

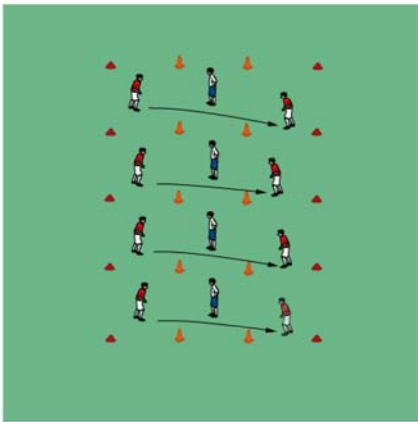


NSSDC Coaching Clinic 5 Possession

Introduction

This document is to supplement the on field coaching clinic the NSSDC ran on Friday 14th Jan 2011 focusing on Possession

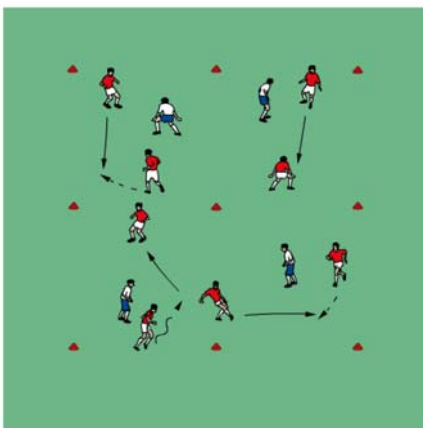
Exercise 1 – 2v1



Set up area as shown in the diagram and split players into groups of 3.

Players play a 2v1 with the defender restricted to the middle zone and the attackers to the end zones. The 2 attackers attempt to pass the ball to each other without the defender intercepting the ball. If the defender intercepts the pass they take on one off the attackers 1v1 and attempt to dribble across the end line, if successful the defender switches with the attacker.

Exercise 2 – 2v1 (free movement)



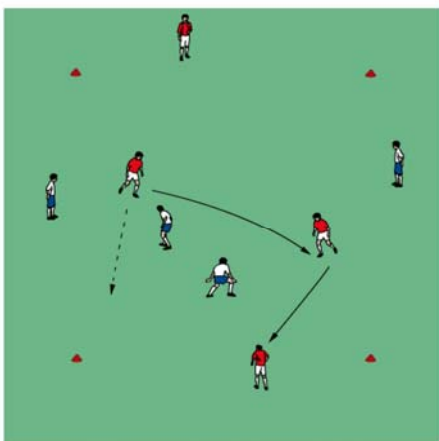
Set up area as shown in the diagram and split players into groups of 3.

Players play 1 2v1 inside the square, if the defender wins the ball they attempt to dribble out of the square, if successful the defender switches with one of the attackers.

Key Coaching Points to observe for exercise 1 and 2:

- Move into line to receive the pass
- Good 1st touch to receive the ball
- Quality of pass, accuracy, weight and timing
- Good movement and support off the ball
- If pass is not available, keep ball moving until passing option is available
- communication

Exercise 3 – 2v2+2



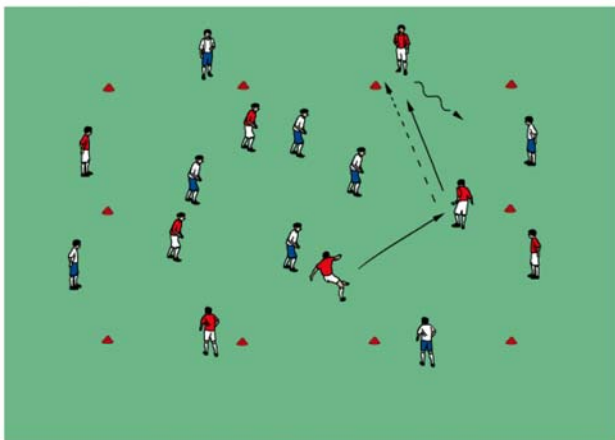
Set up area as shown in the diagram, and split players into teams of 4.

Players play a 2v2 in the middle of the area and try to keep possession and transfer the ball from one side of the grid to the other to score a point

Key Coaching Points to observe:

- Spread out to create space
- Good 1st touch away from pressure when receiving the ball
- Quality of pass, accuracy, weight and timing
- Good movement and support off the ball
- communication

