



## Positional Possession (Development)

**Category:** Technical: Movement off the ball

**Skill:** Mixed age

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### Description

Some further developments to Wayne Harrison's session.

The focus of the session can also be shifted to Defenders, marking, tracking runners, cutting off passing lanes etc.

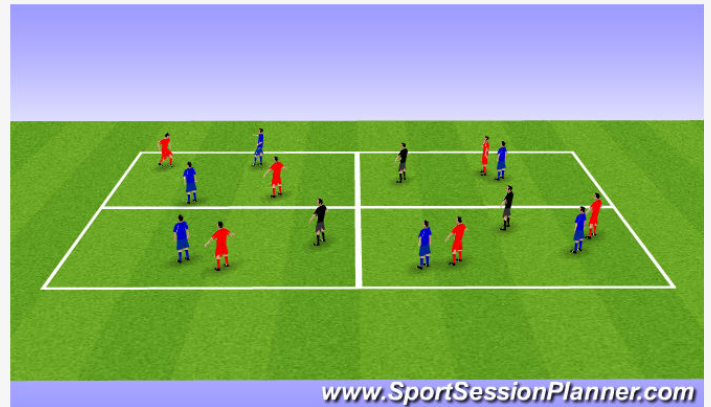
### More players

Session based on 15 players at training. 2v2 and 1v1 in diagonally opposite boxes with 3 neutral players.

Can create up to 5v2 or 4v1 in some areas.

To INCREASE the challenge neutrals can have a touch restriction (if appropriate).

Size of area to suit your needs.



### Player Rotation

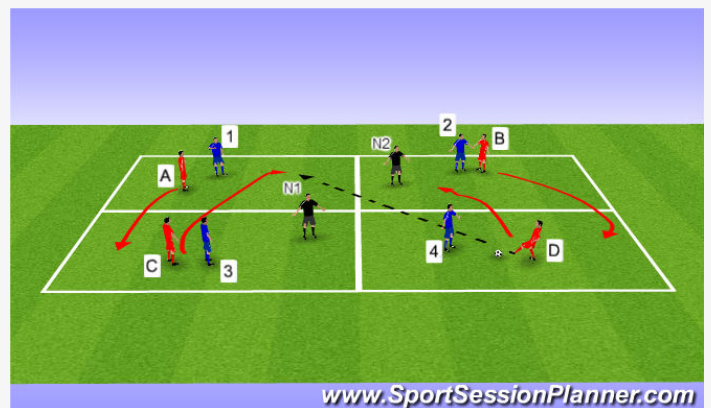
To encourage positional rotation, allow the players to change areas. The immediate defender must stay with their man i.e. 1 always plays against A, 4 always plays against D.

Communication is key.

Timing is vitally important.

As A clears the space for C, D sees the run & makes the pass then switches with B.

C's run should be late and fast to try to lose 3 and receive on the move if possible.



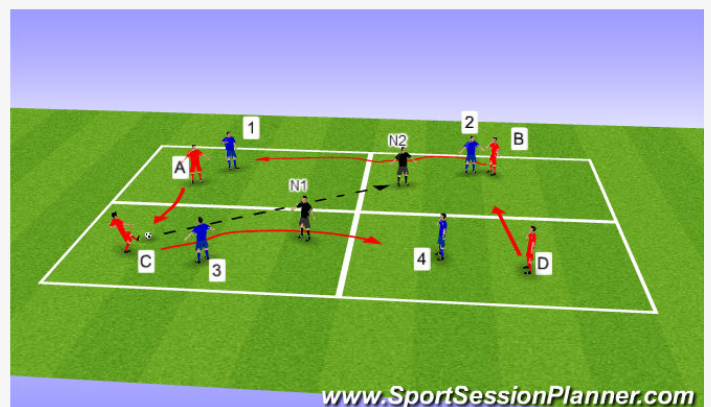
### 4 Player Rotation

If all 4 players rotate this can be a big challenge for the defenders to track runs off the ball.

Here A and B work free of their markers by quick rotation. D fills the space left by B and C moves after the pass.

Because the 2 neutral players are always free, the team in possession should look to use them to shift the ball.

N.B. you may need to impose a restriction where the neutrals can't pass to each other as the practice could become unrealistic.

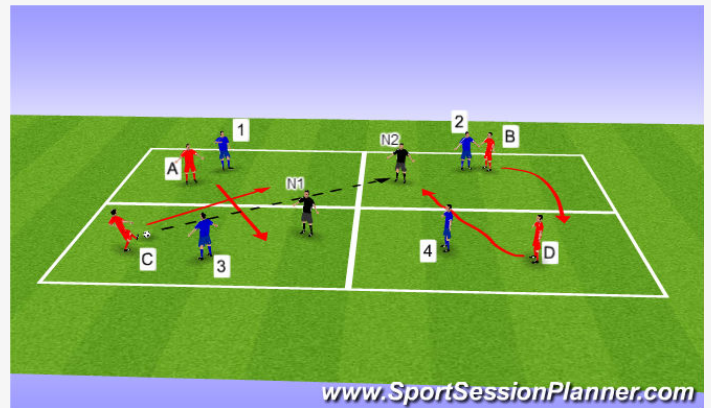


## Defenders Passing On

The defenders can now be "locked in" to their areas removing the need to track their man, in effect, "passing him on" as you might in a zonal defending situation.

The team in possession can now move freely but there must be a 1 v 1 in each box, Neutrals can still move freely.

Defenders need to be much more aware of who and how to mark and who is entering their zone and where they move to.



## More Possession Areas

Players **MUST** stay in their own areas.

2 Neutral players can move freely to create numerical superiority. Could be up to 3 v 1 in any one area.

Players away from the ball must try to work away from their defender as the neutral players are always looking to change the point of attack



## To a finish

This final screen is one that has occurred to me as I was putting the finishing touches to Wayne's session.

Add 2 goals an appropriate distance off the pitch, with goalkeepers.

After a set number of passes (or after using 3 different areas) allow the team in possession to have a shot either from inside the area, or by playing in a "runner" as shown.

