



Whole - Part - Whole - Possession In Tight Areas - To Play Forward

Category: Tactical: Possession

Difficulty: Moderate | Start Time: 21-Sep-2015 17:55h

Reseller-Club: Premier Users' Club
Andy Emsley, Sheffield, United Kingdom

Whole (20 mins)

Whole - Part - Whole

Pitch Size 20 x 30

3 Team game

4 v 4 or 5 v 5 (Maybe an overload with a floater dependednt on numbers)

5 Min Games,

The team who scores have to keep the ball for 15 seconds for the goal to count.

Team in possession can use the outside players to create an over load in possession

Winning Team stays on. (Or The Team With The Most Possession) After 5 Mins.

Timings 4 x 5 Min Games



Part (20 mins)

Possession To Play Forward In Tight Areas

Set Up

2 Area's 15 x 15 - Area dependent on numbers

Balls

Cones

4 Goals

Bibs for 3 Teams

Team in possession have to keep the ball for 10 seconds before they can score.

On scoring,

Or the expire of 10 seconds.

Timings 4 x 5 Min Games

Coach plays a ball into the opposite square, who have to keep the ball for 10 seconds before they can score.

Team who had the least amount of possession in the previous play, or who was conseeded against travel to the opposite square & try and get the ball back.

Amount of transision is determined by the coach. As possesion could keep changing hands in each square, which will determine coaching points and further challenges.

Break it down into 4 v 2, then 3 v 3 in each square go get in the detail if not working.

Technical Content

Receiving Skills

Releasing Skills - When To Play Quick - When To Play Slow.

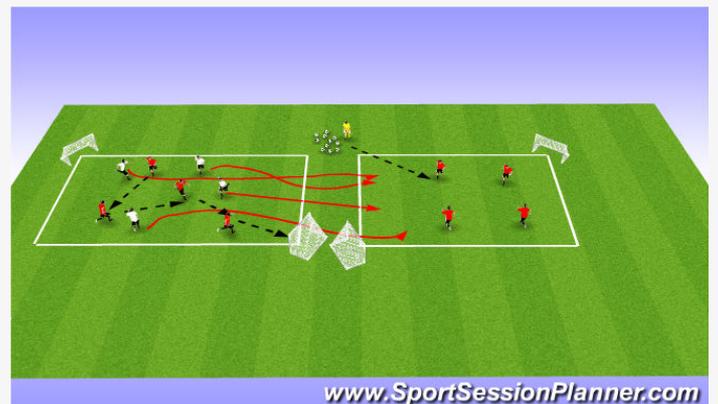
•Pass ball safe side

•Use of body to protect ball in tight areas

•Secure ball with tight touch under pressure

•Control away from pressure

•Combination play in tight areas



Part (20 mins)

5 v 1, up to 5 v 2

Technical Content

Receiving Skills

Releasing Skills - When To Play Quick - When To Play Slow.

- Pass ball safe side
- Use of body to protect ball in tight areas
- Secure ball with tight touch under pressure
- Control away from pressure
- Combination play in tight areas



Whole - SSG (20 mins)

Whole - Part - Whole

Pitch Size 20 x 30

3 Team game

Introduce GK's

4 v 4 or 5 v 5 (Maybe an overload with a floater dependednt on numbers)

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