



2 Team Possession - using available outside players

Category: Tactical: Possession

Difficulty: Moderate

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Description

good session for general possession play - outside players can play a key role as they can't be tackled and should always be available - encourages linking up play inside the grid and continuous movement

Screen 1 (20 mins)

Organization - 2 teams - if the teams are uneven add a floating player (plays on both teams when in possession) - coach and spare balls in one corner - when the ball goes out of bounds the next ball gets served in right away - grid size depends on the amount of players - roughly 20x20 - outside players must be standing blue/red, blue/red

Field Set up - grid size depending on the amount of players - adequate amount of pumped up footballs

Detail - the team in possession of the ball keeps the ball away from the opposition - the team in possession can pass the ball to their teammates inside the grid and also the same colour on the outside of the grid - basically when your team is in possession it's 8v4 - the outside players cannot be tackled or tackle each other

Progressions - after passing to an outside player you change places with them - limit touches - x amount of consecutive passes gives your team a goal

Competencies - being aware of the simple pass early - awareness to open up and turn on your first touch - movement ahead of the ball - proper technique of pass/control using all areas of both feet - passing to the safe side away from the defender

