

Storm Academy Possession



COMMENTARY

OBJECTIVES:

Possession; To enable players to keep the ball better

DIMENSIONS:

EQUIPMENT:

TEAM COACHING POINTS:

1. Set-Up Passing square 12 x 12 4 v 1 keep ball. Change roles once defender has won the ball or an attacking player makes a pass outside of the square

Coaching Points: Looking at players ability to get in line with the ball, receive it and their distribution. Can they add disguise to the pass or create more time for themselves by "faking, freezing" the defender?

2. Half field possession

Set-Up Divide the field into two halves, 2 teams of four players. Start the game the coach passes into one of the teams and gives a call for the other team to send one player to defend. If the team manages to make 5 passes then the other team send another defender (4 v 2) and so on. If the ball is dispossessed then the game transfers to the other half and the roles of the teams are reversed. A team wins the game when they get all 4 opponents in their half.

Coaching Points: Movement off the ball to make passing lanes. Pace of the pass (overhit it) Preparing the ball away from the oncoming defender. Quickness of play.

3. Scrimmage 4 v 4 w/ GK. Encourage players to change roles. Coach can add a pass rule before you can score.
