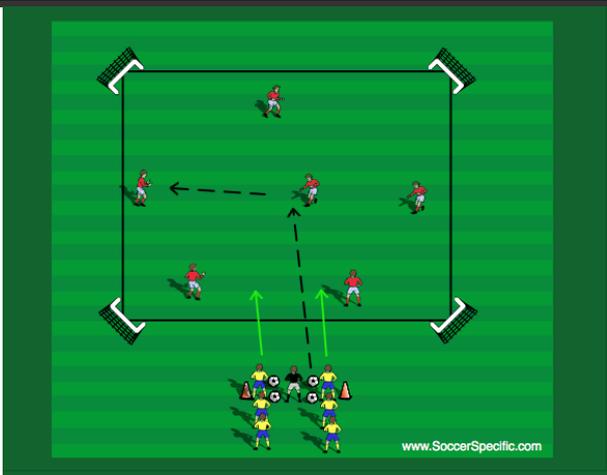


KEEPING POSSESSION UNDER PRESSURE

Date: **Aug 17, 2016**

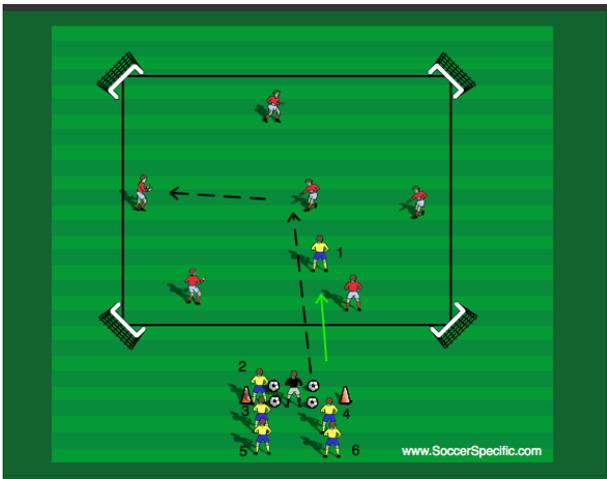
Team: **Canberra United Academy**

Duration: **70 mins**



1 ⌚ 20 mins ↗ 15 x 20

Setup: Progressive Possession (12 Players) (Possible themes: possession, pressing, counter pressing)
 15 x 20 area with 4 goals set up on the corners, 6 reds in the area. 6 yellows in pairs behind the cones set 5m outside the area. The coach (black) has 4 balls.
Instructions: Coach plays the ball into the area for Reds to maintain possession. As soon as the Reds receive the ball two Yellow players may enter the area and try to get a touch on the ball. Once they get a touch it is considered a loss of possession and the ball is considered dead. Immediately another ball is played in with the next two Yellows enter. The game continues until 4 balls have been played into the grid. The Reds count their consecutive passes for all 4 balls for a final score. If the pressing team gets tired they may switch out on the run. Change roles.
 Variation 1. Defending team can enter the square as soon as it is released (increased pressure)
 Variation 2. Defending team can defend with 3 (increased pressure)
 Variation 2. Defending team must win the ball
 Variation 3. Defending team must win the ball and complete a pass between one another. (counter pressing)
 Variation 4. Defending team must win the ball and counter to one of the 4 corner goals to halve the attacking teams total score. (counter pressing)
 Variation 5. Double points for passes that split defenders



2 ⌚ 20 mins ↗ 15 x 20

Setup: Progressive Pressure (12 Players) (Possible themes: possession, pressing, counter pressing)
 15 x 20 area with 4 goals set up on the corners, 6 reds in the area. 6 yellows in pairs behind the cones set 5m outside the area. The coach (black) has 4 balls.
Instructions: Coach plays the ball into the area to the Reds who work with each other to keep possession. As soon as the Reds receive the ball a Yellow player may enter the area and try to press the ball. After each fifth pass an additional Yellow may run into the area and help to try and win the ball. The Reds get a point for every Yellow they get into the area defending and a point for every pass they can make after the full 6 are in and defending (max 6)
 Variation 1. Defending team must win the ball and counter to one of the 4 corner goals to halve the attacking teams total score. (counter pressing)
 Variation 2. Double points for passes that split defenders (playing through lines)
Coaching Points: Possession: Create multiple options for the ball carrier (Left, Right, Middle), position yourself so you can see and receive the ball, split defenders with a pass if you can (playing through lines)
 Pressing: Press the ball carrier hard to win the ball early, Make the next pass predictable, Work together so you cannot get split.
 Counter Pressing: When you lose it press the ball immediately (closest players) or cut out passing lanes and protect a goal (players away from ball)



3 ⌚ 4 min per ↗ 15 x 20

Setup: Possession v Counter v Counter press (12 Players) (Possible themes: possession, pressing, counter pressing)
 15 x 20 area with 4 goals set up on the corners, 6 reds in the area. 6 yellows in pairs behind the cones set 5m outside the area. The coach (black) has 4 balls.
Instructions: Coach plays the ball into the area to the Reds who work with each other and the neutral Yellows (outside) to keep possession from the White team. The Reds get a point for every 20 successful consecutive passes. If they win the ball the Whites try to counter to one of the four goals (they may use the neutrals) and get 2 points if they can score. The four Reds must try to counter-press and win the ball back immediately and continue to keep possession. Play 4 min games with each team getting an opportunity to keep possession.
Coaching Points: Possession: Create multiple options for the ball carrier (Left, Right, Middle), position yourself so you can see and receive the ball, split defenders with a pass if you can (playing through lines)
 Pressing: Press the ball carrier hard to win the ball early, Make the next pass predictable, Work together so you cannot get split.
 Counter Pressing: When you lose it press the ball immediately (closest players) or cut out passing lanes and protect a goal (players away from ball)