



Risking & Keeping Possession 3

Category: Psychological practices

Skill: U15 | Start Time: 24-Sep-2015 17:30h

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

Description

Final session on this week's theme.

Warm Up (15 mins)

One ball per 2 players.

Players move freely around the area, passing & receiving or dribbling the ball.

They are encouraged to perform different movements when out of possession and will do dynamic stretches every couple of minutes.



5 v 2 (30 mins)

2 groups of 5 v 2.

Area is a 15 yard square, with a 2 yard square in the middle.

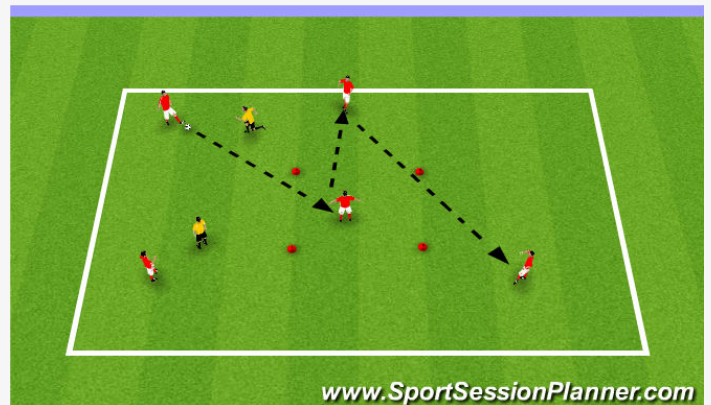
The Red player in the central square is "locked in", the other Reds can move freely around the area.

The Reds have to decide when to "risk" a pass into the middle or keep possession with a pass, run or dribble.

The middle Red is encouraged to play on minimal touches.

If the Yellows win the ball they can dribble it out of the area.

Change roles when the Yellows have been successful in getting the ball out of the area 3 times or play a set time.



SSG (30 mins)

The pitch is split into thirds as shown.

A Coach is positioned in the 6 yard box at one end and the centre circle, as shown. Complete a move by hitting the coach on the full.

Teams must play through the thirds but as the ball moves into the next zone a player can follow it to make a 3 v 2 overload in the middle third and a 2 v 2 in the attacking third.

Progressions

Free up the player's movement as long as they have at least one player in each third.

Free play.

Possible Coaching Points

"Risk" a pass that breaks a line.

Creative, attacking play in the final third.

1 v 1 dribbling moves.

