



Possession games

A – try different sizes;

25m² – 40m²

A – Divide 12 players into three teams of four. Use bibs.

Four players try to win the ball, eight players try and keep possession.

The team that turns over possession then becomes the team trying to win it back

B – the same exercise works with 6 players (2v2v2) in the circular area

Coaching points;

- Encourage
 - A low body position / ready to make a pass
 - Moving the ball with a pass or a dribble as soon as you receive it
 - Moving into space

B – make the radius of the circle the same size as the number of players.

3 v 3 attacking in the circle

What...?

3 attackers and 3 defenders start in the D (use bibs). The ball starts with A1, who passes A2 who plays the ball into the circle.

The aim is for the attackers to score a goal/win a Penalty Corner and for the defenders to win the ball and carry it out beyond the dashed line outside of the circle.

It works well when the two teams swap (attack>defend) after 3-4 reps and the players feeding the ball switch in and out of the circle. Keep the score.

Why...?

Great practice for marking, tackling, goal-shooting, long corners, GK smothering and shot stopping.

Coaching points;

- Encourage
 - Attackers: spreading out in the D. Winning the ball back once they've been tackled.
 - Defenders: maintaining body contact, blocking shots.

A1 A2

D A DA
A AD D