Exercise 4 – 4v4+4



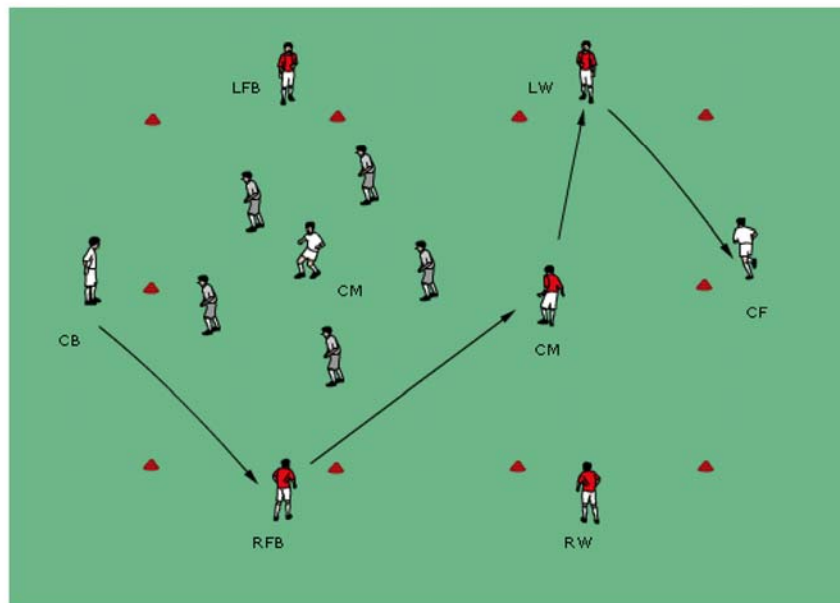
Set up area as shown in the diagram and split players into 2 teams of 8.

Players play a 4v4 inside the area with 4 support players on the outside. Teams attempt to keep possession and score by making 10 successful passes; if a player passes to a support player on the outside they switch positions

Key Coaching Points to observe:

- Spread out to create space
- Good 1st touch away from pressure when receiving the ball
- Quality of pass, accuracy, weight and timing
- Good movement and support off the ball
- communication

Exercise 5 – Position specific possession



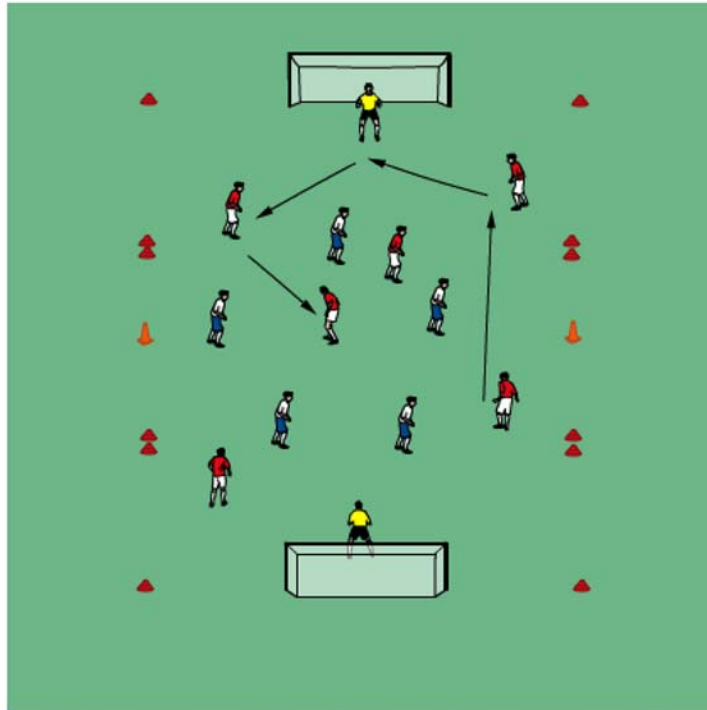
Set up are as show in the diagram and split into 2 teams of 5 plus 3 neutral players (in this example the Center Forward (CF), Center Back (CB) and a Center Midfield (CM) players are neutral).

The attacking team lines up as shown in the diagram, with the Right Full Back (RFB) and Right Wing (RW) on the right side of the field, the Left Full Back (LFB) and Left Wing (LW) on the Left side, the Center Midfield (CM) players in the center of the field and the Center back (CB) and Center forward (CF) on each end of the field. The defending team defends from inside the field. The attacking team scores by making 10 successful passes in succession, if the defending team wins the ball they look to pass into either the Center back or Center forward , if successful the defending team switches with the attacking team taking up their positions quickly.

Key Coaching Points to observe:

- Spread out to create space
- Good 1st touch away from pressure when receiving the ball
- Quality of pass, accuracy, weight and timing
- Good movement and support off the ball
- Quick transition on gaining possession
- communication

Exercise 6 – Small Sided conditioned game



Set up a field as shown in the diagram, Split group into 2 teams with one team of 6 plus 2 GK and another team of 5.

The ball always starts from one of the GKs, the team of 6 plus the 2GKs look to score by completing 10 successful passes in succession. The team of 5 players attempts to win the ball and can score by scoring a goal in either of the 2 goals.

Key Coaching Points to observe:

- Spread out to create space
- Good 1st touch away from pressure when receiving the ball
- Quality of pass, accuracy, weight and timing
- Good movement and support off the ball
- communication