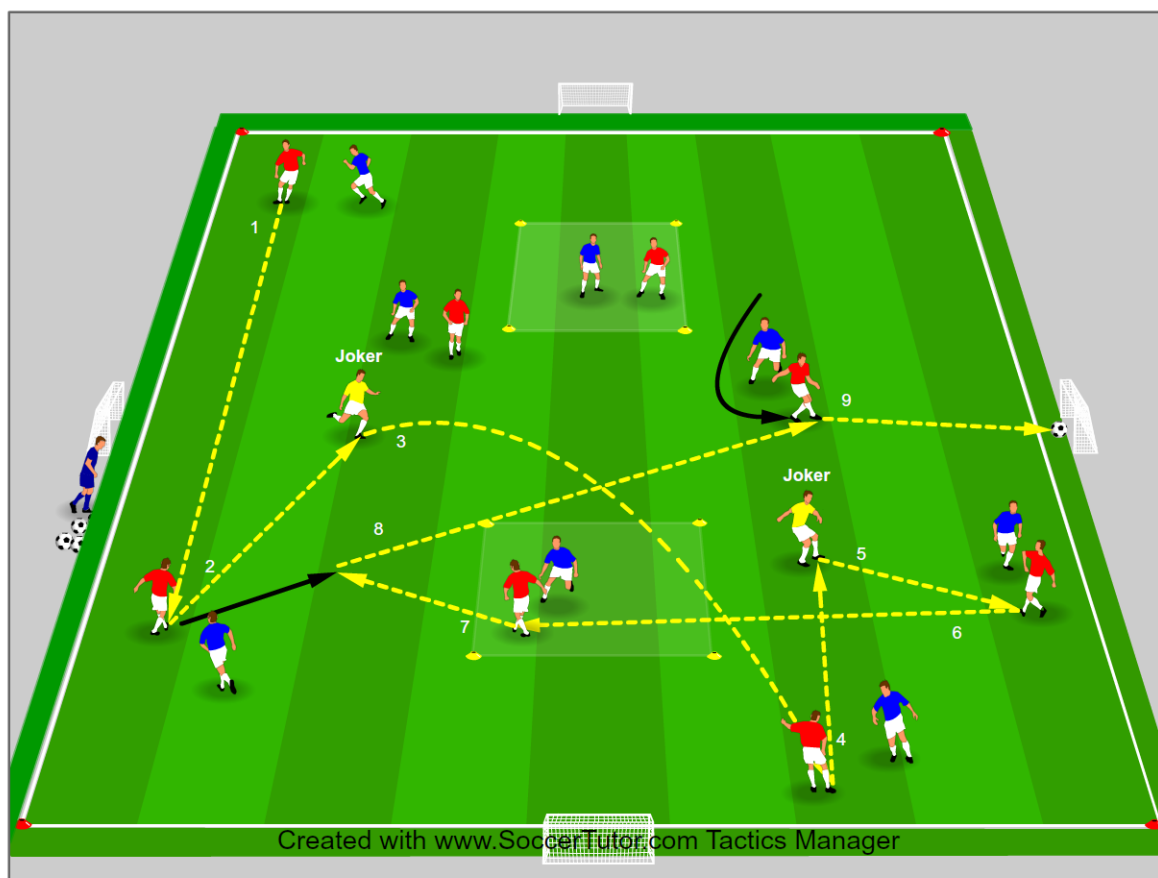


Possession in Midfield and on the Wings



Date:	15/Jan/2013	Measurement:	60 x 40 Yards
Time:	N/A:N/A	Players:	18
Duration:	25	Level/Age Group:	U11 - 18+

Description: The players from both teams take up position in the playing area, but only 1 player from each team in the squares. Both team try to keep possession. A team completing 5 consecutive passes score 1 point, they must then try to pass to a teammate in one of the squares. When this player has passed the ball back to a teammate, the team can then try to score in any one of the 4 small goals which are placed 4 metres outside the area. If they are successful they score 2 points.

Objective: To improve switches of play between midfield and on the wings. Improve support play and movement off the ball.

Coaching Points:

1. The players should not rush the pass into the squares, wait for the right moment to make it.
2. The players in the centre squares should always be on the move, never losing sight of the ball. Change them every 2 minutes.

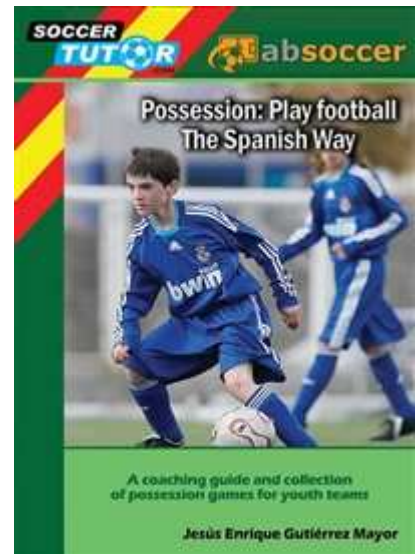
Progression:

1. A player passing to a teammate in the centre square can change positions with him.
2. The coach can change the game conditions where points can or cannot be scored.

**THIS PRACTICE WAS
TAKEN FROM THE BOOK:**

Possession: Play Football the Spanish Way!

A Coaching Guide and Possession Games
from Top Spanish Academy



Purchase the Book:

Rest of the World Shop:

<http://shop.soccertutor.com/Possession-Play-Football-the-Spanish-Way-Book-p/abs-b001.htm>

USA/CA Shop:

<http://shopusa.soccertutor.com/Possession-Play-Football-the-Spanish-Way-Book-p/abs-b001.htm>

Diagrams were created using www.SoccerTutor.com Tactics Manager Software

<http://www.soccertutor.com/tacticsmanager>