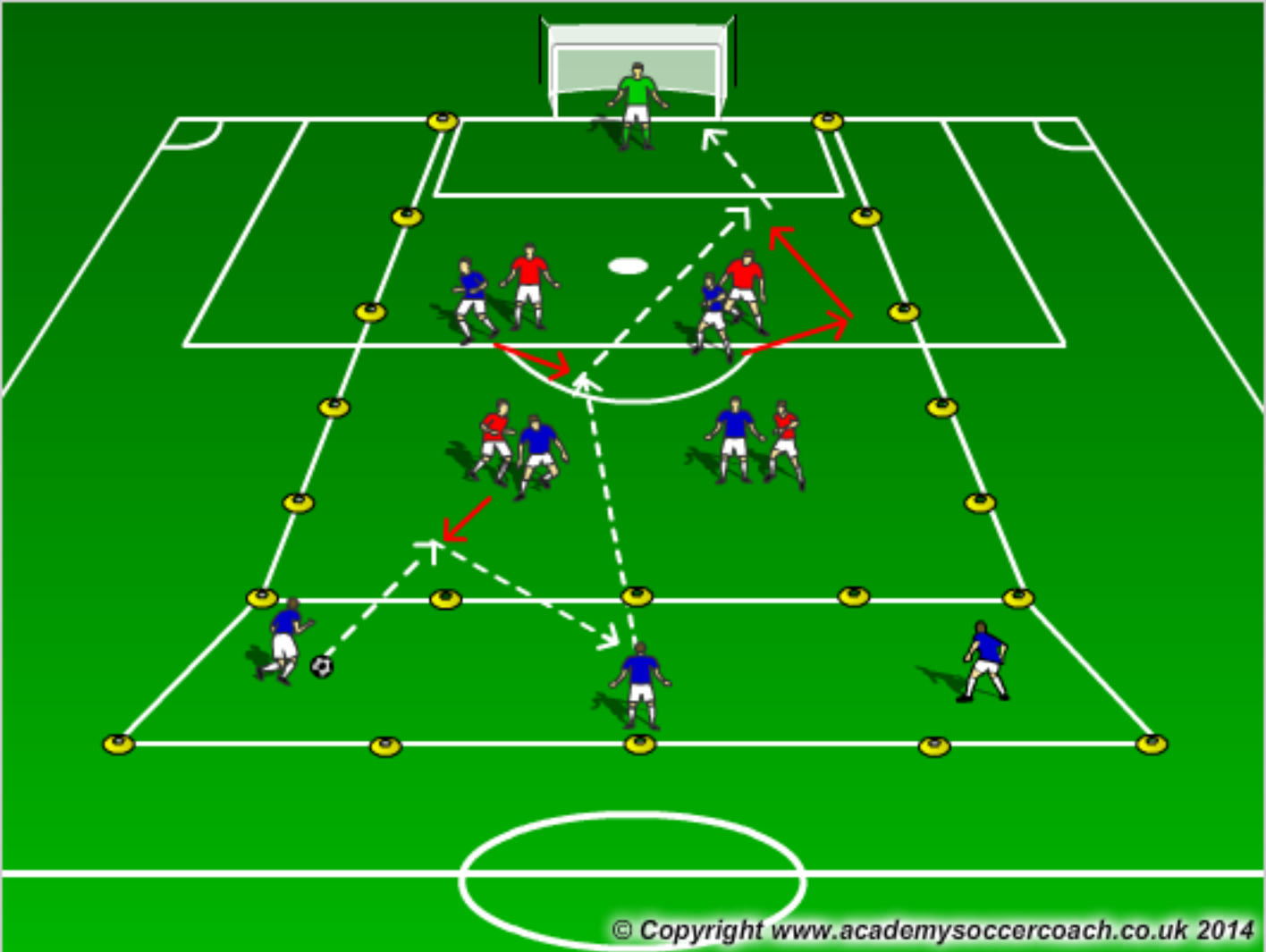




# **TEAM POSSESSION SESSION PLANS**



[www.teamgrassroots.co.uk](http://www.teamgrassroots.co.uk)

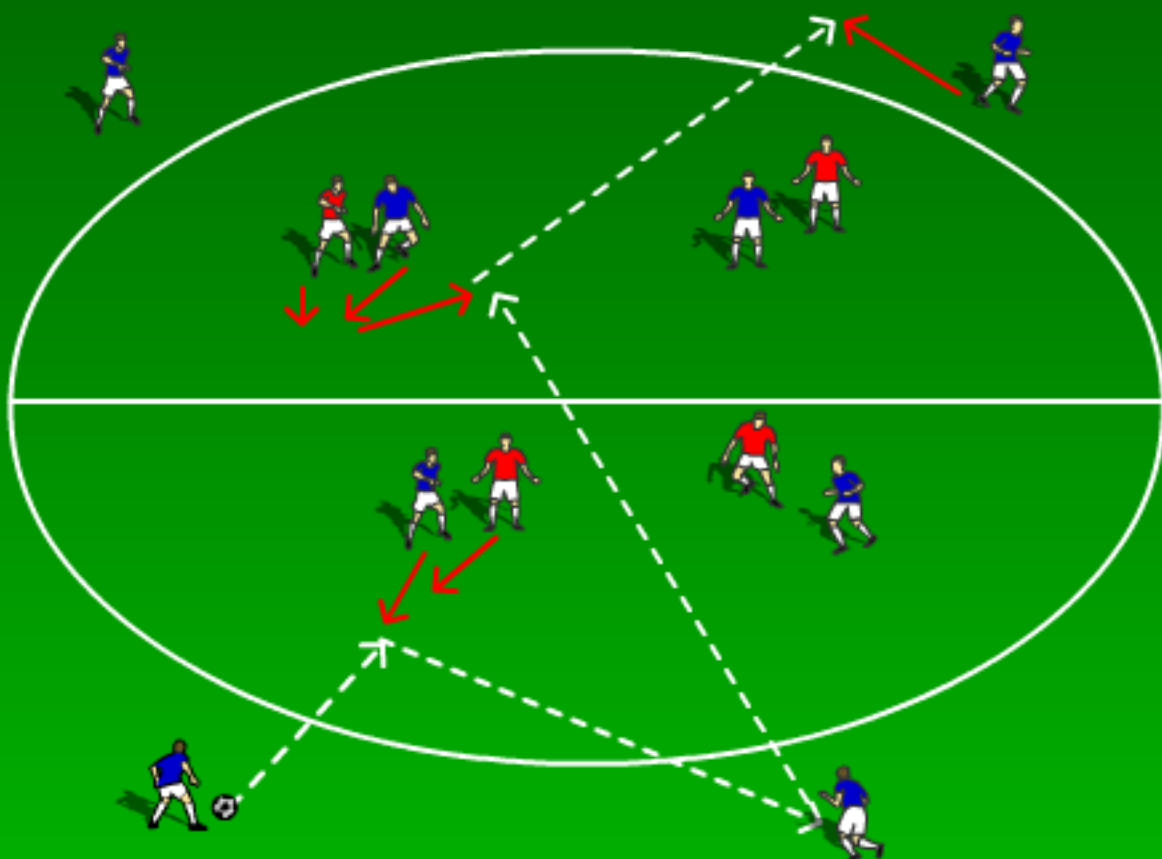


## Attacking Centrally

Four versus four in the middle with a goalkeeper and three servers. The blue team have to try to score while the red team have to prevent them from scoring and win the ball. If they win it then they must play to the servers to score.

### Key points:

- Movement of the strikers (blindsides runs, checking in and out, opposite movements etc)
- Movement of central midfielders (blinside runs, checking in and out, opposite movements, go high to create space in front, drop low to create space in behind etc)
- Patterns of play (for example closest centre mid comes short, bounces the ball back, ball then goes through to strikers)
- Quick play
- Keep the ball moving
- Be patient (play back or sideways if not forward)



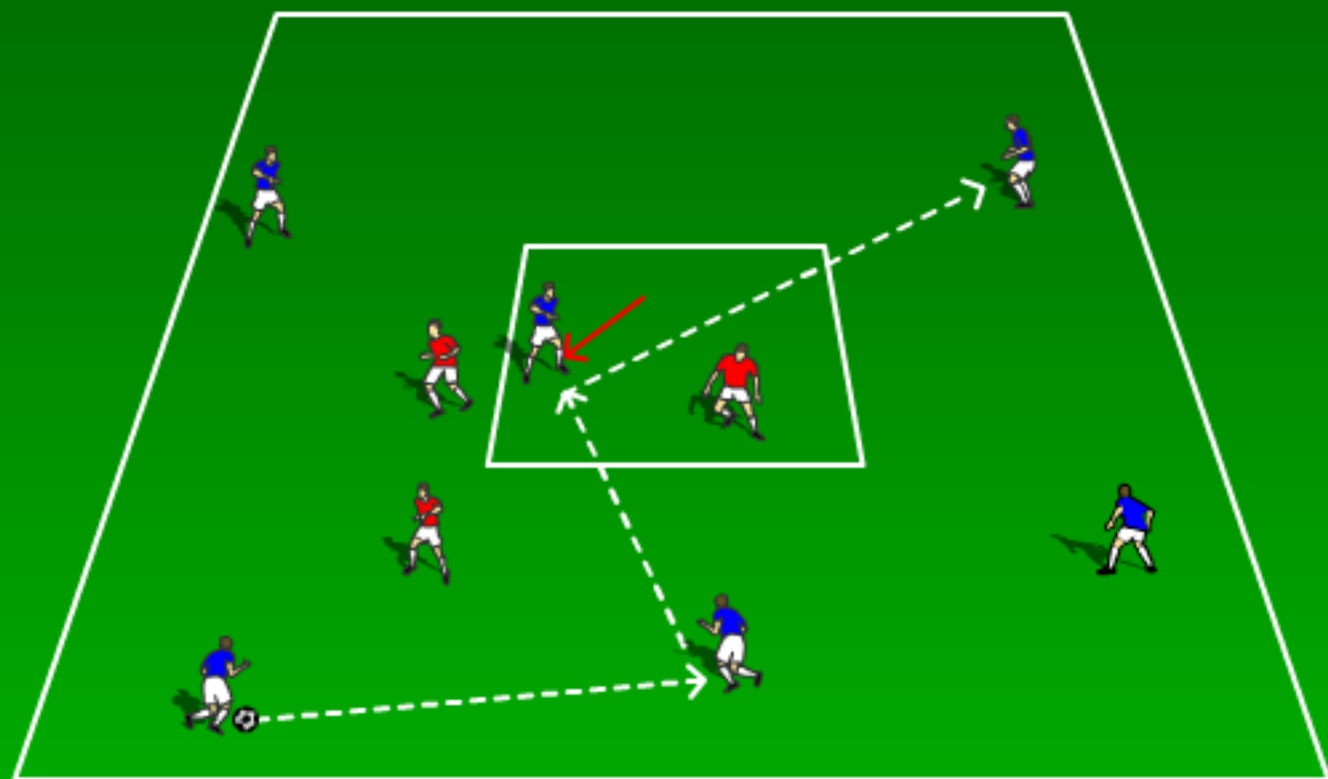
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### Attacking centrally/Build up play (CM/ST)

2 V 2 in each side of the circle and 4 servers around the outside. The blues have to get the ball from one set of servers on the outside to the opposite side (as above) to score. The reds have to stop them/win the ball and play to one of the outside players to score. No one can leave their areas at first. To progress, allow the attackers to move where they want and finally take the middle line away.

