



Progressive Possession

Category: Functional: Midfielder

Skill: Mixed age

Pro-Club: SportSessionPlanner.com
Tony Mee, Doncaster, United Kingdom

Position Specific (20 mins)

The Reds pass the ball until one of their midfield players breaks the line of mannequins to receive the ball.

If the pass doesn't come, the middle 2 rotate out.

The midfield players must then break the line of mannequins with a pass into the opposite end zone.

Coaching Points

Timing of movement.

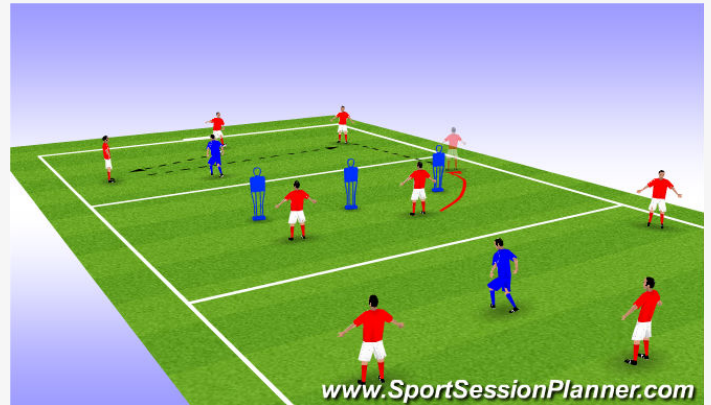
Quality and pace of pass.

Progressions

Middle players must combine before playing out.

Add a 2nd defender in the end zones.

Add a defender in the middle zone.



Game Related (20 mins)

Set up as shown with all players "locked into" the areas shown with the following exception;

the team in possession's midfield players can drop into the neutral zone unopposed to receive from the back four.

The reds MUST complete at least 2 passes in the middle zone before playing into the attacking third.

If the blue midfield win the ball back they just play a normal game.

NB - if it helps, allow one of the attacking forwards to drop and receive in the neutral zone unopposed.



Progression (20 mins)

Allow a defending midfield player to track into the neutral zone. At the same time allow a 2ns attacking midfielder to go in to provide a passing option.

The midfield diamond shape is maintained by movement off the ball.



Game (20 mins)

Remove all restrictions to check understanding of practice/roles.

