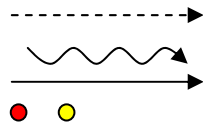




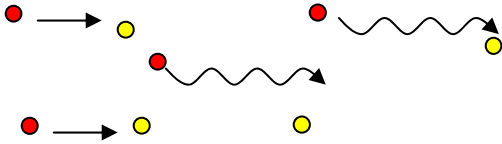
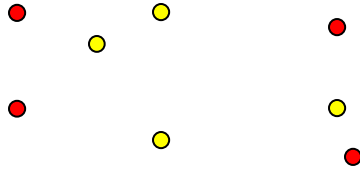
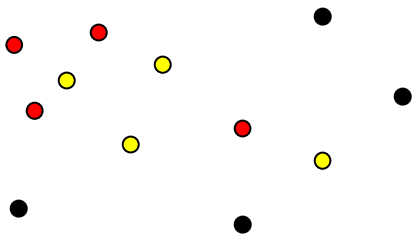
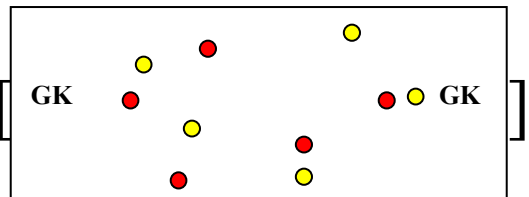
Key:

Running without the ball
 Running with the ball
 Pass
 Players



TOPIC: Possession 2

DATE:

<p><u>Technical Warm-up</u></p> 	<p><u>Organization</u></p> <ul style="list-style-type: none"> • Ball between 2 • Pass and move around the area • Coach calls different stationary passing/receiving techniques <ol style="list-style-type: none"> 1, One touch 2, Two touch (control touch across) 3, Two touch (control touch with outside) 	<p><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Pass/Find a new space – movement off the ball • Quality of receiving touch • Quality of passes
<p><u>Activity One</u></p> 	<ul style="list-style-type: none"> • Passing and moving as a group. Red passes to yellow, yellow passes to red • Start with one ball, add a second, third ball • On coaches call yellow try to keep all the balls away from red and vice versa 	<ul style="list-style-type: none"> • Quality of passes • Quality of receiving touch • Movement off the ball • Support • Communication
<p><u>Activity Two</u></p> 	<ul style="list-style-type: none"> • 4v4 (+4) • Two teams combine to keep possession from defending team • Team that loses ball sprint around coach and become defending team 	<ul style="list-style-type: none"> • Shape – two short support options • Angle of support • Switching play • When to play short/When to play long • Quality of passes and receiving touch
<p><u>Game</u></p> 	<ul style="list-style-type: none"> • 6v6 with Gk's • No restrictions 	<ul style="list-style-type: none"> • Team possession • Support • Quality of passes • When to posses/when to penetrate