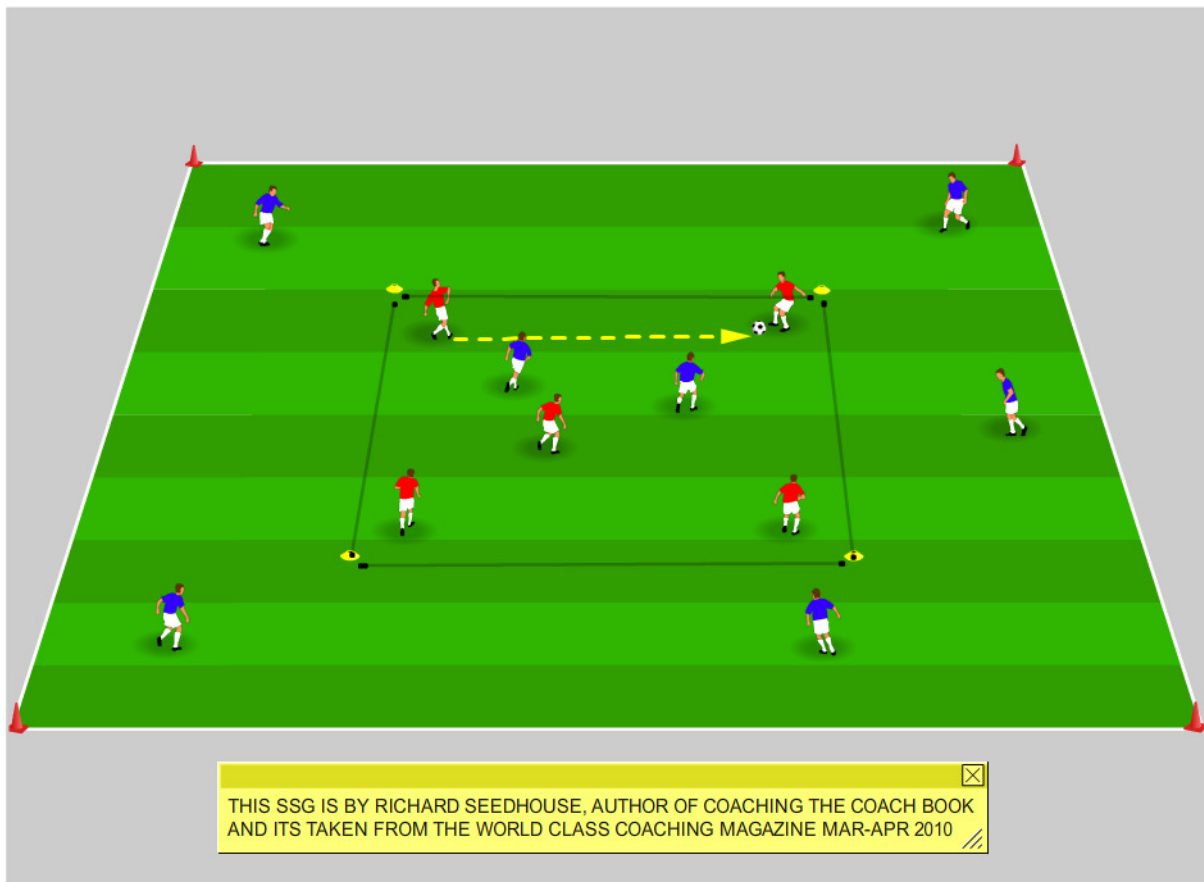


Training Young Players - Passing and Possession



Date: 9 Mar 2010 **Measurement:** 30x30 yrd outer 10x10 inner

Time: . **Players:** 12

Duration: 15 Min **Level/Age Group:** 10+

Description: This SSG is set up with a 10 x 10 yrd inner area within a 30 x 30 yrd outer square. Players are divided into 2 teams. The ball starts with 1 team who plays 5v2 within the inner square. If defenders win the ball or comes out of the small square then all the blue team become active to play a 7v5 using all the area.

Objective: To develop young players passing and possession play in a conditioned small sided game.

Coaching Points: 1. Movement to receive - All players must create space before receiving. 2. Body shape and positioning - keep body open for awareness, with and without ball. 3. Weight and angle of pass.

Progression: How can we change it - For younger players play 3v1 in inner and 5v3 in outer area - reduce the size of the squares. For older players, condition to 2-touch.

Notes:

Using **Tactics Manager Software** I've created a SSG by *Richard Seedhouse*, author of **Coaching The Coach Book** - taken from the latest **WORLD CLASS COACHING Magazine** Mar/Apr 2010 Issue.



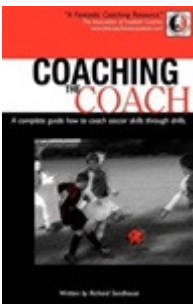
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Diagrams were created using www.Soccertutor.com Tactics Manager Software

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