



## Possession & movement

Category: Technical: Movement off the ball  
Difficulty: Moderate

Pat prindle, Coon rapids, United States of America  
Individual-Adult Member

### Numerical passing

#### Numerical Passing

##### Organization:

2 balls , two sets of pinnies and 20 x40 space

Divide group into two teams. Number each team 1-5 ( or whatever that number is for your group)

Teams pass in numerical order with their team. To start have them in their own space getting use to passing and moving. Once pattern is set have groups inter mingue still passing numerical with their own team.

##### Coaching points

Getting into spot to recieve pass so teammate doesnt haveto turn

Weight of pass

movement after pass

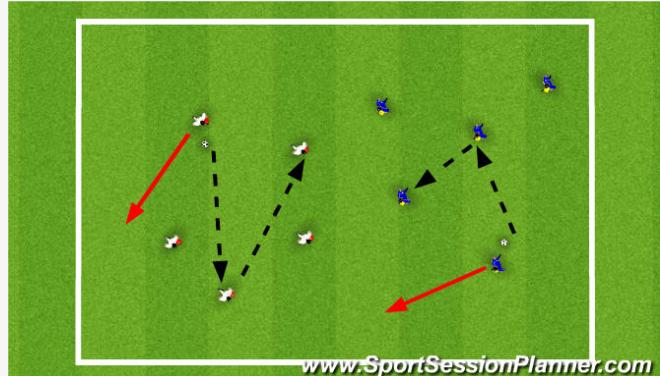
communication

aware of surrounding

proper passing and recieveing technique ( ankel locked and follow through)

##### Progression-

if larger team add another ball, work on long passes



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### possession to targets

#### Possession to Targets

##### Organization

3v3 in middle with two targets on each end of the 40x20 space, 1 ball

Teams will play keep away in the middle trying to get the ball back using the targets on the outside. To score teams make a pass to a target and the team receives it back successfully. They can use same target for support but must get ball across to other target for next point. (Target can't defend eachother)

Limit the touches of the targets based on teams level.

##### Coaching points

movement off the ball

supporting run

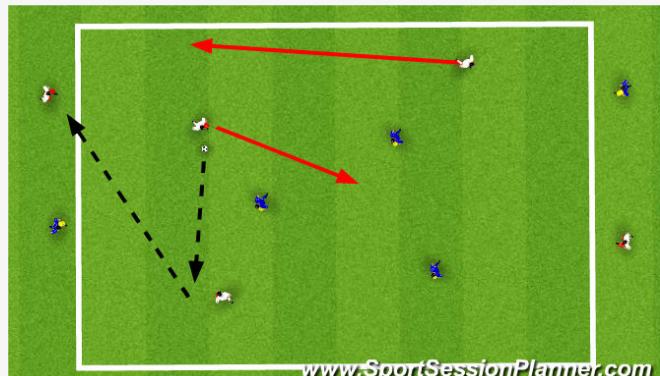
when to move for pass

weight of pass

communication

##### Progression

one touch pass for targets, must pass ball backwards before going forward



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### switching with target

#### Same setup as progression before.

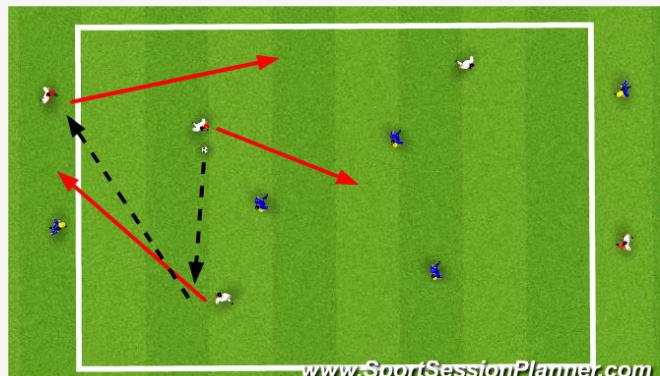
Now when targets receive the ball they can attack the space in front of them. The closest player will then balance the shape by becoming the new target. Team receives two points if done successfully.

##### Coaching points

being aware of space

positive touch

movement off the ball to create space



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