



Possession for Penetration

Category: Tactical: Possession
Difficulty: Beginner

Continental FC, Philadelphia, United States of America
Individual-Adult Member

Warm-up (10 mins)

Set up

Two 20 X 35 fields with mini-goals/pugs as shown

Organization

As players arrive for practice get them moving into small sided games early. Build up to two 3v3 games alongside each other. Players are encouraged to have free play with no one touch soccer. Try to keep teams even for competitive games and rotate opponents every 3-4 minutes.

Progressions

Rotate opponents every 3-4 minutes

Coaching Points

Free play warm up with limited coaching. Enforce no one touch rule



Tecnical Passing/Combinations (20 mins)

Set up

As shown cones in diamond approx 10-15 yards apart from middle point, middle cones 5 yards apart.

Players on end have a ball each to start.

Organization

A - Player 1 passes to player 2, player 2 turns with ball and plays to player 3 who makes run into space, player 3 dribbles to end line.

Rotation, everyone follows there pass.

Progressions

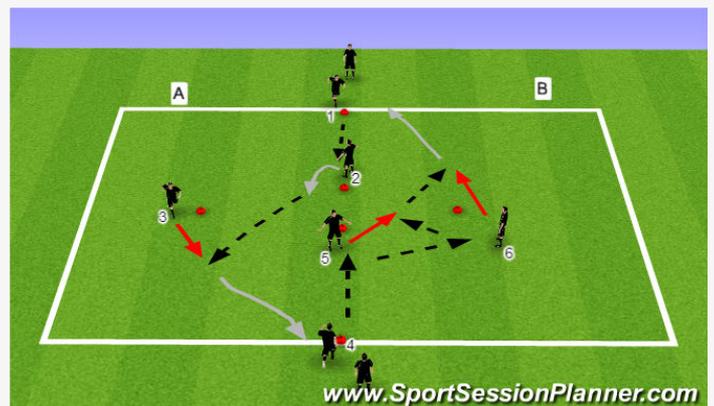
B - Player 4 plays pass to 5 who turns and plays a wall pass around the cone with player 6.

Work both sides, left and right

Multiple passing combinations available for coach to implement

Coaching Points

Directional first touch, look over shoulder when receiving, wight of pass, movement off cones to create space



Positive Passing to Goals (20 mins)

Set Up

Four approx 20 x 20 boxes as shown. Play 6 v 6

Organization

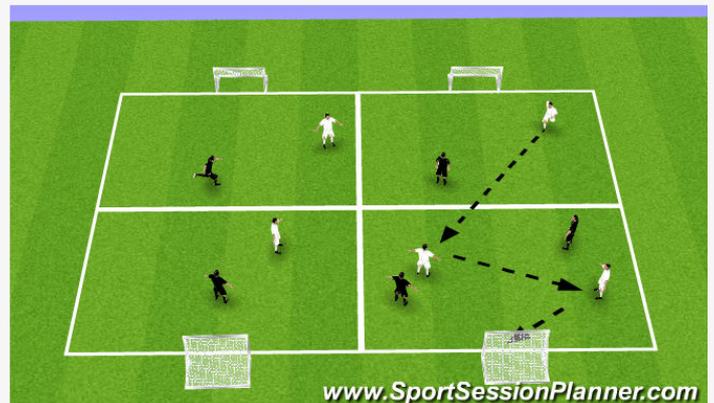
Teams can score in any of the four goals to begin with. When possession changes it eliminates the goal in the box that the ball was turned over in. Make it take it, obviously the team that scores cannot score in that goal they just scored in.

Progression

Limit touches to increase speed of play, limit number of passes allowed from time ball is won and a shot on goal is taken to emphasize positive passing.

Coaching Points

Emphasize the need for players to expand/stretch the opposition and get into goal scoring positions. Awareness, finding the most penetrating/positive pass available. Speed of play, limit touches/time in possession. Touch away from pressure, timing, accuracy & weight of pass



6 Goal Game (20 mins)

Set up

40 X 30 grid with six goals as shown

Organization

Teams play 6v6 with black team defending 3 goals and white team defending other three goals. Game is now directional with players being able to score in any of the three assigned goals. Players should look to switch the point of attack quickly to capitalize on defensive cover.

Progressions

Limit touches to increase speed of play, limit number of passes allowed from time ball is won and a shot on goal is taken to emphasize positive passing

Coaching Points

Recognize when to switch the point of attack, speed of play, movement off the ball to create space, penetrating positive passes when possible.



Game (20 mins)

Set up

Field 40 X 30 with regular goals as shown.

Organization

Teams will play 6 v 6 including Goalkeepers. Regular scrimmage game with emphasis on the topic. Allow game to be free play but enforce coaching points of the day.

Coaching Points

All of points portrayed throughout the session should be enforced in a game situation.

