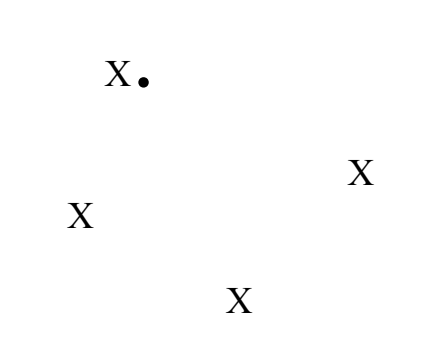
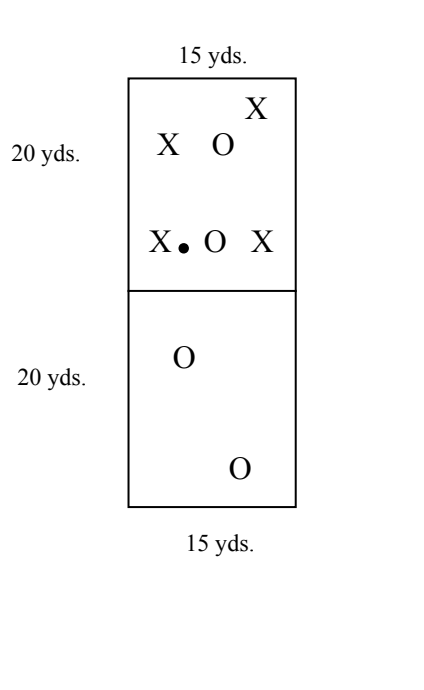
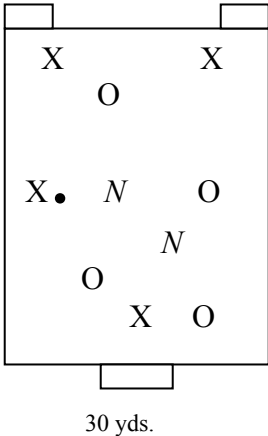
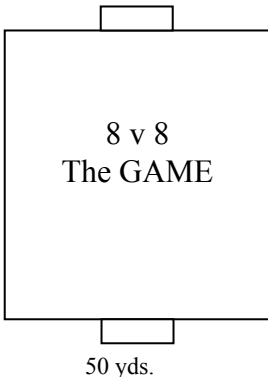


Topic: **Possession**

Organization	Variations	Diagram	Coaching Points
Unrestricted			
<p>Divide team into 3 or 4 groups. Each group begins with one ball passing and moving collectively. Stretch.</p>	<ul style="list-style-type: none"> ▪ Two touch mandatory. ▪ One touch mandatory. ▪ Two touch, one touch alternating after each pass. 		<ul style="list-style-type: none"> ✓ Body mechanics and technique ✓ Accuracy and speed of pass ✓ Implications of first and second touches ✓ Keep the ball moving
Restricted			
<p>4 v 2 + 2 possession exercise (two 15 x 20 grids, or as needed, end to end).</p>	<ul style="list-style-type: none"> ▪ If the defending team wins the ball, they immediately play to their two teammates in the other and transition to support the ball in possession. The two nearest players from the attacking team immediately transition to the other grid and defend. Play is continuous. ▪ Limit touches of the team in possession. ▪ If the team in possession loses the ball out of bounds, play immediately transitions to the other grid. 		<ul style="list-style-type: none"> ✓ Correct supporting angles and organized possession ✓ Disguise and deception of pass ✓ Verbal and visual communication ✓ Quick transition once possession is gained

Topic: **Possession**

One Goal with Counter Goals			
<p>4 v 4 + 2 directional possession game (30 x 40 area or as needed). One large goal with goalkeeper(s) and two counter goals. Neutral players play for team in possession.</p>	<ul style="list-style-type: none"> ▪ Define direction for each team. ▪ Limit the number of touches to increase speed of play and movement off of the ball. ▪ Goals can be scored by consecutive number of passes, combinations or through designated goals. ▪ Add a score-line to each team (i.e., up a goal, down a goal, if your team is up a goal they can't score until the game is tied, etc.), to change the demand. 	 <p>40 yds.</p> <p>30 yds.</p>	<ul style="list-style-type: none"> ✓ Supporting shape and balance for team in possession ✓ Change of rhythm to exploit opportunities to penetrate ✓ Speed of thought and play ✓ Movement and timing of 3rd man runs
Two Goals			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible formation 2:3:2. ▪ No restrictions. 	 <p>70 yds.</p> <p>50 yds.</p>	<ul style="list-style-type: none"> ✓ Look for opportunities to change the point of attack ✓ Find the most efficient way possible to score ✓ Be patient in possession and allow opportunities to develop ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session