



Possession - 3v1

Category: Tactical: Possession

Difficulty: Moderate

Am-Club: North Shore Girls Soccer Club
Colin Miller, abbotsford, Canada

Description

great exercises for developing speed of play and movement off the ball - we are really looking at the technique and type of pass the players are making as well as the type of movement off the ball

Screen 1 (20 mins)

Organization - set up groups to play 3v1 in a 10x10 area - if there are spare players in a group rotate the resting players

Field Set up - 10x10 grid - a collection of balls outside each group so we keep the practice moving if a ball goes out of play - defender in a different colour pinnie

Detail - first pass is free - we are looking for constant movement, anticipation, spacing(not too close to each other) between the possession players - play the pass to the safe side (away from the defender) properly weighted and in front of the player, or to feet, not behind the direction the receiving player is running - the one condition for the defender is they must step towards the ball, they cannot just stay in the middle of the grid - defender works for 45/60 seconds

Progressions - 4v2 - we now add an extra attacking player and an extra defending player - focussing now on playing the pass between the two defenders - constant movement and speed of play

Competencies - be able to use all areas of the foot to control and pass the ball - proper weight and direction of the pass - awareness of the next pass before you receive the ball

