



Possession Game

Category: Tactical: Possession

Difficulty: Moderate

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Description

Possession Game

Shooting/finishing session with the focus on 1st time finishes using different surfaces of the foot

Technical (5 mins)

Technical Warm Up - 5 minutes

Players in pairs sharing the ball between each other in around the red area.

Progression - Vary surfaces of the foot players will be required to use (Inside, laces, outside)

Challenge- Can players use their weaker foot to share the ball with their partner.



Technical Progression (10 mins)

Technical progression

Pairs are now free to move into the final 3rds to shoot at mini goals either side of the pitch.

Pairs must combine for 3 passes before playing the ball into the final 3rd, the ball cannot be dribbled in.

Once a player has scored, they must repeat the process to allow their teammate to score in the next goal.

Mechanic focus - Ensure coach emphasizes the need to get the body in a position to strike the ball upon receiving the pass from partner.

Progression 1 - One pair become defenders to apply pressure to players

Progression 2 - First time finish only in the final 3rd

Progression 3 - Weak foot only

Challenge - Use one striking technique only (Inside, outside, laces)

Potential regression - Players can dribble in



Skill Practice (25 mins)

Skill Practice

5v5 if 10 players, 5v5 + 2 if working with 12 players.

Players must combine for a minimum of 5 passes before a through ball is played into either final 3rd to score a goal.

The finish must be within 2 touches of entering the final 3rd to count.

No defenders are allowed into the final 3rd once the ball is played.

Progression 1 - 1 defender can now enter the area to oppose the attacker

Progression 2 - No minimum amount of passes (To increase realism)

Progression 3 - Coach demands a finish with either laces/inside/outside of the foot

Challenge- Mini goals can earn points as long as the finish is **first time**.



Small Sided Game (15 mins)

Small sided game

5v5 or 6v6 depending on numbers

First 5 minutes - Only 1 defender from each team is allowed into the final 3rd (Encouraging attackers to combine quickly but with less pressure)

Next 5 minutes - Remove condition on defenders, but first time finishes are worth double

Final 5 minutes - Free play, first time finishes still worth double

