



U13 - U18 Session 4

Category: Tactical: Possession
Difficulty: Moderate

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Description

Passing & Control

Organization:

- 2 players inside of the grid
- 4 players outside of the grid
- 12x12 grid

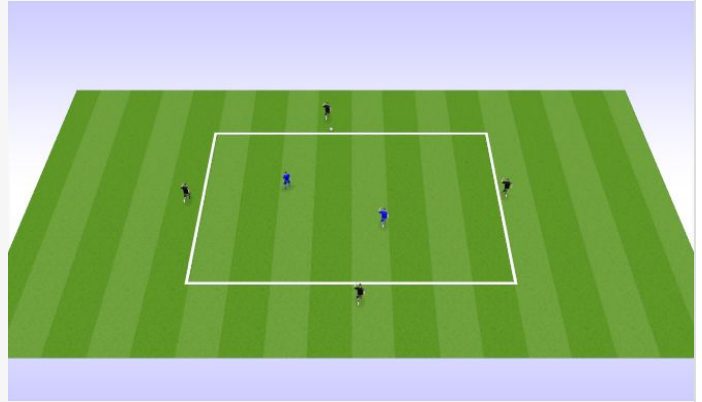
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Instructions

- 2 players in the middle of the grid.
- Players look to receive from a player on the outside, and play a pass to a player on the outside who does not have a ball. And then look to repeat with a new player (1 pt per player)

Coaching Points/Questions:

Scanning to see you available options and play next touch.
Body Shape to Receive the pass
Catch and Play



2v2v2

Organization:

- 2v2v2 Rondo
- Balls placed around the area for quick restarts
- 2 goals placed at the end of the area

Instructions:

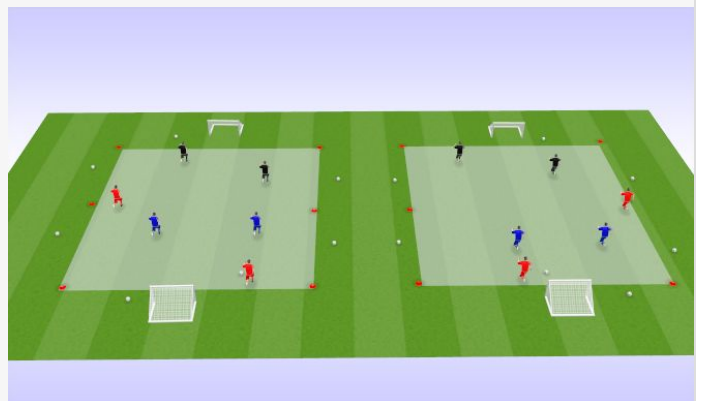
- Rounds 1-3 (90 Seconds)
 - 1 team designated as the pressing team
 - If win the ball can score in any of the goals = 2 pts
- 2 attacking teams each team given a goal to score in
 - 5 passes and able to score in the goal based upon who is possession at the time
 - IE if Red is in possession on the 5th pass they can score in the goal that they are designated to score if available
- Rounds 4-6:
 - Reduce the amount of passes necessary to score
 - Potential: If possible look to have teams switch when out of possession

Coaching Points/Questions:

- ABC's of Pressing
 - Press together
 - Press with Purpose and looking to force away from the goal
 - Counter Press immediately after loss of the ball

Progressions:

- Reduce the amount of passes necessary to score.



Organization:

- 2 boxes setup as shown, 3 goals each
 - 3 attackers in each box
 - 1 neutral in each box
 - 3 defenders

Instructions:

- Attacking team look to get set number of passes and then score in the 2 goals in their grid for a point.
- Defending group looks to win the ball and score in the counter group by sending in 2 defenders in the grid.
- If ball goes out it is served in by the coach.

Coaching Points

- Press with Purpose
 - Run through the ball/player
 - Force in direction of where you want the ball to go
- Cover Defender
 - Communicate where to force pressure
 - Block off central penetration
 - Angle to be able to transition to become the 1st defender
- 3rd Defender
 - Shift with the play
 - Intercept

