



# Directional Possession

**Category:** Tactical: Possession

**Difficulty:** Moderate

Am-Club: North Shore Girls Soccer Club  
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## Description

good session for awareness and speed of play as well as being patient in possession - game related session with lots of movement and change of direction

## Screen 1 (20 mins)

**Organization** - grid size dependent on numbers but basic 40x30yd grid - good supply of pumped up footballs - 2 even teams - if there is an uneven number use a different colour as a floating player (plays on the team in possession)

**Field Set up** - at each end of the grid are players from each team - in the middle of the grid is the possession game

**Detail** - to score a goal the team in possession must play a pass to their end player then try to play through the opposition and pass to the end player at the opposite end - if the defending team wins the ball they try to do the same with their colour end players

**Progressions** - limit the touches of the end players and middle players - change places with the player at the end if you pass the ball to them

**Competencies** - proper passing technique - movement ahead of the ball - speed of play when in possession - patience in possession if it's not on to play forward - awareness of the players receiving the ball that they can open up to play forward

