

Description

A simple possession session that will allow us to feel out the available space and adjust as needed. Keep goalies a part of the team, resist the urge to add shots to the session. They'll scrimmage at the end and they've already had keeper training.

Activity 1 - Rondo (10 mins)

Setup: Create enough 10x10 yard squares so players are in groups of 5-7.

Activity: One player from each group will be the defender in this RONDO activity. They will defend in 2 minute intervals and count the number of times the defender TOUCHES the ball. After 2 minutes, the defender switches. Repeat intervals until all players have been the defender. Player with the most ball touches during their interval wins. Keep extra balls near squares so square can be restarted quickly if a defender knocks a ball out. Between intervals, reload balls.

Coaching: First, focus on players moving around their square to be available for passes. Players should be on the SIDE of the square, not the corners. Once players are moving well, then focus on the ball reception. When possible, players should move their bodies so they receive the ball across their bodies. So if the ball comes in from the left, they receive on their right foot, and vice-versa. This is a warm up activity on our first day in the dome, don't over coach. Be encouraging when you see good play.

Age Group Modifications: If this proves too difficult for younger players, enlarge the square slightly. If older players find 4-6v1 to be too easy. Add the modification that players cannot pass to the player that passed to them. This also further forces the across body pass.



Activity 2 - 4v4+4 (15 mins)

Setup: Separate your players into 3 even groups. If possible give all groups pinnies. For this, I'll assume you have 12 players, so 4v4+4. If groups cannot be even, that's okay. 5v4+4 is acceptable, do not create neutral players. Create a square with sides that are equal to your average team size times five yards. So my area will be 20x20 yards. Make your life easier and use existing lines for 1 or 2 of the squares, but still lay cones.

Activity: One group will begin as the defending group. If you have uneven groups, make a large group the defenders to start. This activity is 2 groups keeping away from one. So it is functionally 8v4 keep away. When one group is at fault for losing possession to the defending team, they become the new defending team. So if it is blue and red vs yellow and a red player gives the ball away to the yellow team, it is now blue and yellow vs red.

Coaching: Just like the rondo in the previous activity, this is weighted toward the offensive teams. Focus on using the large space to keep the ball away from overly defending areas. Players should pick up their heads to identify weak sides and communicate to help the ball handler decide where to pass. As before, receiving across the body helps players pick their heads up naturally. Receiving players should try to make decisions quickly and execute them as soon as they can. If one team is consistently finding themselves in the middle, have a couple players switch pinnies to even out teams.

Age Group Modifications: Enlarge the area if teams can't maintain possession for at least 3-5 passes consistently. However, wait a few minutes before doing this to allow players to get the hang of the activity. For older players, Give them 2 or 3 touch maximums if this is too easy.

