



## Possession 3

**Category:** Tactical: Possession  
**Skill:** U12

Pro-Club: SportSessionPlanner.com  
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### Description

Final part of this week's training for the Under 12s.

### Warm Up (30 mins)

Teams must make at least 3 passes in their area before switching play to the far end via either of the goalkeepers on the side. (if the keepers receive it on the floor they use their feet, in the air they use their hands). The ball must be moved into the 2 "strikers" quickly and they then need to re-circulate the ball, either directly or via the keepers.



### Through the Pitch (30 mins)

Teams are divided into 3 colours with 2 floaters and are limited to their areas as shown.

Floaters can play anywhere.

The objective is to retain possession through the different areas of the pitch. If the defenders (black) win the ball, the team that gave it away immediately become the defenders.

Keepers are used as target players and can use hands or feet.

#### Progressions

Allow players to rotate through the grids.

Allow shots from the end zones.



### SSG (30 mins)

SSG - 6 v 6 + 2 floaters.

Normal rules including offsides, except 10 passes also counts as a goal.

