



## possession

Category: Tactical: Possession

Difficulty: Moderate

Pro-Club: York City FC  
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### 5 v 2 (15 mins)

#### 5 v 2 - Possession With Purpose (15 mins)

**Set-Up:** 4 - 10yds x 10yds grids as shown. Balls on outside of grid ready for use.

**Instructions:** Black team plays 5 v 2 in 1 grid, Red team plays 5 v 2 in grid diagonally across from Black team. First pass is always free. Teams score a goal by completing 10 consecutive passes. First team to score 5 goals wins. Defenders can be changed up at any time. Defenders can keep the ball on gaining possession. First pass is always free for attacking team when ball exits the grid.

**Coaching Points:** 1.Quality and purpose of first touch 2.Quality and speed of pass 3.Deception of pass 4.Movement off the ball 4.Awareness before receiving the ball 5.Speed of play



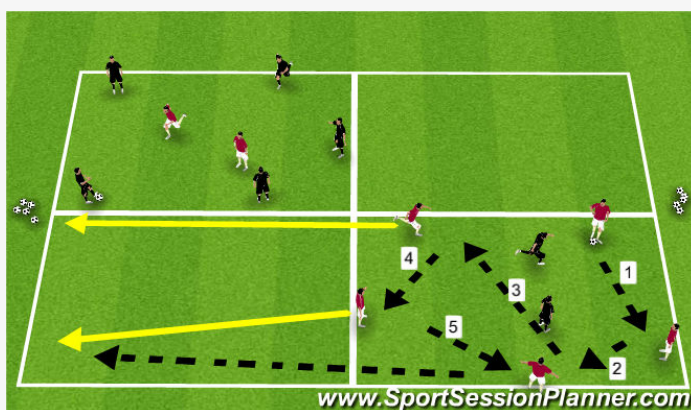
### Chasing Game (15 mins)

#### Chasing Game - Possession With Purpose (15 mins)

**Set-Up:** 4 - 10yds x 10yds grids as shown. Balls on outside of grid ready for use.

**Instructions:** Black team plays 5 v 2 in 1 grid, Red team plays 5 v 2 in grid diagonally across from Black team. First pass is always free. Teams complete 5 consecutive passes which then allows them to pass in to the adjacent grid in a clockwise direction. Players move in to this grid and then attempt to complete 5 consecutive passes before they advance to the next grid in a clockwise direction. Teams score by catching up to the opposing team. Defenders can be changed up at any time. Defenders can keep the ball on gaining possession. First pass is always free for attacking team when ball exits the grid. First team to score 3 goals wins.

**Coaching Points:** 1.Quality and purpose of first touch 2.Quality and speed of pass 3.Deception of pass 4.Movement off the ball 4.Awareness before receiving the ball 5.Speed of play 6.Can we play in to next grid as early as possible.



### 8 v 8 Game (15 mins)

#### 8 v 8 Game: Possession with Purpose (15 mins)

**Set-Up:** Field is 70yds long x 50yds wide with a half-way line and 2 goals at either end. Two equal teams, with 2 Goalkeepers. Balls distributed beside goals to keep the game flowing when balls go out of play.

**Instructions:** Play 8 v 8 with offside in effect. Re-start from the GK when a goal is scored or ball goes out of play.

**Coaching Points:** Stay switched on - immediate transition from defending to attacking

1.Create width and depth 2.Quality and speed of pass 3.Deception of pass 4.Movement off the ball 4.Awareness 5.Can the ball be played early in to striker in attacking zone 5.Give support early and quickly to create overloads in the attacking zone

