

POSSESSION

Larry Moro Oct 22/07

“If you can’t play to feet, you can’t play possession”

“Good players show you their face; poor players show you their butt” J. Mathot

1) Handball – 2 teams in a rectangular area ie. 40 x 30 yards

- ⚽ must complete pass or it’s a turnover
- ⚽ must pass 2 handed – no baseball passes
- ⚽ goal = a pass caught in the endzone
- ⚽ no running with the ball
- ⚽ defender must be a step & touch away from passer
- ⚽ emphasize running off the ball and creating good angles for the passer

2) Grid work when needed

- ⚽ 3 v 0; 3 v 1

3) 3’s – 1 ball per group in a large area 40 x 30 yards (adjust area based on players age & ability)

- ⚽ pass & move – unlimited touches
- ⚽ pass in # order – 1 → 2 → 3 → 1
- ⚽ limit touches for some/all players

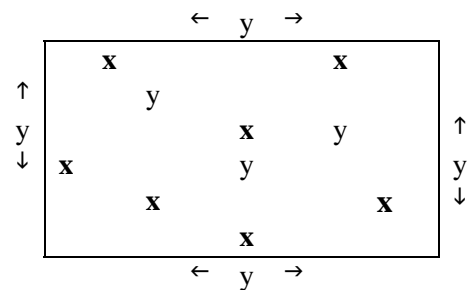
4) 2 teams – 2 balls per team

- ⚽ pass to same color
- ⚽ condition number of passes; some players are limited to 1 or 2 touches, others 3 max.
- ⚽ pass to opposite color
- ⚽ mini game = each team has two balls; play keep-a-way while trying to gain possession of opponents balls; team that has all 4 balls at once wins

SMALL-SIDED GAMES (based on 14 players; adjust #'s as needed)

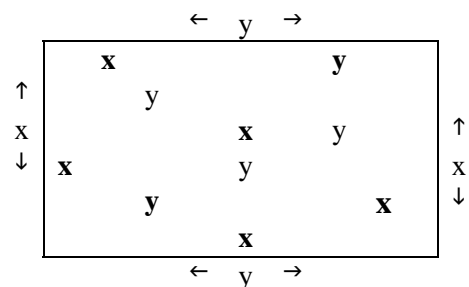
5) 7 v 3 + 4

- ⚽ x keeps possession and may use the perimeter players; y on outside are with the x team
- ⚽ perimeter players may only use 1 touch passes
- ⚽ vary perimeter touches – ie. ends 2 touch, sides 1 touch
- ⚽ start 7 v 0 then add defenders 1 by 1
- ⚽ keep score – timed/consecutive passes/5 passes = goal
- ⚽ switch x & y teams



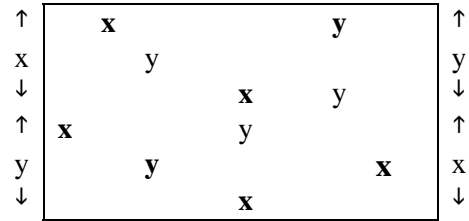
6) 5 v 5 + 2 sidelines (teams of 7 v 7)

- ⚽ can start by having all perimeter players on team with ball = 9 v 5; then x vs. y
- ⚽ 5 passes = goal
- ⚽ add perimeter player enters field when he gets ball; passer takes his place
- ⚽ can make the field square or switch sidelines
- ⚽ try 3 v 3 with 2 players on each sideline



7) 5 v 5 + 2 endlines (teams of 7 v 7)

- ⚽ perimeter player enters field when he gets ball; passer takes his place
- ⚽ pass to perimeter = goal
- ⚽ state # of passes before a pass to perimeter is allowed
- ⚽ limit number of touches as play goes on
- ⚽ limit distance pass can be made to perimeter



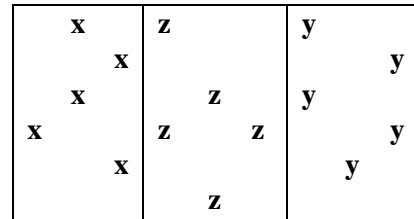
8) 7 v 7 with GK – use 18 yard box or attacking 1/3

- ⚽ possession game leading to a shot on goal
- ⚽ 5 passes = opportunity to shoot
- ⚽ coach serves balls from top of box
- ⚽ GK on defensive team; if he intercepts he plays to defenders who then switch to attackers as they have possession
- ⚽ limit number of touches as play goes on
- ⚽ variation – on a turnover ball must be worked outside 18 yard box then a new attack can begin; if attackers repossess first they can go for goal immediately. No minimum # of passes needed???

Three team games:

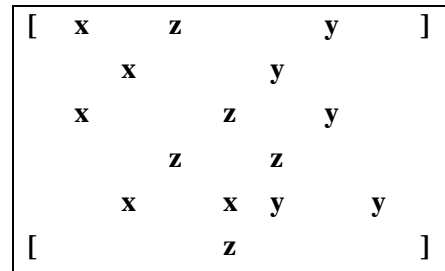
9) Tennis – pig in the middle

- ⚽ team x must make 3/4/5? passes before they can send ball to team y
- ⚽ team z sends 1 player in to defend possessing team
- ⚽ team z switches places if they intercept, knock the ball away or the possessing team isn't able to pass the ball to the other end
- ⚽ score 1 point for each successful pass to other end
- ⚽ first team to ? points wins



10) 10 v 5 with 4 goals

- ⚽ 2 teams v 1 team - ie x & y vs. z
- ⚽ 5 passes then team can attack any goal & score
- ⚽ defenders get 1 point every time balls goes out of bounds or they kick it out; they get 2 points if they are able to intercept and pass ball to coach on either sideline
- ⚽ first team to 5 wins
- ⚽ do not allow defenders to guard goal
- ⚽ rotate teams after 5 points



11) The Dew Drill

Equipment:

- ⚽ bibs – 2 colors
- ⚽ cones to mark field
- ⚽ soccer balls – lots!

Rules:

- ⚽ 8 – 16 players divided into 2 teams
- ⚽ field size listed can be adjusted for the number of players and their ability ie. larger for young/inexperienced players; smaller as they master the drill
- ⚽ starts 8 v 2 (with 8-10 players start with 1 defender)
- ⚽ every 5 passes = 1 point
- ⚽ every point (5 passes) another defender is added
- ⚽ if a team in possession gets to 20 consecutive passes (6 defenders) they get a 5 point bonus
- ⚽ defending team gets a point by intercepting/winning the ball AND successfully playing it back to their own zone where the drill continues
- ⚽ defending team gets possession if the ball is played/forced/kicked out of bounds
- ⚽ defenders can't cross the centre line until the first touch is taken after the coaches service
- ⚽ first team to 20 points win (I often play best of 3 to 12 points, must win by 2)
- ⚽ make the drill tougher by shrinking the playing area or by only accepting 5 untouched passes (no defender contact) for a point