#### Key points:

- Quick play
- Blindside movements
- Go high to receive short and vice versa
- Patterns of play (for example, closest CM receives short and bounces back, CB plays through the gap into the striker who plays it round the corner)
- Keep the ball moving
- Play back if not sideways or forward



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### Build up play

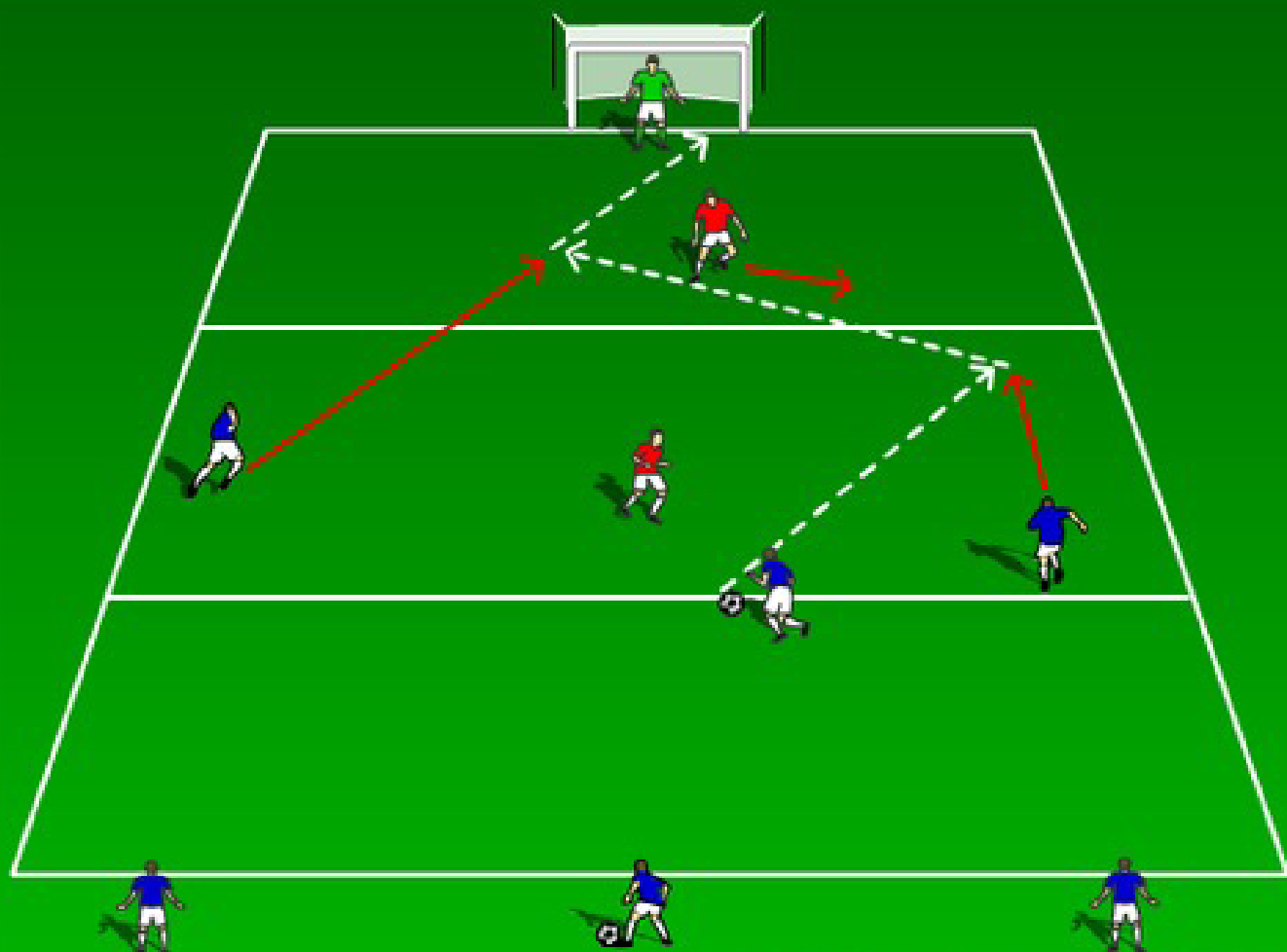
The blue team has to try and play the ball through the middle area (dribble, pass through or pass into) to score. The red team have to stop them doing, win the ball and try and dribble it out of the bigger area.

### Progressions:

- Add defenders.
- Make the middle area smaller.

### Key Points:

- Be patient (don't force passes).
- Draw the defenders out of the middle area and quickly switch.
- Quick movements to receive the ball.
- Quick passes.
- Play backwards or sideways if you can't play forward.



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## Counter Attacking Tech/Skill (Can be used for switching play and other attacking sessions)

Repetition circuit with the pitch split into three. The attacking team starts at the other end to the goal and attack with three players at a time. They have to break through the areas and score. The defenders are set up with none in the first area, one in the second and the final one with a defender and a goalkeeper. If the defenders win the ball they have to try and pass it to the next three attackers (should outside of the area) to score.

### Progressions:

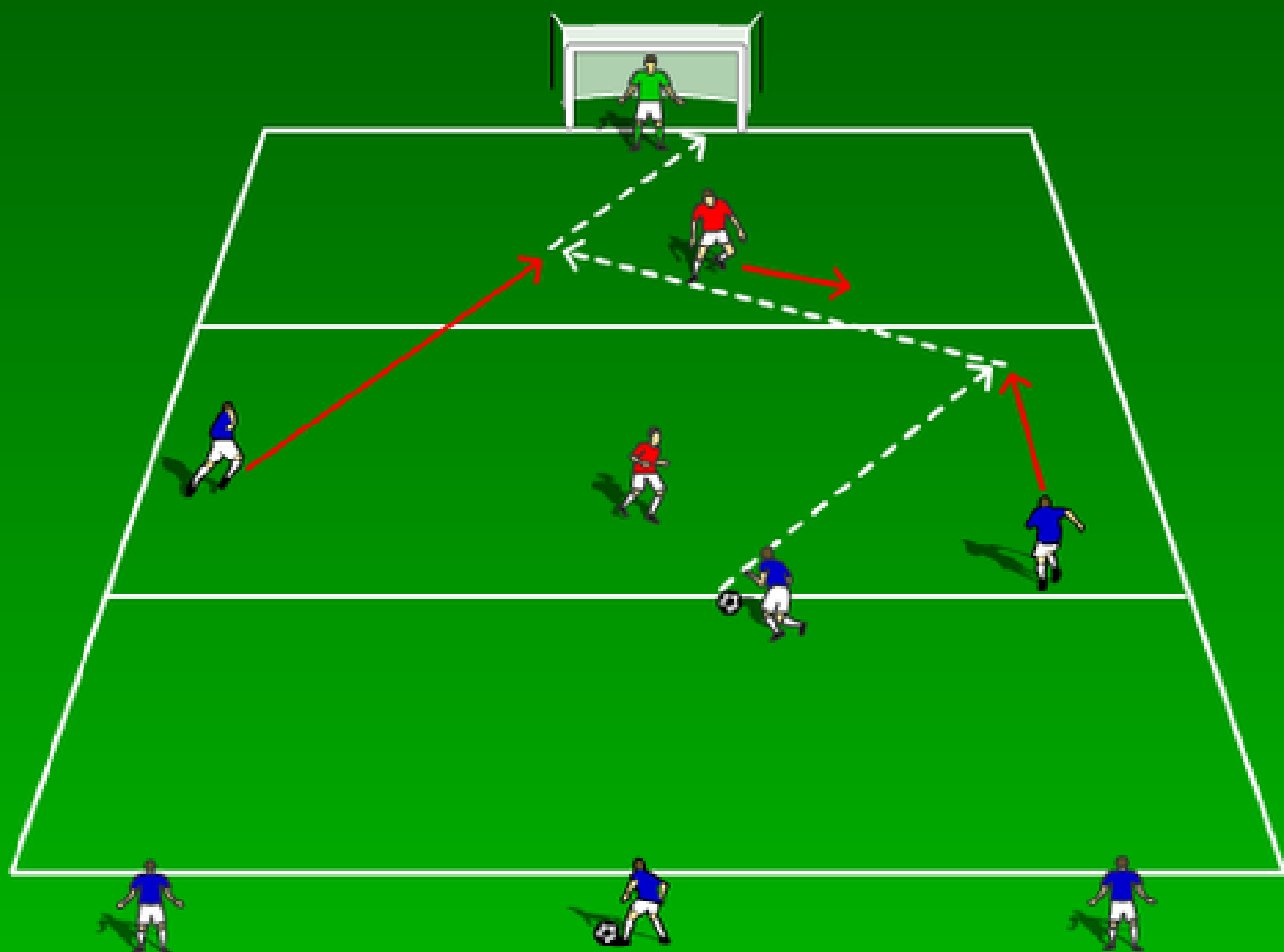
- Can start with no tackling to make it easier
- Add another defender
- Change the order of defenders (GK-2-1-0 formation)
- Time limit to score
- Add a defender that comes into play after 5 seconds (comes from where the attackers comes from, makes the attackers attack quickly)

