

U11 Boys Aug 11th SA

Category: Tactical: Possession
Difficulty: Moderate

Am-Club: Kickers FC
Gordon Ferguson, Brooklyn Park, United States of America

Description

A session to develop the concept of securing and maintaining possession, through clever movements, to ultimately create goalscoring chances. **Core Value** Safety.

Combination Play Warmup (15 mins)

Plan:

2 x teams of 4 players with 2 players in middle area and 2 players on opposite end lines. Ball is played from player on end line into players in the middle to combine and pass out to opposite end line player.

Key Coaching Points

Awareness and check shoulders

Players should constantly scan to be aware of the position of the ball, passing options from teammates, space to exploit and penetrate through and position of opposition players. This will then encourage decision making to secure possession.

Movement to receive and combine.

Short sharp movements to create a passing line to receive the ball. When combining with teammates one player may go short and the other player may go long to create space and forward passing options.

Rotation

Players can move freely around the area and interchange positions to create space to receive and combine.

Make it more challenging:

End players can play pass to opposite end players.

Middle players can rotate with end players. 2 touch maximum



Passing and Receiving to Keep Possession (15 mins)

Plan:

2 x teams of 4 players with 2 players in middle area and 2 players on opposite end lines. 1 x Ball is played from player on end line into players in the middle to combine and pass out to opposite end line player. End player then transfers to end player on opposite team who plays inside the area for their team to combine.

Key Coaching Points:

Awareness

Players should perform 3 checks (before they move, as they move, before they receive) to be aware of the surroundings and move as the ball travels to receive in a position to secure possession and play forwards.

Positioning:

Players should use the grids as reference points and move to diagonal/opposite grids from their teammate. This creates diagonal and forward passing lines to receive and combine.

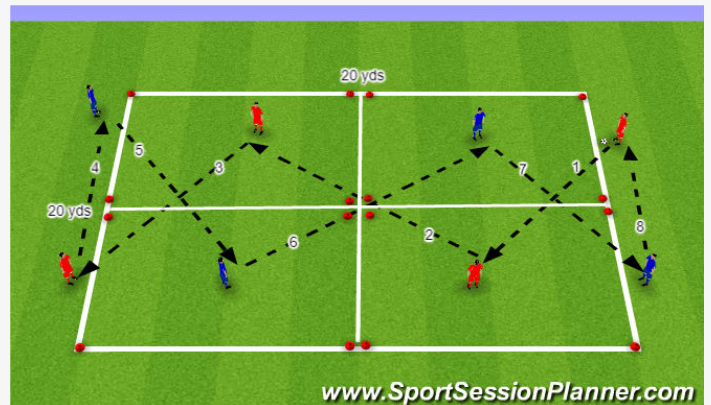
Rotation may also occur to swap positions and receive.

Body shape to receive:

Play forward whilst seeing both targets and attempt to receive on the back foot, when possible, so that play can go forwards.

Make it more challenging:

If blues have possession, then 2 x greens in the middle can defend and attempt win possession. Defenders are restricted to 2 x grids and attackers can move anywhere in the area. If defenders win possession they pass to their end player and become attackers.



Possession to Play Forwards Small Sided 1 (15 mins)

Plan:

2 x teams of 4 with 2 x players in middle zone and 1 x player in each end zone. When ball is in either end third, the team in possession can send a player in that zone to create a 2v1 in attacking or defensive third to combine and finish or combine to play out. Players free to rotate positions

Key Coaching Points:

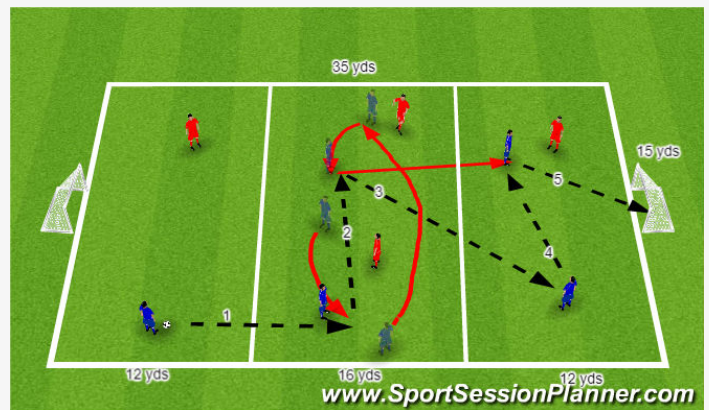
Awareness

Players should perform 3 checks (before they move, as they move, before they receive) to be aware of the surroundings and move as the ball travels to receive in a position to secure possession and play forwards to the goal.

Positioning

Players perform runs off the ball and move on different horizontal lines/vertical channels from their teammate. This creates diagonal and forward passing lines to receive and combine. Rotation may also occur to swap positions and receive.

Body-shape to receive Play forward whilst seeing both targets and attempt to receive on the back foot, when possible, so that play can go forwards towards goal.



Movement to Maintain Possession 2 (20 mins)

Plan:

2 x teams of 4 in middle zone. Team in possession look to pass/dribble/combine into attacking third and can be supported by 1 x team mate in the attacking third. Must be a combination in the attacking third before an attempt at goal. Defender can recover to create a 2v1.

Key Coaching Points:

Awareness

Players should perform 3 checks (before they move, as they move, before they receive) to be aware of the surroundings and move as the ball travels to receive in a position to secure possession and play forwards to the goal.

Positioning

Players should use the grids as reference points and move to diagonal/opposite grids from their team mate. This creates diagonal and forward passing lines to receive and combine. Rotation may also occur to swap positions and receive.

Body shape to receive

Play forward whilst seeing both targets and attempt to receive on the back foot, when possible, so that play can go forwards towards goal.

Make it easier: Defenders cannot recover

Make it more challenging: 2 x defenders can recover, Team in possession must play into final third in 3 passes or less.

