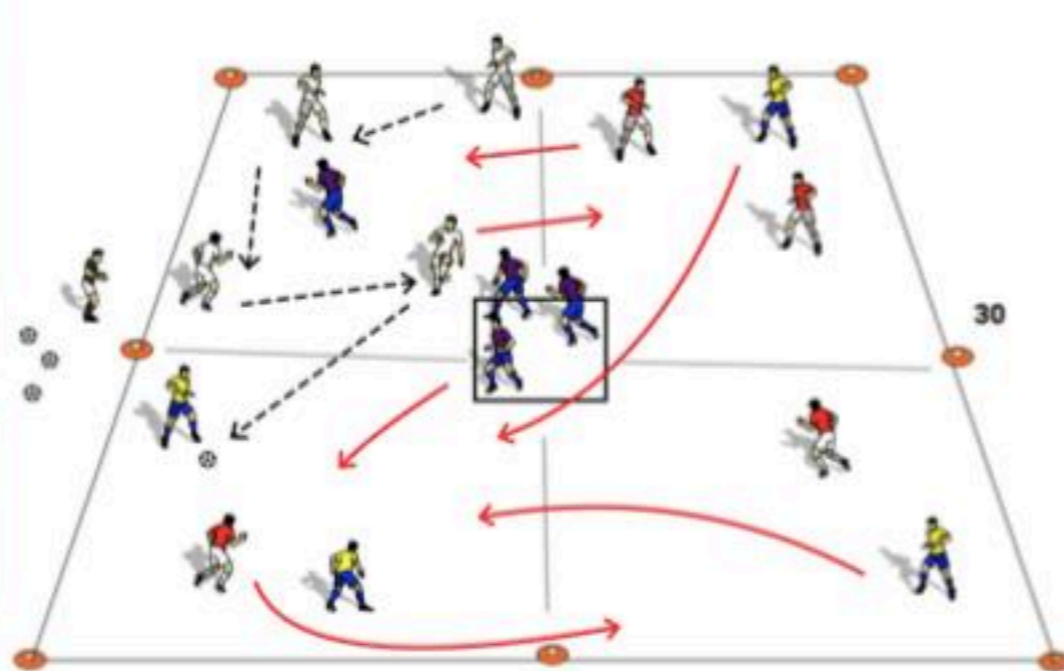


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Area: 20x20 Four 10 x 10 yard boxes with a 2x2 zone in the middle as shown. 8 players in 3 teams of 3,3+2. The coach has all the balls. The 3 blues are positioned in one 10x10 area while the reds have one player in the other three. The 2 yellows are defenders standing in the 2x2 zone.

1. The coach passes the ball to the blue team. One yellow player enters that playing area.
2. The blue team keep possession for 3 or more passes and then pass the ball to any red player. A yellow defender cannot enter until the red player touches the ball.
3. The other two red players quickly move to support the red player while two blue players move to the vacated boxes. A new defender enters the red teams area. The other yellow defender returns to the center.
4. If a yellow wins the ball, can they dribble outside the playing area?

Coaching points:
Reactions. Communication. Support. Field awareness.

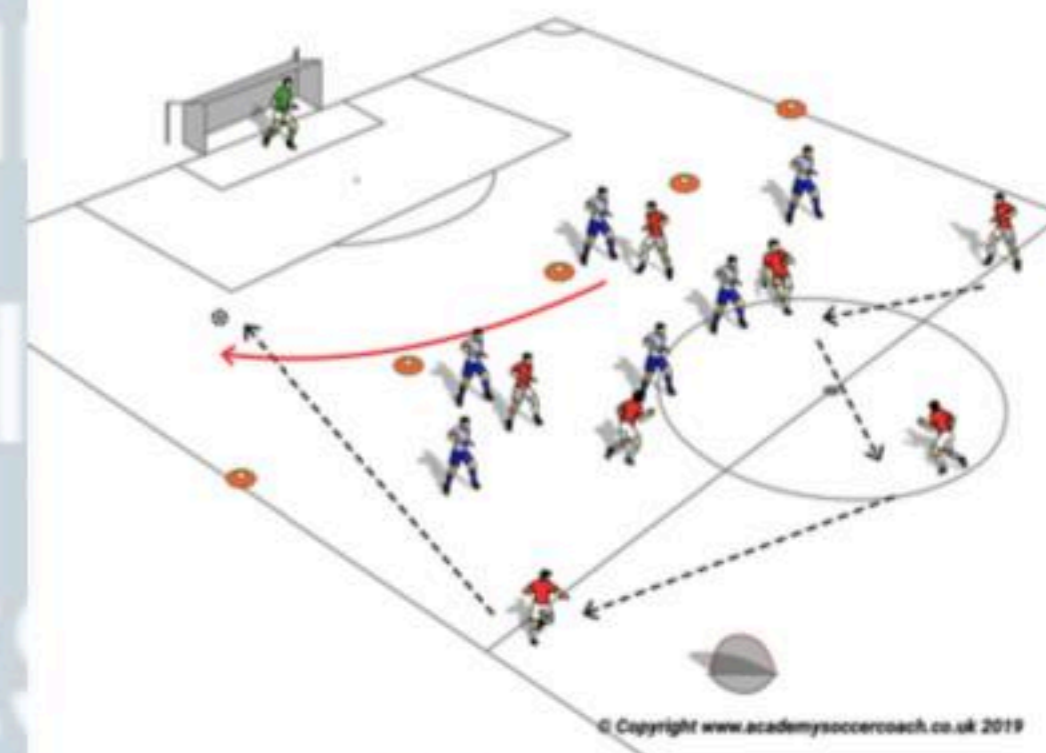


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Area: 30x30 Four 15 x 15 yard boxes with a 2x2 zone in the middle as shown. 16 players in 4 teams of four. The coach has all the balls. The 4 whites are positioned in one 15x15 area while the blues are defenders in the 2x2. The rest of the players are spread out in the other three zones.

1. The coach passes the ball to the white team. One blue player enters that playing area.
2. The white team keep possession for 3 or more passes and then pass the ball to any player in another area. The pass is made to a yellow player. All yellows move in to support their teammate.
3. The other non yellow players in that area move and occupy another area.
4. If a blue wins the ball, can they dribble outside the playing area?

Coaching points:
Reactions. Communication. Support. Field awareness.



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Two teams play 8v8. Reds are set up in a 1-5-2 formation blues are set up in a 1-4-3. Reds are attacking the large goal and greys attack the two small goals. Reds keep possession and attempt to make runs behind the defensive line.

1. Play possession. Can the red team keep possession and penetrate the back line?
2. Once a team breaks the line, it is free play to goal.

Coaching points: OUR MINDSET IS: "IF WE HAVE THE BALL, THE OPPOSITION CANNOT SCORE"

Body shape, first touch, field awareness, weight and timing of pass, movement into space. Creative running. Reds keep good defensive shape (preventive marking) when in possession.