

TRAINING SESSION PLAN

Theme: Possession

This session, the second in a series of coaching ball possession, is designed to teach possession with the emphasis on attacking the goal

WARMUP/FITNESS PHASE

1. Individual Juggling
2. Quickfoot Exercises (time of each depends on age/level of players) + Dynamic Stretches

TECHNICAL PHASE

1. Passing & Receiving Drill > "3-Team USA" (use 3 balls)
 - can not pass to teammate -- must pass to player on another team
 - progression -- 3-touch > 2-touch > 1-touch > "away" touch
 - end with 3-team "Numbers-Up Keepaway" (each team defends for 2-3 mins.)
2. Passing & Receiving with Cross & Finish Drills
 - > 3-Player "Overlap" + 4-Player "Double Overlap"

TACTICAL PHASE

1. Game/Scrimmage #1 > "2-Team Keepaway" Progression series
 - inside small grid (*Zone 2 in diagram below*)
 - inside larger grid (*Zones 2 & 3 in diagram below*)
 - use touch restrictions here: 3-touch > 2-touch > 1-touch
 - inside big grid (*all 3 zones in diagram below*)
 - use "Short-Short-Long" requirement (teams must attempt a 3-pass combo: 2 short passes followed by a long pass)
2. Game/Scrimmage #2 > "Possession -- Link Up"
3. Two-Team Scrimmage

