



Possession

Warm Up

Setup

30x30 yard box
Place various equipment in the central area (i.e. Ladders etc)

Instructions

The players are split in two groups with one on the outside and one on the inside of the box. Players work for 2mins returning passes (ground, volley, knee & pass, chest & pass and headers) Players should pass then complete one of the exercises in the middle of the box. Rotate the groups every minute and introduce dynamic stretching afterwards.



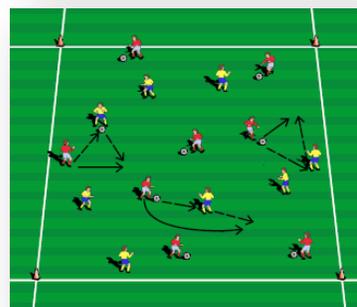
Drill

Setup

30x30 yard box
Players in two teams, one team start with a ball each.

Instructions

Both teams look to pass and move as quickly as possible. Team in possession of a ball should be looking to make quick combinations with the opposite team. Place restrictions on types of passes (lofted, driven) Emphasis is placed on various attacking patterns - width in attack, overlaps, playing to the strikers, etc.



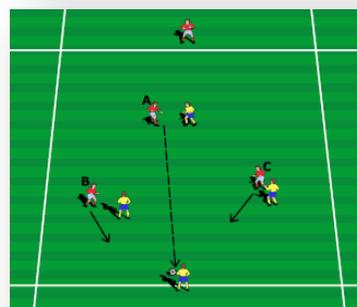
Development

Setup

30x30 yard field
Players in teams of 4

Instructions

Both teams compete for possession of the ball. Players must constantly move to create passing options. Points are awarded for passing the ball to EITHER target player. The target players are limited to 2 touches and must pass the ball back to the team from which they received the pass. Emphasis on retaining possession.



Game Related Practice

Setup

60x40 yard field
Players in two teams

Instructions

Both teams compete for possession of the ball. Red attempt to create goal-scoring opportunities through sharp passing. In this diagram, player (A) has made a penetrating pass to teammate (B). (B) has laid the ball off for (C) who has made a supporting run inside. (C) can attempt a shot on goal. Yellow team use both keepers to retain possession.



Cool Down

Conduct a light cool down consisting of light jogging and stretching.