### Key Points:

- Quick decisions
- Act quickly
- Varied runs (not just straight for example curved, blindside, decoy run etc)
- Draw defenders out of position
- Make/Keep width and depth (don't commit one way and offer option to switch play)







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**Counter Attacking Tech/Skill** (Can be used for switching play and other attacking sessions)

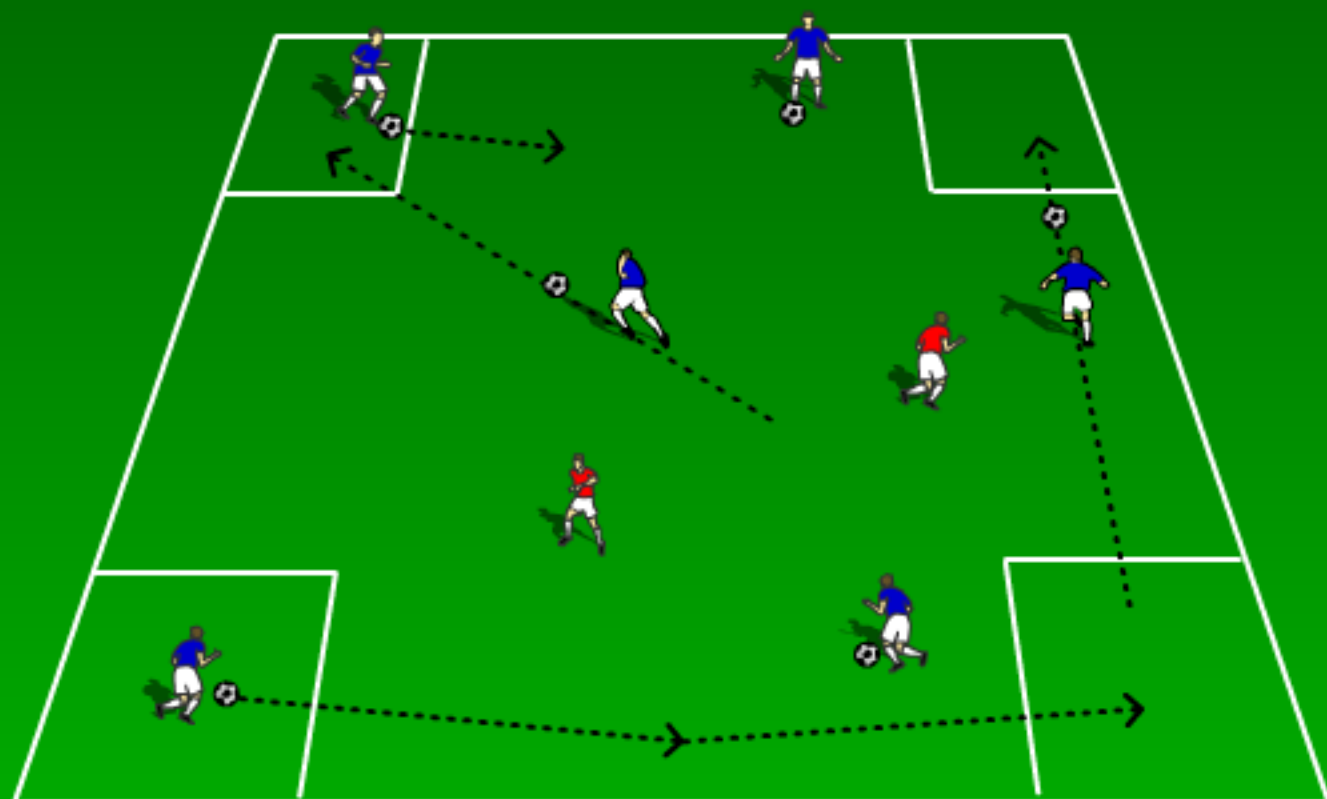
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**Progressions:**

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## Running with the ball/Dribbling Tech/Skill

Players have to get from one scoring zone to another to score a goal. While in these zones the players can not be tackled. If they do lose the ball then they must perform a task before playing again (for example 5 juggles, 10 toe taps, a certain skill etc).

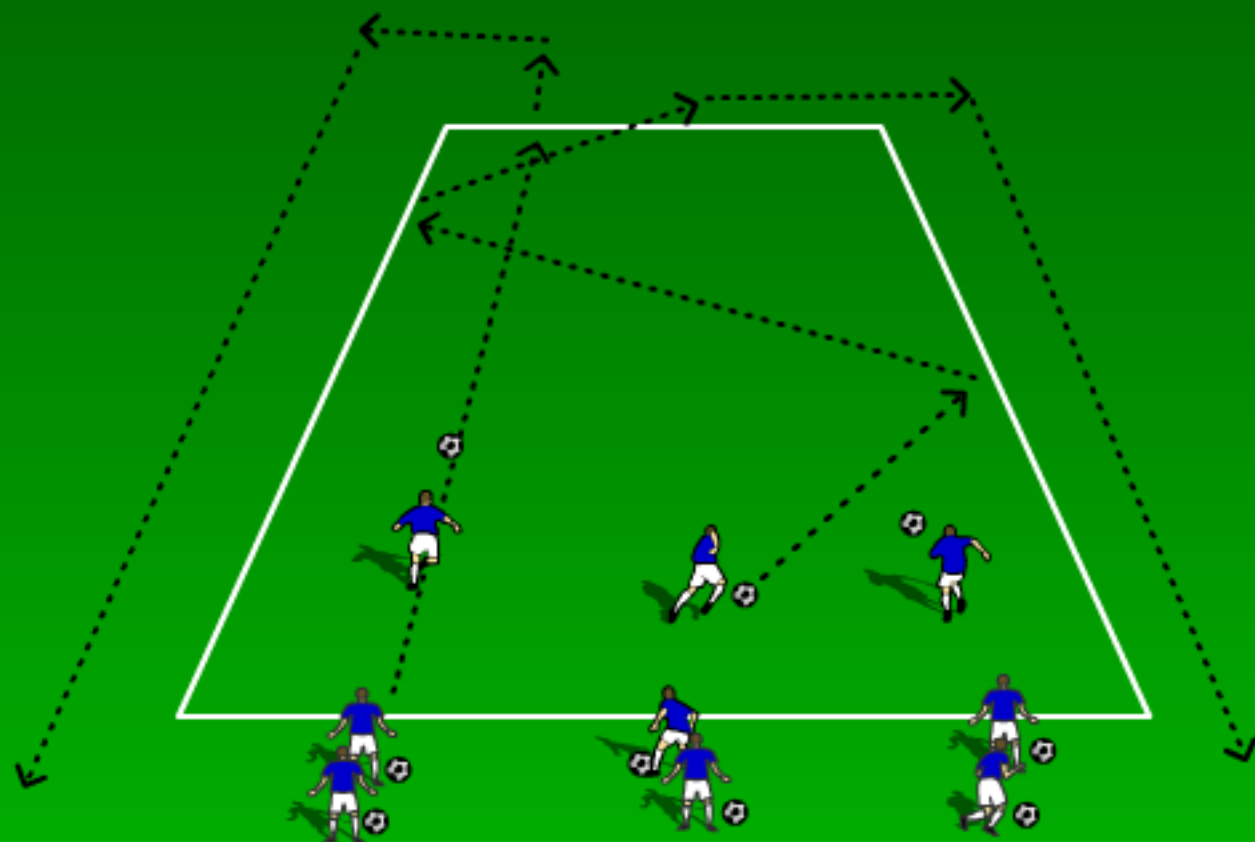
### Progressions:

- Make defenders live (if started with defenders only put time pressure)
- Add more defenders
- Players can only be in a scoring zone for 5 seconds
- Only one player can be in a scoring zone

### Key points:

- Head up looking for space/gaps/defenders etc
- When to take big/small touches
- Changing direction and speed when under pressure





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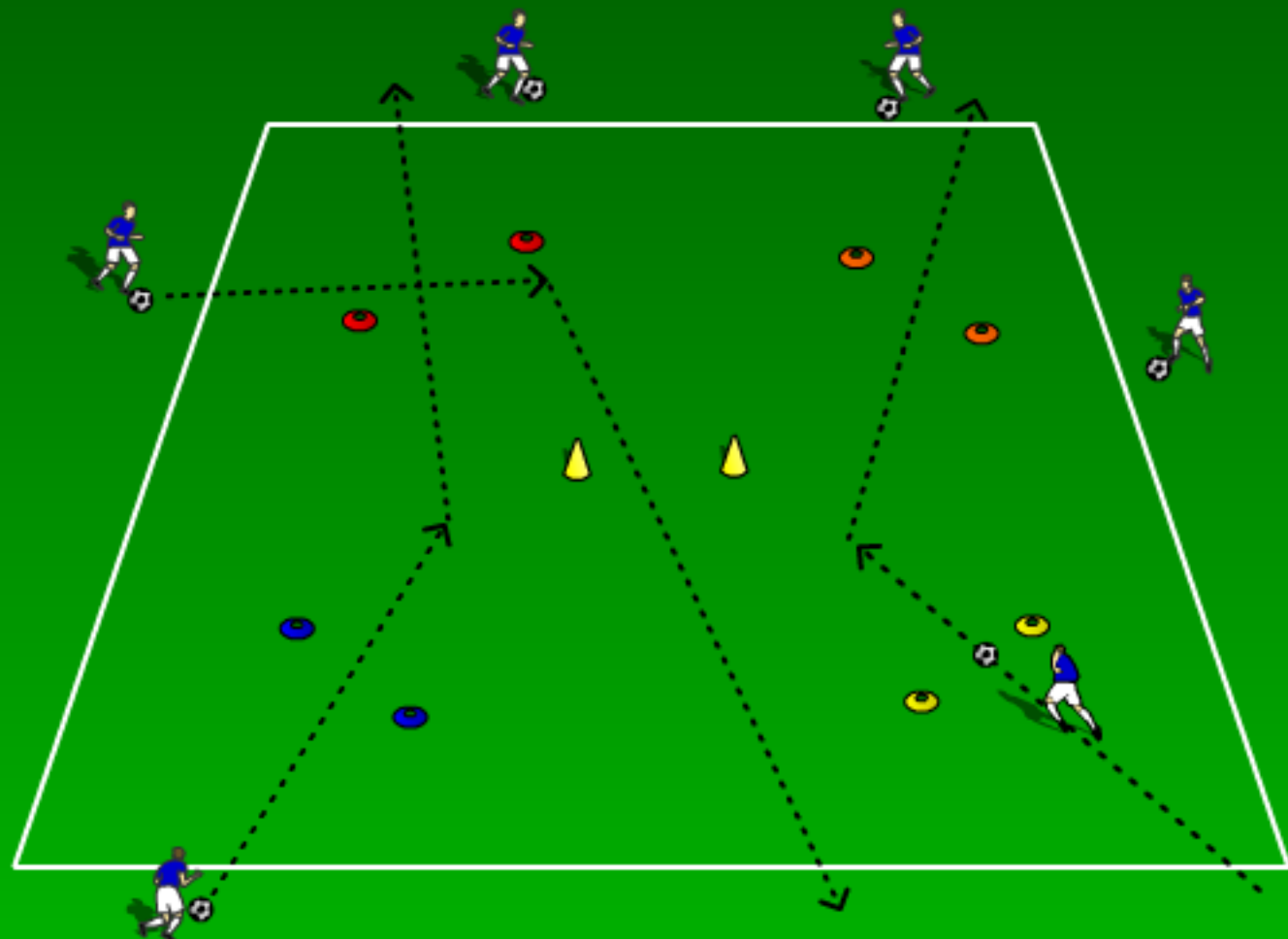
### **Dribbling/RWTB/Turning Tech/Skill**

