



Keeping & Risking Possession

Category: Technical: Passing & Receiving

Skill: U15 | Start Time: 22-Sep-2015 17:30h

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

Keeping and Risking (30 mins)

Three groups – 2 of 5, 1 of 4 (or whatever numbers you have)

Keeping And Risking

GK's included in a team as players (need to be able to use their feet)

Keep ball practice. Blues try to keep it from yellows. 5 passes equals a goal – can use red players to help keep possession but if it is played to the outside, your passing score counter returns to 0 (and you start again).

Help players recognise when to play a scoring pass and when to make sure you keep possession.

Swap outside players



Keeping Possession (30 mins)

Keeping Possession

1 ball – 8 vs. 4 + GK's (rotate 4 defenders regularly)

Yellows – try to keep the ball and utilise the GK's in doing so (back pass law applies). One point for every 5 passes made. **Encourage shots and dribbles.**

Reds – try to win it and keep it for 3 passes – if they do, then they get to swap with 4 yellows and become attackers



Building Attacks (30 mins)

6 v 6 + 2 GK's

Building Attacks

Yellows – Keep possession and use GK's to help and try to get to 5 passes. When you get to the 5th pass – attack the goal which is farthest away from where the 5th pass is completed (half-way line acts as guide for players to see which goal is farthest away).

Remind it isn't essential that they attack on the 5th pass- it may take more passes to set up the opportunity to attack (6 or 7 or 8 or more)

Reds – try to win ball back and counter attack into either goal.

