



Develop & Retain Possession to Counter

Category: Tactical: Possession

Skill: U16 | Start Time: 06-Apr-2016 18:00h

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

Pass & Receive (20 mins)

Organisation

Grid size 20 by 18

Challenge - Short combination safe side passing with rotation

Learning Outcomes - Safe side passing, weight of pass, affecting the next pass, game related movements, scan and communication

Technical - pass to the "correct" foot.

Movement to receive.

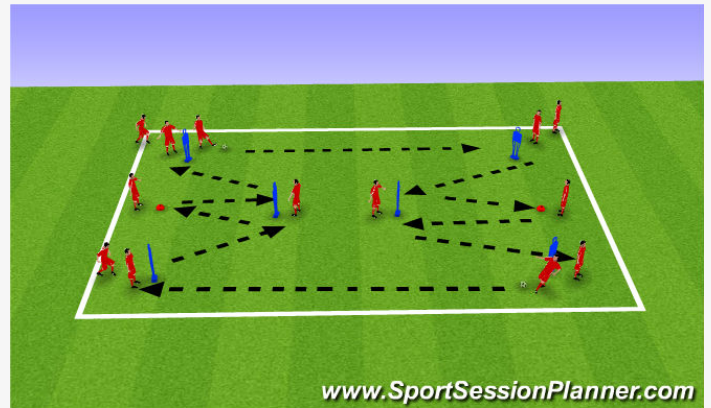
Body shape on receiving the ball to change the angle.

Tactical

Physical - gradual increase in intensity, including stretches.

Mental - concentration

Social - cooperative passing (don't pass on a problem).



Transition boxes (20 mins)

Grid size - 2 15yd boxes back to back

Challenge - Transition boxes initially 2 pressing players and balancing another presser joins after every 5 passes.

Learning Outcomes - Communication, balancing high pressure when more pressers enter box to regain positions quickly after winning the ball.



Transition Possession (25 mins)

Organisation

20 yard square.

3 teams (1 defend, 2 combine to keep possession).

Wide players cannot play to the end players.

Challenge

Play through lines.

Recognise when to play wide and when to play through the middle.

Switching play

Technical

Passing & Receiving.

Rotation.

Tactical

Awareness of team mates and opponents and when to play forwards

Defending - Pressing on the trigger

Physical

Movement to create space.

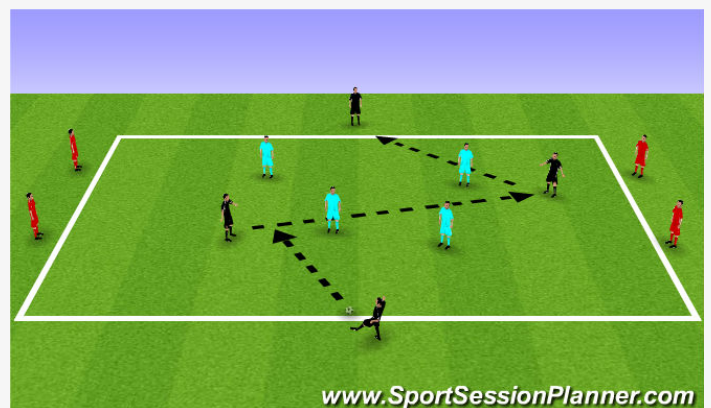
Quick feet to dribble out of tight areas

Defenders - Sharp movements to close down.

Psychological

Want the ball in the pitch.

Try to make the forward pass which breaks a line.



Social

Communication and team work

Progression

See next screen

Transition Possession 2 (25 mins)

Technical - cooperative, safe side passing.

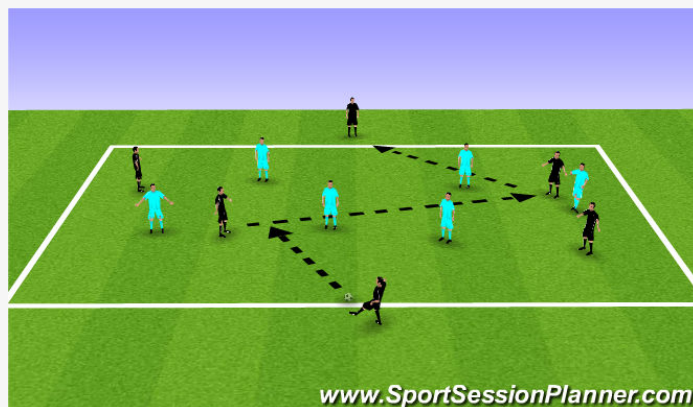
Tactical - play to the end men in as few passes as possible.

Physical - match pace.

Psychological - bravery in (and to get) possession.

Positive play.

Session Objectives (Group) - if the defenders win the ball they try to dribble out of the area. The attacking team must immediately press to stop them.



SSG (25 mins)

Both teams are encouraged to press in the shaded area of the pitch.

Work on transitions - **particularly from defence to attack.**

Try to make the first pass a forward one.

Press or drop depending on the area of the pitch.

Get compact if the ball isn't won back within 6 seconds!