3 players go at a time and dribble to the end performing certain tasks. On the way back they have to try and complete another task. A few examples:

- Get to the end with as little/many touches as possible
- Go to both sides before getting to the end
- Use a certain part of the foot
- Perform a certain skill at least 3 times on the way to the end
- Beat a player (add a defender)
- Juggle as many times as possible on the way to the end
- Perform a certain turn 3 times on the way there

#### **Key points:**

- Head up (looking for space/defenders)
- Touches on all parts of the feet
- Big or small touches
- Skills and turn tech



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### Running with the ball/Dribbling Tech/Skill

Players have to get from one side to another going through at least 2 gates. They repeat this as many times as possible in the time limit.

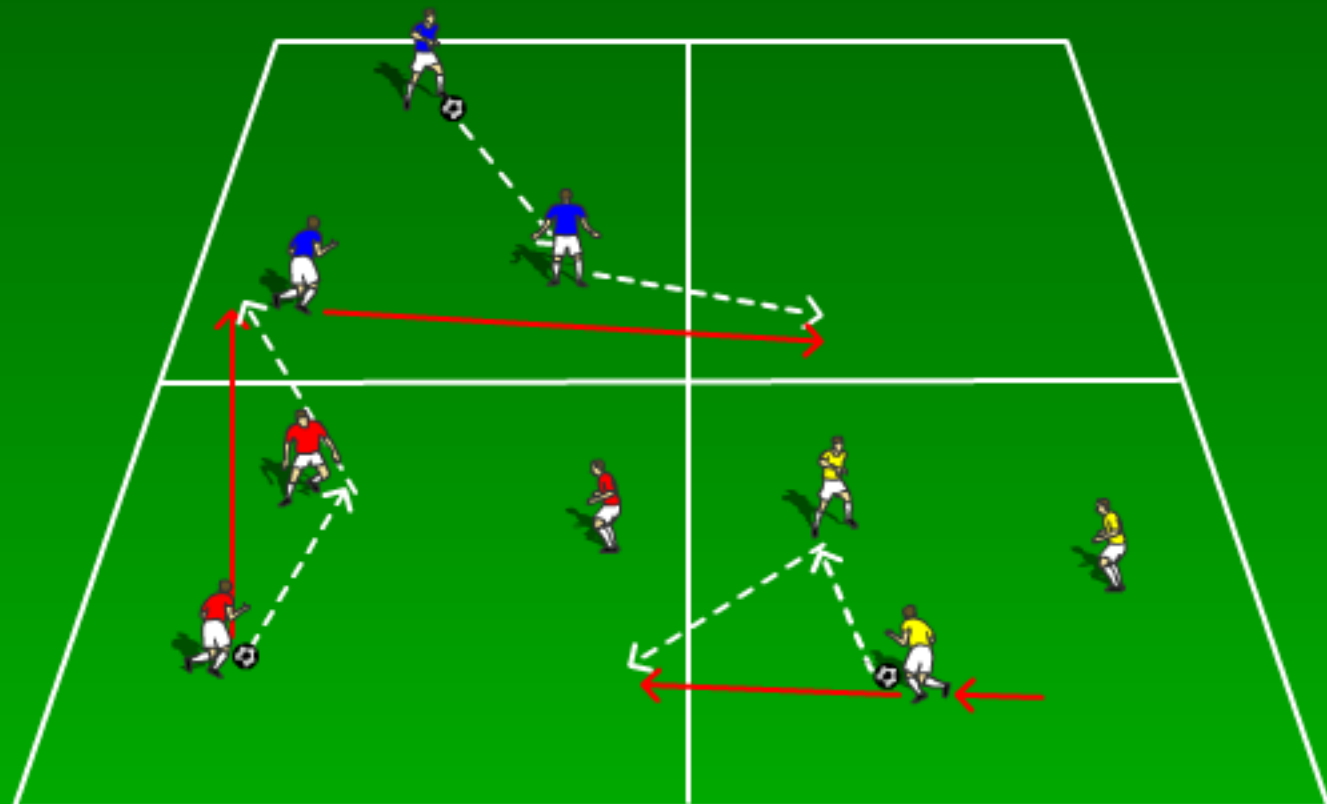
#### Progressions:

- Add defenders (make sure to have twice as many gates as defenders)
- Players only get a certain amount of time to get across the area and through the gates

#### Key points:

- Big touches when there is space to do so (laces)
- Small touches if there is no space (all parts of the foot)
- What gates to go for (look for space/gaps)





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## Passing Combinations

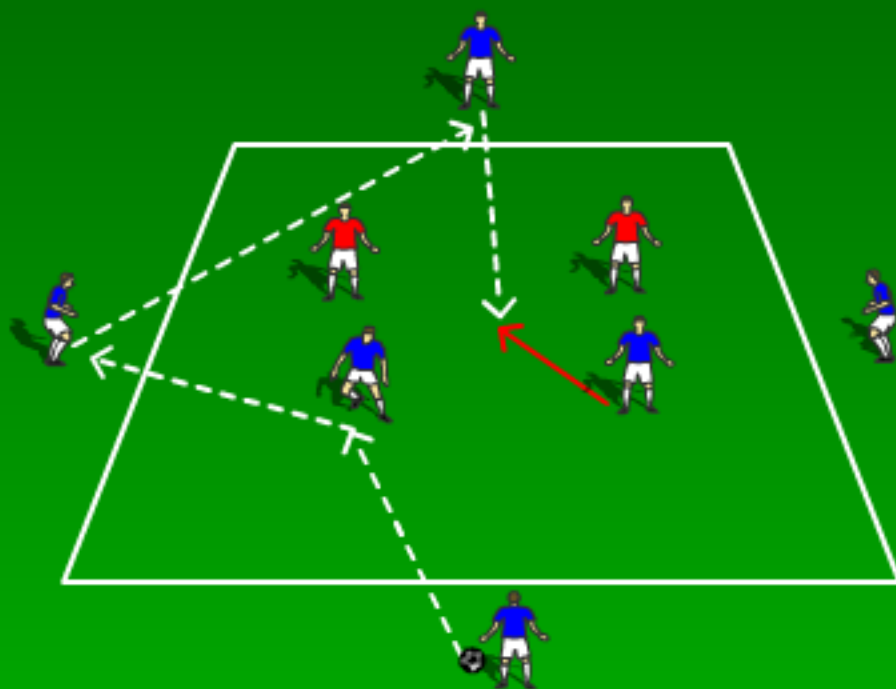
Four areas with three teams. Teams have to get three passes and then do a passing combination into another square. Each time they do this that team gets a goal. Team with the most goals at the end wins.

### Progressions:

- Teams can only move into a free area.
- One team is split between the areas and act as defenders. They have to win the ball and get five touches on it to score. The other teams play as before.

### Key Points:

- Third man runs
- One-twos
- Overlapping runs
- Quick passes/movements
- Communication



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## Passing Tech/Skill

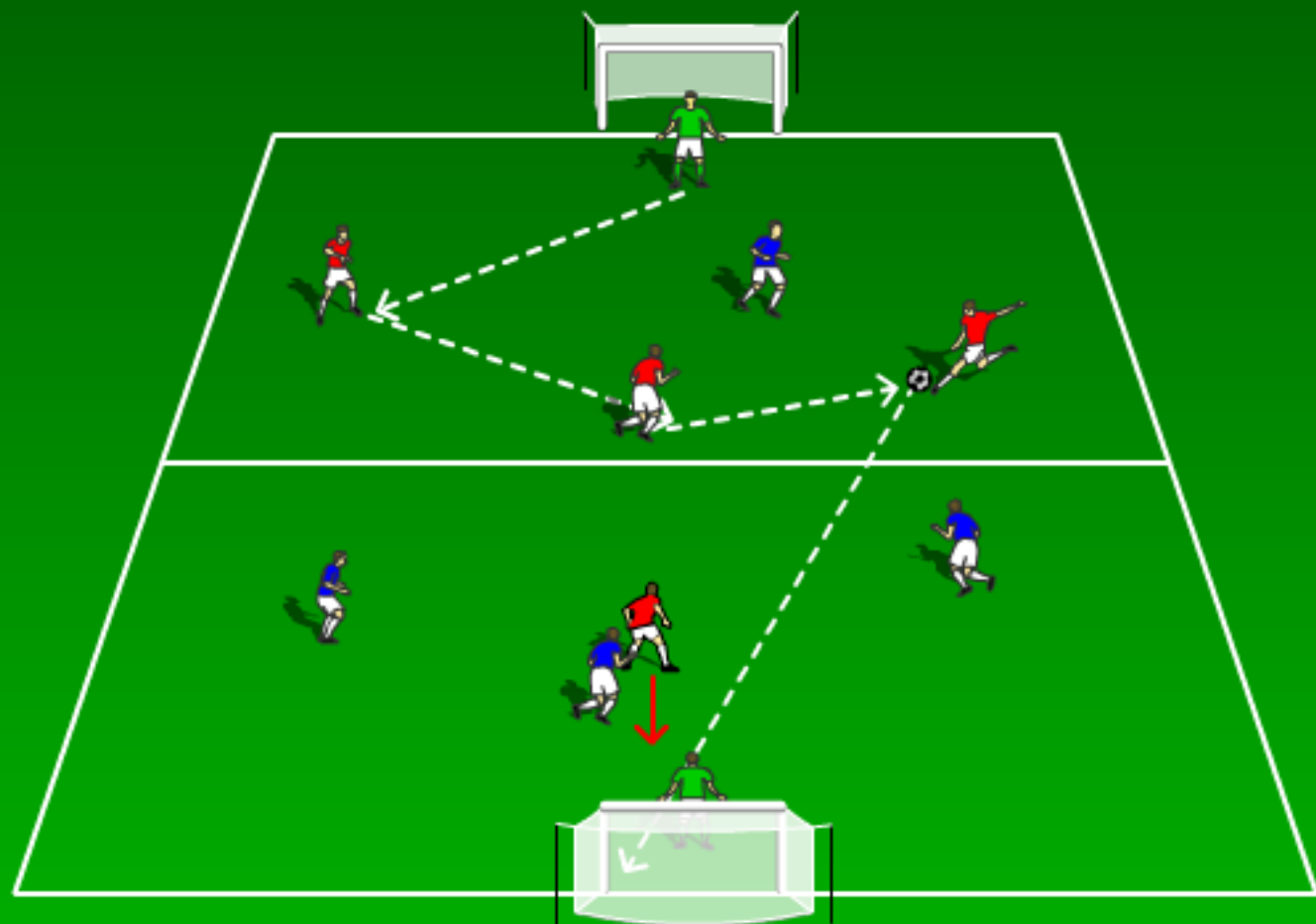
4 blue players on the outside with 2 in the middle. There are 2 defenders in there as well. The blue have to keep the ball away from the defenders. The defenders cant tackle the players on the outside. The defenders have to win the ball and dribble out the area.

