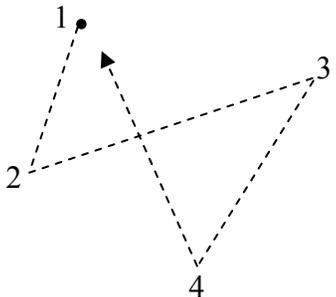
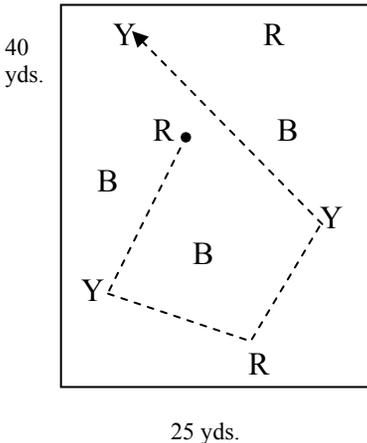
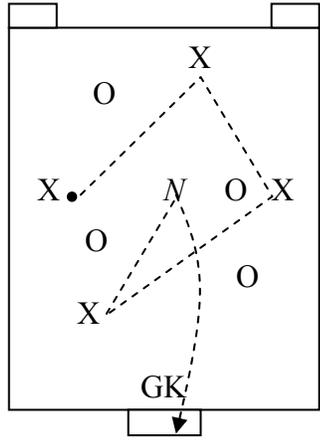
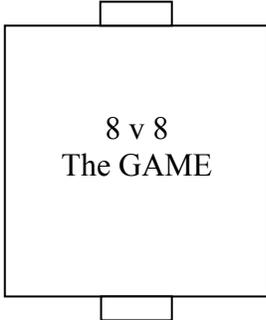


Topic: **Possession with a Purpose**

Organization	Variations	Diagram	Coaching Points
Unrestricted			
<p>Divide team into groups of four. Each group begins with one ball passing and moving collectively.</p> <p>Stretch.</p>	<ul style="list-style-type: none"> ▪ Number passing – each player counts off one through four and then pass in numerical order. Change the order of passing (i.e., reverse order, odds then even, etc.) to increase the demand and thought process. ▪ Two touch mandatory. ▪ One touch mandatory. ▪ One touch, two touch, one touch passing sequence. 		<ul style="list-style-type: none"> ✓ Body mechanics and general technique ✓ Accuracy and weight of the pass ✓ Passes to feet versus passes to space ✓ Movement off of the ball and correct supporting angles
Restricted			
<p>6 v 3 possession (25 x 40 area or as needed). Three teams of three (3), each team is in a different color pinney.</p> <p>Example: Red and Yellow versus Blue. Team losing possession transitions to defend.</p>	<ul style="list-style-type: none"> ▪ Award goals for consecutive passes in possession (8-12). ▪ Defending team must win possession in-bounds before transitioning to attack. ▪ Limit players in possession to a two touch maximum. ▪ Players must dribble at a defender or to open space before passing. Work to commit the defender and create space off the dribble. ▪ Add counter lines or small goals for directional play; however, a set number of passes must be achieved before the team can go to goal. 		<ul style="list-style-type: none"> ✓ Team shape and balance ✓ Change of rhythm in possession to unbalance defending team shape ✓ Be patient – let play develop (when to keep it versus when to play quickly) ✓ Look for opportunities to penetrate by dribble, pass, or shot

Topic: **Possession with a Purpose**

One Goal with Counter Goal			
<p>4 v 4 + 1 directional possession game (30 x 40 area or as needed). One large goal with goalkeeper(s) and two counter goals. Neutral players play for team in possession.</p>	<ul style="list-style-type: none"> ▪ Define direction for each team. ▪ Add a score-line to each team (i.e., up a goal, down a goal, if your team is up a goal they can't score until the game is tied, etc.), to change the demand. ▪ Goals can be scored by consecutive number of passes, or everyone must touch the ball before going to goal. ▪ Add a time limit for each game to increase the effort (i.e., play for 5 minutes and then rotate direction and/or teams). 	 <p>40 yds. 30 yds.</p>	<ul style="list-style-type: none"> ✓ Supporting shape and balance for team in possession ✓ Change of rhythm to exploit opportunities to penetrate ✓ Decision making and speed of play ✓ Movement and timing of 2nd and 3rd man runs
Two Goals			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible formation 1:2:3:2. ▪ No restrictions. 	 <p>70 yds. 50 yds.</p>	<ul style="list-style-type: none"> ✓ Look for opportunities to change the point of attack ✓ Find the most efficient way possible to score ✓ Be patient in possession and allow opportunities to develop ✓ All of the above
Cool Down			
<p>Dynamic movements and static stretching</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. ▪ Reduce Heart Rate 		<ul style="list-style-type: none"> ✓ Review Session