

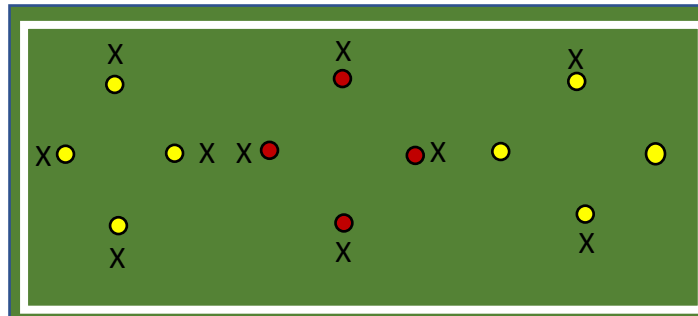


POSSESSION

**Practice NEEDS:**  
- A full bag of soccer balls  
- 3 colors of Pinnies  
- Two color Disc cones

**1) Minutes 15: Diamond Ball Mastery**

Set Up: Each group will need to have 4 players at each diamond. Set up as many diamonds as needed for your number of players (i.e. if you have 10 or 12 players, set up three diamonds). Each cone should be approximately 5yds apart.



**Diamond Ball Mastery**

At each diamond there should be 2-4 athletes, each standing behind a cone (no more than one kid at each cone, and no less than 2 at each diamond so they can challenge each other). Each group should have a leader of the group who will be the “clapper”. Once each kid in that diamond makes eye contact with each other, the leader will clap and everyone will do the same move (see below) and travel the same direction...all to their RIGHT (counter clockwise) out of the move first, then all to the LEFT (clockwise) the second time. Do each move/combination in one direction for about 45 seconds before telling the kids to switch directions. With every combination there will be a 1v1 move, then a turn so the player will always start and end at their original cone.

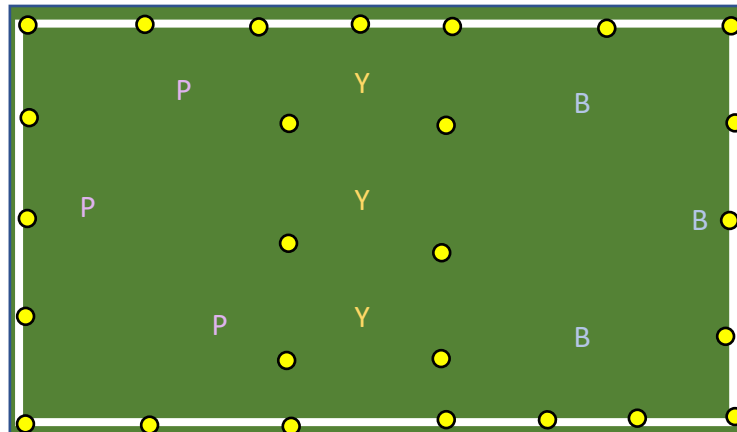
Combination Ideas:

- 1) Scissors L take away R to the cone on the R, pull turn R going back to original cone.
- 2) Step over R foot, take away R to the cone on the R, Cruyff R then back to cone.
- 3) Step over L, Scissors L, Take away R to the cone on the R, Step-over R back to the cone.
- 4) Matthews R (big toe, little toe), Take away to the cone on the R, outside cut R back to cone.

**WATER BREAK**

## 2) Minutes 10-15: 3-Box possession

Set-up: Mark out a large field with three separate grids (the one in the center being narrower; the two larger grids should be about 10x12 yds (depends on your number of field players). Split your team into three teams of three (in this example there are pink, yellow, and blue teams). If you have additional you can have teams of four OR use your additional players as all-time offense/neutrals.



### 3-Box Possession

Split your team into 3 teams and put separate colored pinnies on them. Each team should choose a grid (if there are any neutrals, they can start in either offensive/larger grid. The narrow middle grid is the defensive grid; anyone who starts in that grid will remain defense until the teams' roles are switched after the allotted time (2-4 minutes depending on success of the drill). The larger grids are where the possession will occur. The coach will play the ball into either of the offensive teams, for sake of example we will start with PINK. As soon as the ball is played into pink's grid, ONE yellow player can cross into pink's grid, the remaining yellow players stay inside their lane trying to prevent the ball from switching from the pink grid to blues grid. When pink receives the ball, they must tie together 4 passes. Once four passes are achieved, they can at any point (does not have to be the 5<sup>th</sup> pass) attempt to play it across to the other side (blue) by passing the ball. Pink gets a point for successfully passing the ball to the other side to blue. Once Blue receives the ball in their grid, all but one yellow will return to their lane, and a different yellow player will enter the blue grid to defend. Blue now is trying to combine four passes then play across to pink. If yellow wins it, they should play it to the other side or play to their own teammates and they should turn, playing it to the opposite side so possession switches. This will occur for an allotted time, then switch defense to offense and so forth.

### ***3-Box Possession Progression***

*As your team has found success with this drill, you can now have them switch boxes within play. This is essentially the same game with four passes, then passing it to the other side, except if the defense steals the ball from a team (pink in this example), in order to become an offensive team the defender must keep possession, play it into his teammates in the middle lane. They must turn and play it to the blue. When this happens, the pink team takes the place of yellow, in the middle lane, becoming the defensive team and sending one player into the blue grid, and the yellow team takes pink's grid, waiting for the blue team (or pink if they steal it) to pass the ball into the grid.*

### **WATER BREAK**

#### **3) Minutes 10-15: \*Box Attack**

**\*Box Attack** refers to creative, possessive play used once the team gets into and just outside of their offensive goal box. It is imperative teams don't learn only to possess until their final third then abandon the style and force shots; instead they should continue to possess then choose the right opportunity to get it off their foot for a shot. This is a fun game, which encourages and cultivates creative play in your final 3<sup>rd</sup>.

Set up: Keep your team in 3 groups/teams. Using cones, expand the goal box by 5yds in width and depth.

### **Box Attack**

Two teams should start inside the goal box, and the remaining team should spread out on the OUTSIDE of the cones/goal box, as neutrals. The ball will always start from the coach at the top of the box if it goes out of bounds; if the keeper saves a shot he will throw to a neutral who will pass it to the team who did not shoot. When the team receives the ball, they are trying to tie passes together inside the box until they have a good chance to score; throughout their possession they may pass and receive from any of the neutrals outside the box. Neutrals can move along their line outside the box. The neutrals may not score from the outside; they can only pass to the team from whom they received the ball. If the defense steals the ball, they **MUST** play the ball to the neutrals before attempting to score. Once a goal is scored, switch the teams' roles (neutrals go into box), winner stays, losing team becomes neutral. If any round is taking too long, set a time limit then switch the teams when you see fit.

### **WATER BREAK**

#### **4) Minutes 10-15 SCRIMMAGE**

**5) DEVOTIONS- WEEK 7.**

**Finish in Prayer**