### Progress:

- Have 2 outside players as targets
- The outside players are neutral so its a continous game

### Key points:

- Communication
- Quick passing
- Movement from the middle players (angles, not preventing other options)
- Passing back to keep possession



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### Shooting/Finishing - Tech/Skill

Small area (about the size of 2 penalty areas put together) split in half with a team in each side. One player from each team starts in the other half (acts as a striker when team is in possession, defender when out of possession). The teams have to score in the other teams goal. Players are encouraged to shoot from distance.

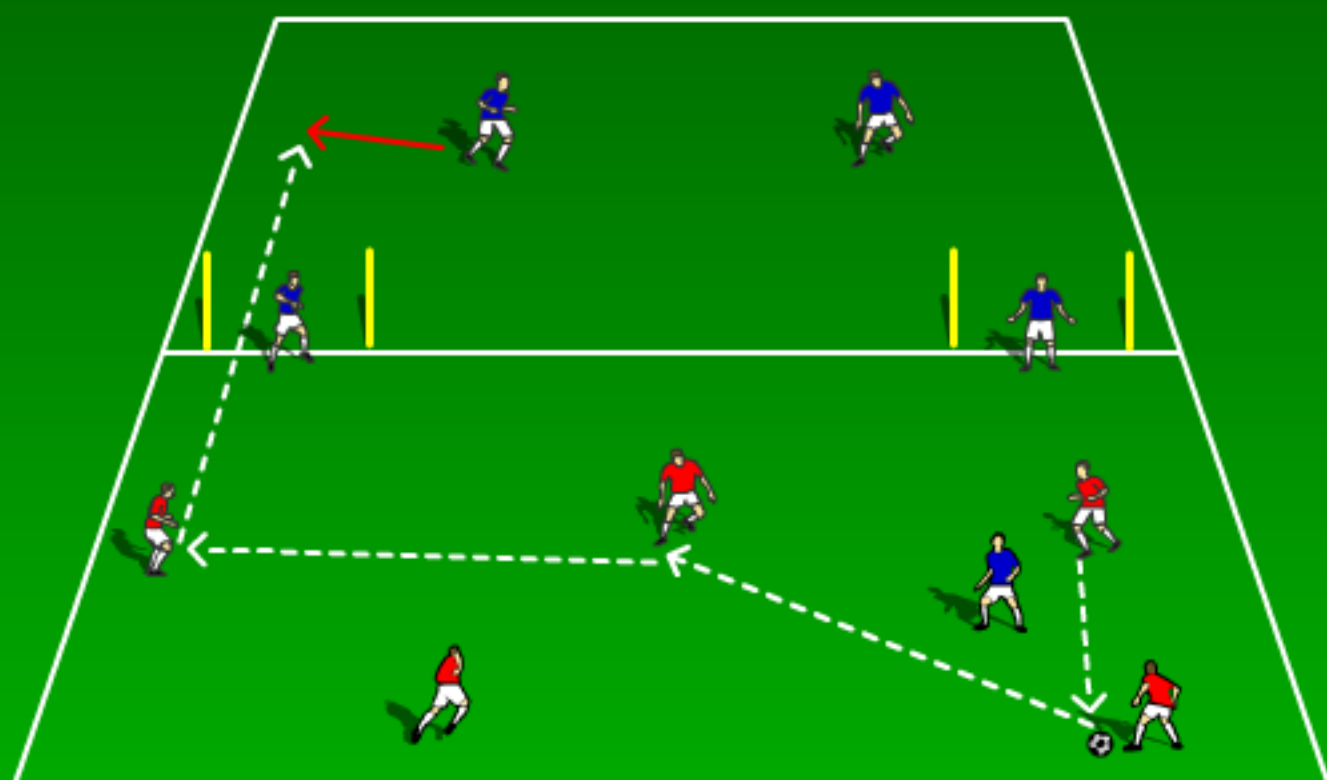
#### Progressions:

- Start with no striker (tech)
- Start with no goalkeepers (tech/basic skill)
- Players on the ball can dribble into the other half and shoot (finishing)
- More strikers/defenders

#### Key Points:

- Striking technique (laces/instep, strike just below the middle of the ball, hit a little bit to either side to add spin etc)
- Finishing technique (Inside/instep, place into the corners, add spin if needed, use both feet etc)
- Take strikes quickly





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## Passing Tech/Skill

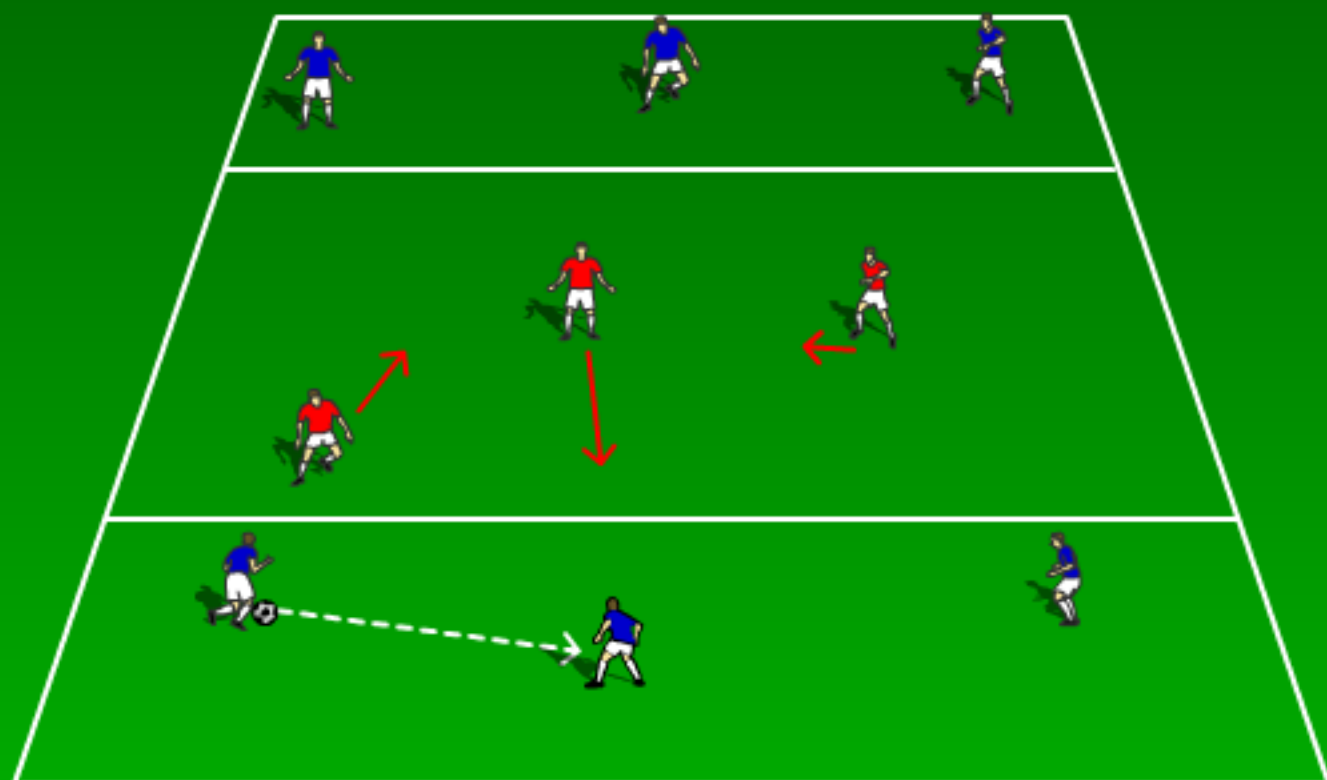
Each team has a side. While the ball is on the red side, the blues can put one defender in the reds side to try and win the ball (and pass back to the blues) and 2 blues into the 2 goals to try and block shots. The other blues have to stay in their half and be ready to get the ball and play once the reds shoot or the blues win it. The reds have to try and score through one of the goals, team roles reverse when the ball enters the other side.

