

TRAINING SESSION PLAN

Theme: "Possession"

This session, the first in a series of coaching ball possession, is designed to teach speed of play, movement with the ball and movement off the ball

WARMUP/FITNESS PHASE

1. Juggling > Individual
2. "Quickfoot" Dribbling session (see description in "Technical" folder)

TECHNICAL PHASE

1. Dribbling Drill: "Command Dribbling" (see description in "Technical" folder)
 - > Grid size should be big so players have room to practice moves
2. Passing & Receiving Drill > "USA" (see description in "Technical" folder)
 - > Use same grid as dribbling drill above and use at least 3 balls
 - > Players pass and move inside grid: use touch restrictions (3-, 2-, 1-touch)

TACTICAL PHASE

1. Game #1 > 2-Team "4-Goal Possession"
 - > form four (4) box-goal areas approx. 5-8 yards x 5-8 yards
 - > 2 teams play to any of the 4 goals -- players must get the ball into the goal area under control via dribbling or by passing to a teammate
 - > Progression: the 2 teams defend 2 of the 4 goals and attack the other 2 so that now the game is directional
2. Game #2 > 2-Team "4-Goal Possession With Target Players"
 - > Same setup as above but now the game is directional as teams defend 2 of the 4 goals and attack the other two
 - each team places a "Target Player" (TP) into a goal area
 - teams "free" their target player by passing into the goal area
 - the target player must control the ball to be freed
 - player who passes ball into goal area becomes the target player
3. Game #3 > 2-Team "Endzone Game With Target Players"
 - > now run cones across the field to form 2 endzones 5-8 yards deep
 - > 2 target players from each team in an endzone
 - > target players can move about inside the endzone
 - > Game: teams must try to free both target players
 - once both target players are freed, that team now attempts to get the ball into that same endzone via dribbling or by passing to a teammate, under control (similar in scoring to first game)