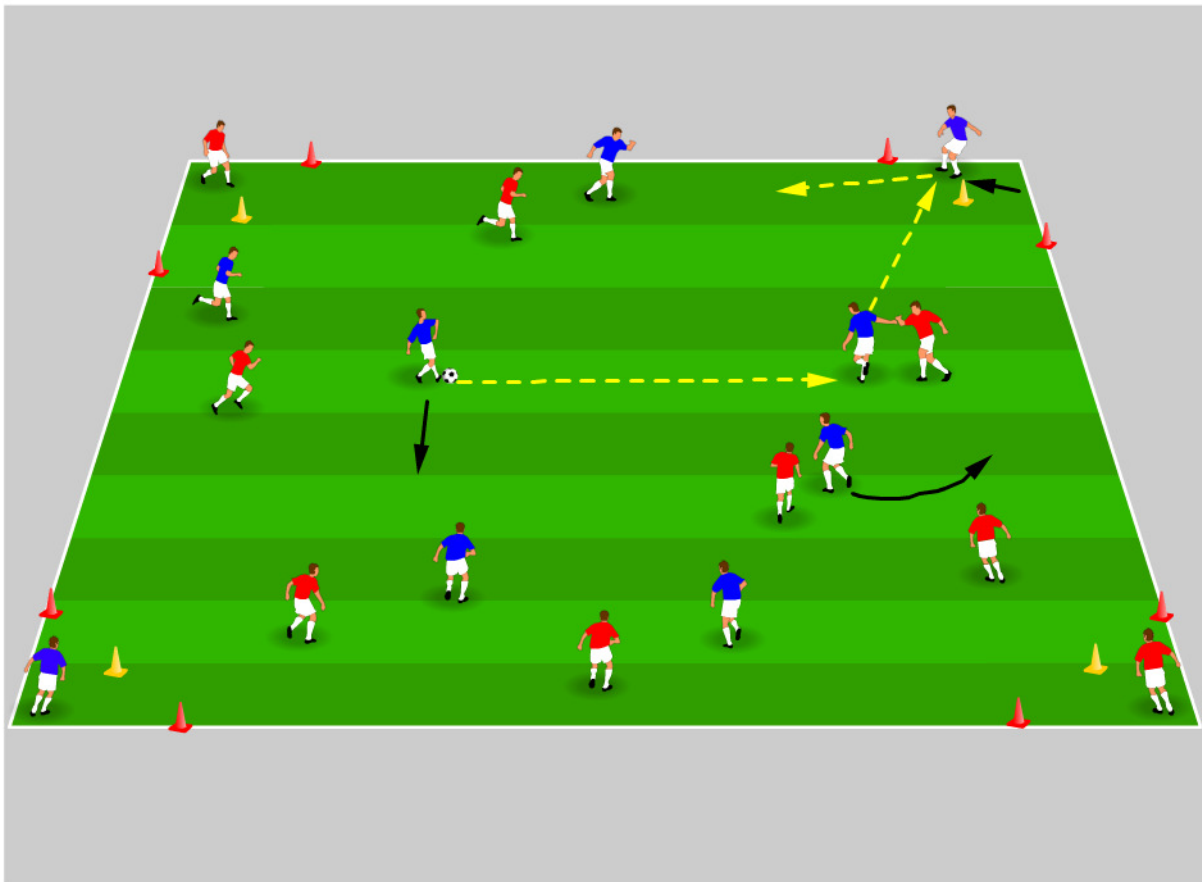


Possession SSG - Improve Speed of Play



Date: 30 Mar 2011

Measurement: 40 x 40 yards

Time: -

Players: 18

Duration: -

Level/Age Group: U11+

Description: Mix intermittently every 3-4 minutes with second possession drill below. Basic principles of possession. In a 40x40 yard square set-up 4 5x5 yard triangles in each corner. Two teams of 9 with 2 players from each team start in corner boxes.

With balls at hand, players move, rotate ball scoring points by working from corner player to corner. Must release ball in 3 seconds or possession goes to other team.

Objective: To Develop possession and speed of play in a Small Sided Game.

Coaching

Points:

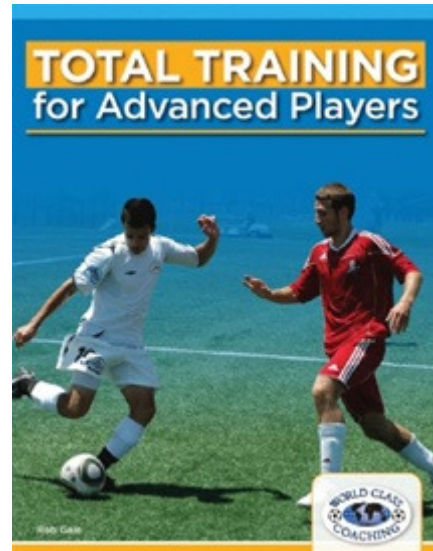
1. Open body shape to receive.
2. Take a look before you receive - HAVE A PICTURE, early decisions.
3. Movement to support player in possession.
4. Quality of passing, weight and accuracy. Movement to receive should be early and dynamic.

Progression: 1. Cannot play to the same player who passed you the ball.

This Practice was taken from Total Training for Advanced Players Book

The chapters each build on the one before, starting with basic skill work done in isolation and moving toward realistic game situations. The chapters include: **Touch Drills, One v One, Possession, Transition, Position Specific Training and Working in Small Groups.** More than 240 diagrams and descriptions explain the drills, exercises and small-sided games that will take your players to the next level.

By Rob Gale - Canadian U17 Men's National Team Assistant Coach. Gale is the former Director of Score UK Soccer Fulham Academies and author of English Professional League Academy Training Sessions, Volume 1 & 2.



Purchase the Book

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