### Progressions:

- Blues can put another defender in the reds area
- Reds have to get a certain amount of passes

### Key Points:

- Head up
- Communication
- Passing technique
- Different passes (reverse pass, aerial pass, short pass, long pass, fake pass)
- When to pass or shoot
- Use the whole area
- Draw the defender in



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## Defending Tech/Skill

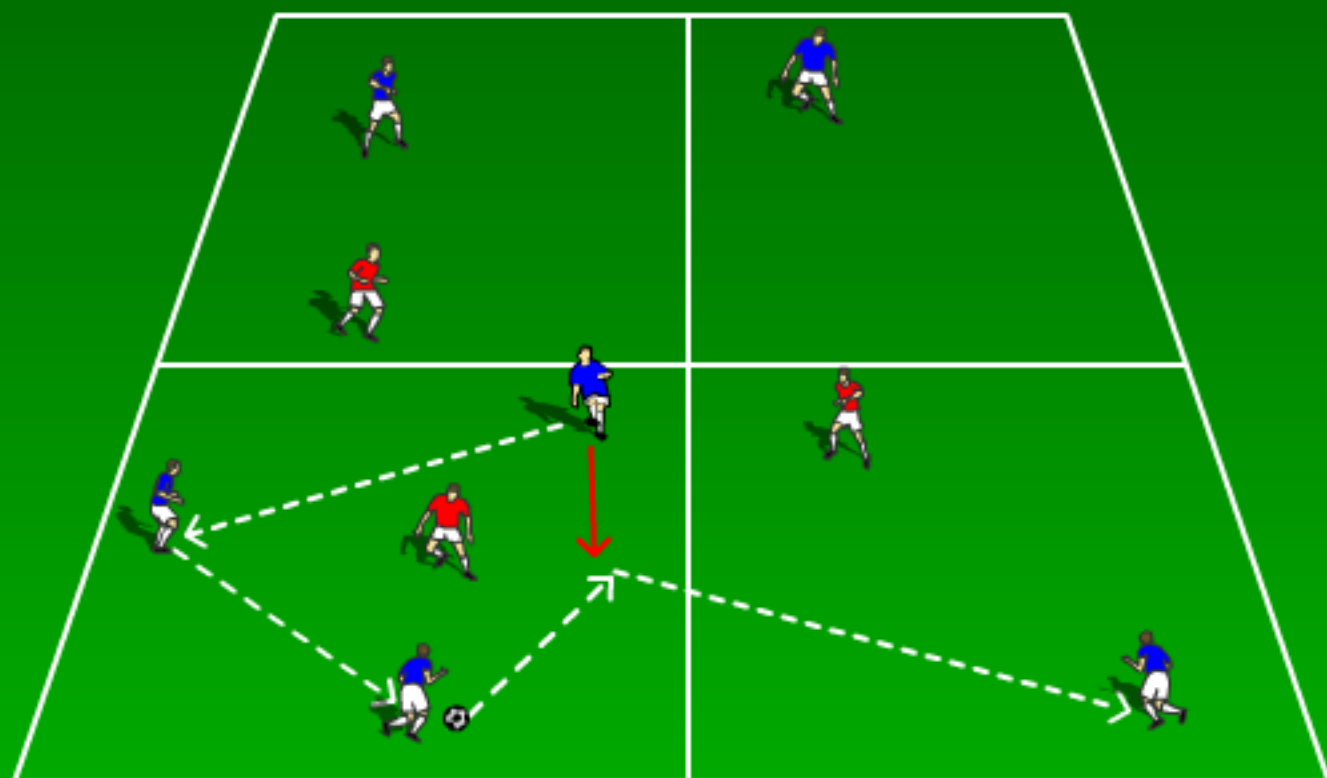
3 defenders in the middle and 3 attackers in both end zones. Attackers have to try and pass the ball through the middle zone to the players on the far side to score. Defenders have to try and block the pass to score. To start with all players must stay in their own zone.

### Progressions:

- Defenders can go into the zone the ball is in to pressure/win the ball
- If the team in the middle wins the ball they quickly pass to the other side and swap with the team that just lost the ball

### Key points:

- Jockeying technique
- Communication
- Positioning for all defenders
- Covering across



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**Possession (can be used for many session topics)**

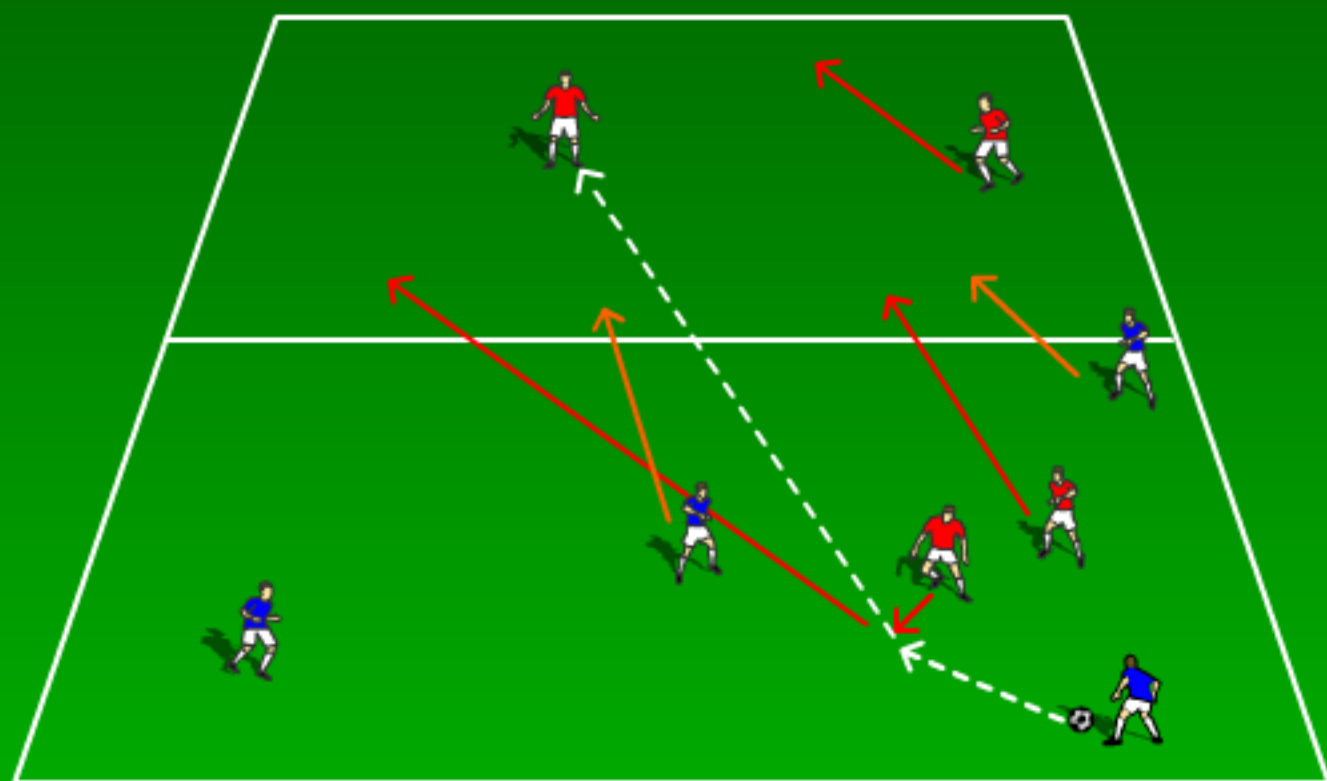
Area split into four with two teams. The blue team has six players and have to try and complete three passes in one area to score a goal. They can pass into any area and move freely between areas. The red team have three (half of the other team) and have to win the ball. They get a goal each time they can pass it to each other.

**Progressions:**

- Add defenders
- Smaller area

**Key Points (depending on the session topic):**

- Quick passing/movements
- Once area is crowded play into another (switch play)
- Passing combinations
- Disguised passing/movements/touches



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## Counter Attacking

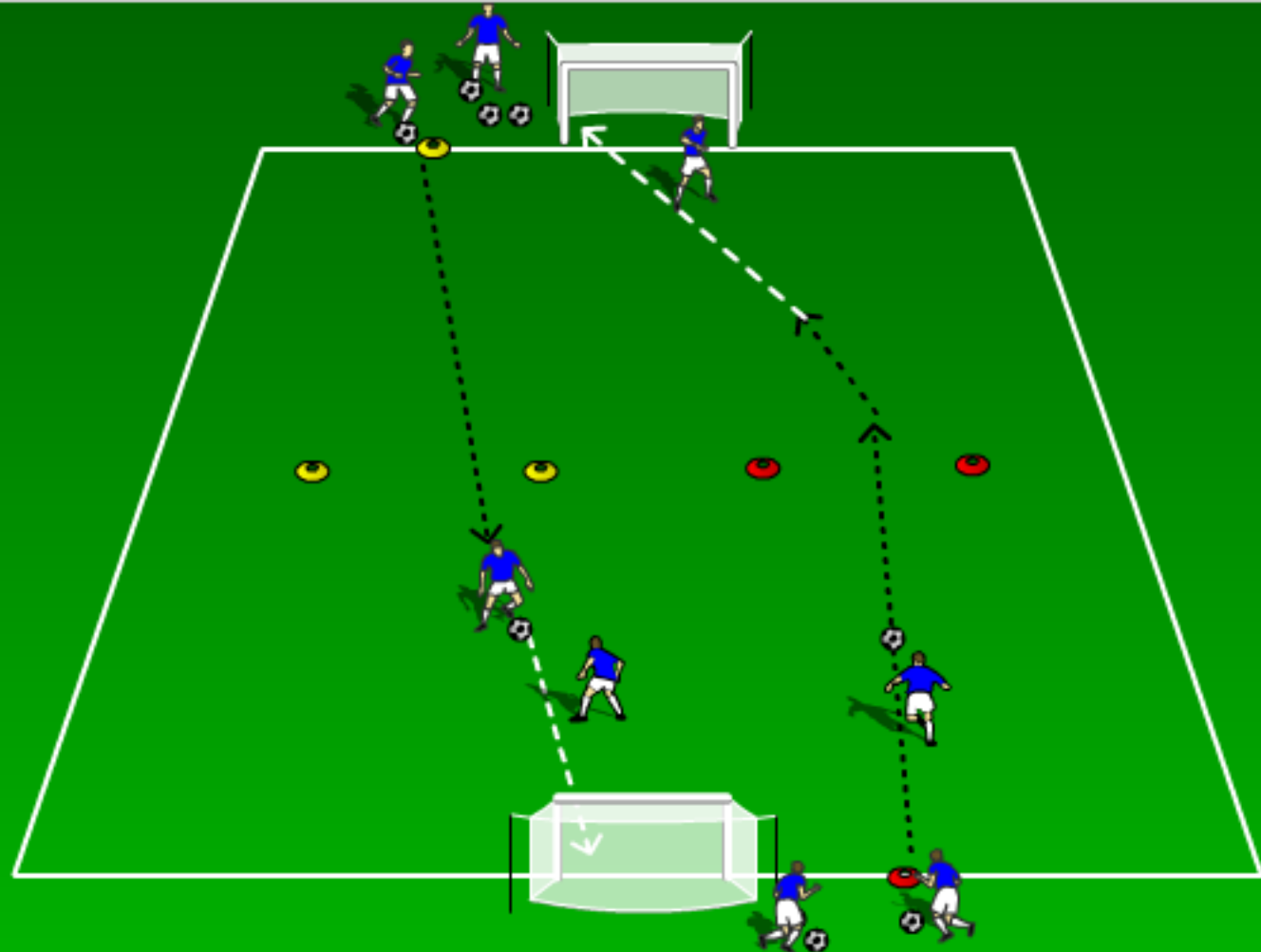
Two teams of four with a four vs two in one side and the other two in the other. The four have to get ten passes to score a goal and can continue to score more with twenty passes etc. The two have to try and win the ball and play it into their own side. Once they do this they quickly support the player they just passed to. Two defenders can then go to try and win the ball back.

### Progressions:

- Add another defender in (three defenders and one player as outlet).
- Add goals so once they get the ball they aim to score.

### Key Points:

- Different ways of counter attacking (running with the ball, long pass to feet, long pass over the top and short passes). Prioritise.
- Quick attack/passes/movement.
- Create depth and width quickly.
- Angles of support (wide, behind, in front).
- Drawing players out of position via runs.



## Finishing/Shooting - Tech/Skill

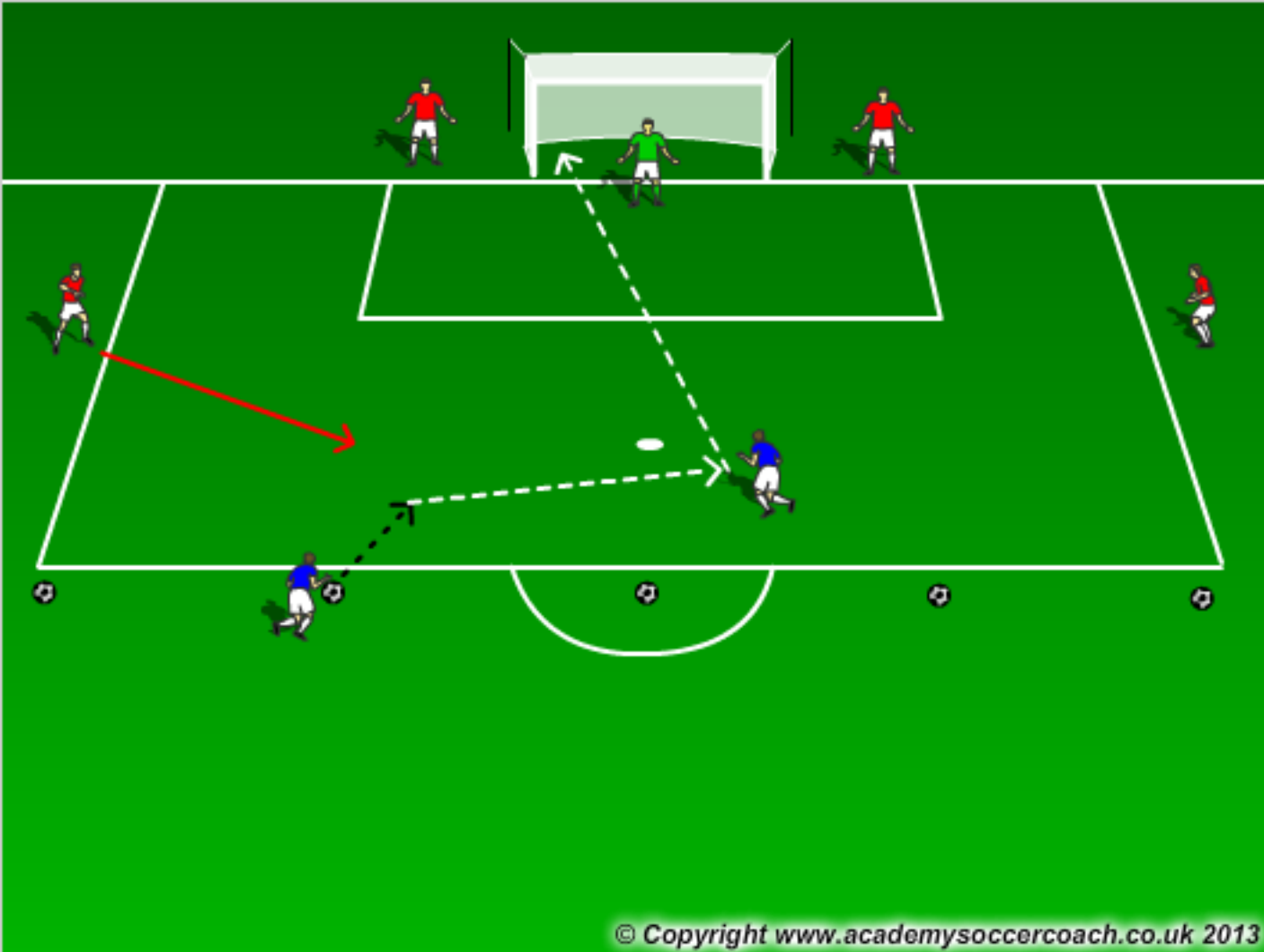
Players start on the cone next to the goal, one at a time they dribble through the gate in front of them and try to score. Once the shot is taken that player that just shot goes in goal and the next player starts dribbling. The old goalkeeper gets a ball and joins the back of the other line. Repeat.

### Progressions:

- Limit amount of touches once through the gate
- Have to shoot before the gate (Shooting rather than finishing)
- Add a defender
- Can start without a goalkeeper (targets in the corners etc)

### Key Points:

- From close place the shot in the corners with the inside of the foot
- From far away use laces
- Can use the part of the foot between the laces and inside
- If cutting inside use closest foot to goal, if going outside use furthest foot to goal



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## Shooting/Finishing - Tech/Skill

Two strikers have to score as many goals as possible from the five chances they get. The reds and the goalkeeper have to try and stop them and get the ball out of the area. Only one defender can come in at a time. Once that ball is used (goal, miss or tackle), that defender drops out the area and the strikers run and get one of the other balls. As soon as the strikers touch that ball then the next defender can come in. After 5 swap the attackers over and reset/repeat.

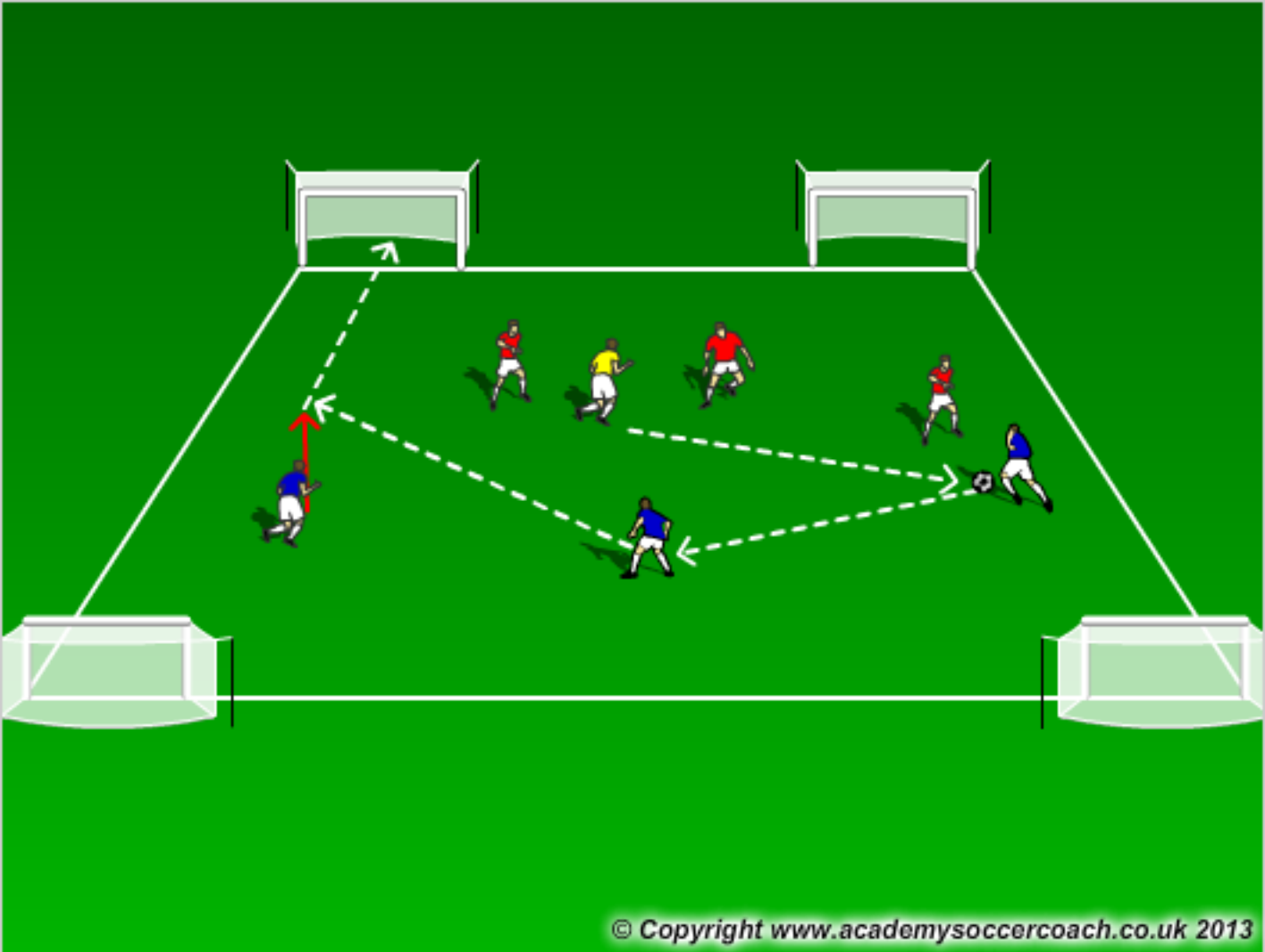
### Progressions:

- Start with defenders only pressuring (no tackling) (tech)
- Add another defender

### Key Points:

- Finishing tech
- Shooting tech
- Quick shots/passing
- Strikers movements (follow up shots, open up space for outside players to shoot, blindside runs etc)





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### Switching Play Tech/Skill

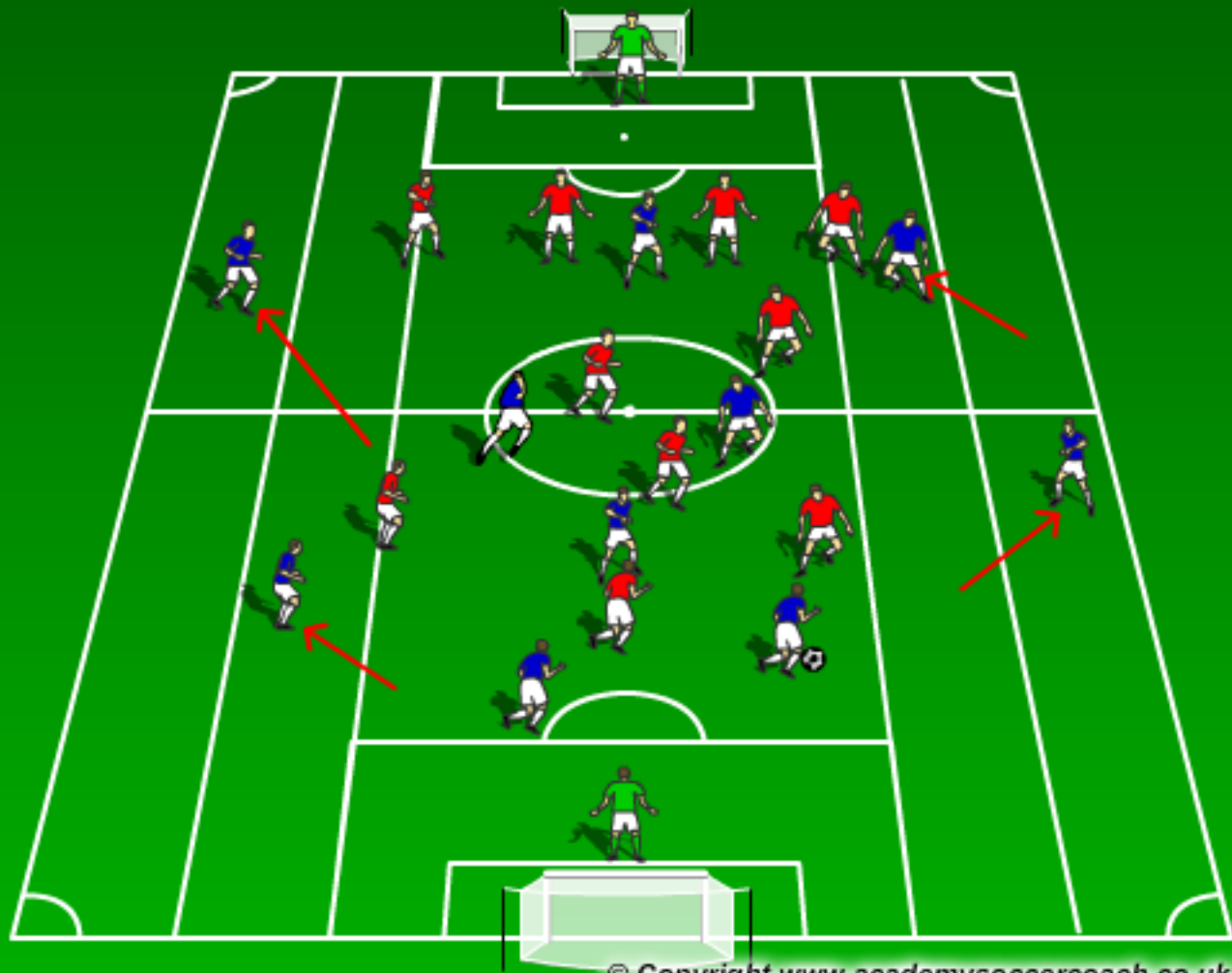
Three vs three with one neutral. The teams have to score in the other teams goals that are placed wide on each side. At first there is no tackling, only intercepting and blocking.

#### Progressions:

- Open up into a normal two goal game
- Add more players on each team/take away the neutral

#### Key Points:

- Quick passing
- Width and depth (movement to open up angles, options wide and pivot players)
- Open up on back foot and play



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### Using width (attacking organisation and attacking transition)

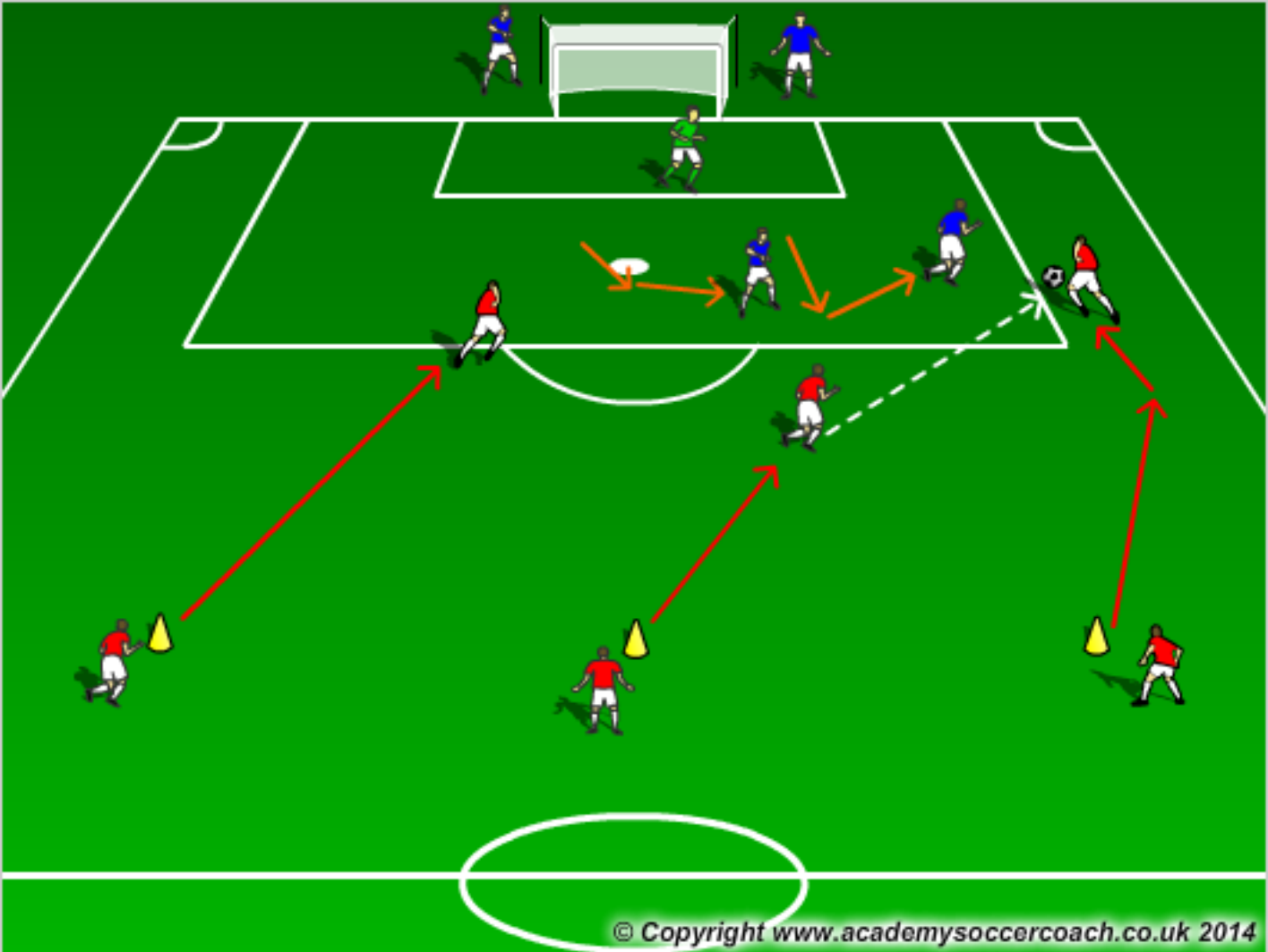
Blue team have to try and score by can only do so by filling all 5 channels. The defending red team can only go in the central 3 channels to start with. On the transition, the roles switch.

#### Progressions:

- Defending team can go anywhere but can only fill 3 channels at a time.
- Defending team can go anywhere.

#### Key Points:

- The fullback and wingers should get into the channels as soon as the team gains possession (quick, sharp movements wide).
- They shouldn't fill the same channel. Depending on the situation, either the winger drives in and the full back goes wide (and possibly overlaps) or the winger pulls wide and the full back steps in to be able to play a ball down the channel to the winger.
- Communication and awareness from both the full back and winger.
- Central players look to play within the attacking principles, play forward early and if not, play into the channels. Look at which option and which channel has the most space and potential for attack.



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### Defending Out of Balance (defending third/to goal)

Three vs two plus a goalkeeper, reds have to try and score while the blues have to either slow the attacking team down (over 20 seconds), prevent them scoring or win the ball and play to the three reds waiting past the yellow cones. After a team wins or 20 seconds passes, those players swap with the next players waiting to come on. Start each round with the blues passing it out to one of the reds.

#### Progressions:

- Add another attacker
- Add players that come in after 20 seconds

#### Key Points:

- Hold off slightly if the ball is central (don't over commit but be in a position that pressure can be applied to any player quickly if they receive the ball and able to block a shot)
- Once the ball goes wider on the pitch, show down the line/away from goal and create a 1v1 (as above, covering player holds a position to stop player on the ball cutting in and be able to put pressure quickly on the other player, goalkeeper in a position to stop shot/cross and put pressure on the furthest attacker if they get the ball)