



2006 ECNL/ECRL Possession

Category: Technical: Passing & Receiving

Difficulty: Moderate

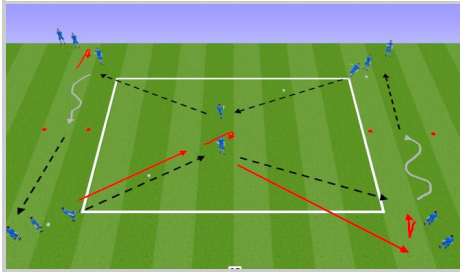
Patrick Snyder



Description

Working on combinations playing out of the back down one flank.

Rectangle(Turn/Back Foot) (15 mins)



Set Up: 30x25 Yards; 12 Players; 4 Balls; 5 minutes in each direction

Rotation: Follow your pass

Organization: 1st pass goes to the inside foot (Right in this diagram), turn protecting the ball, then pass to the player in the corner. Corner player should be checking away then come to the ball, take it on the dribble to the midway point and finish with a pass to the player at the end of the opposite line. This is mirrored on the other side of the grid.

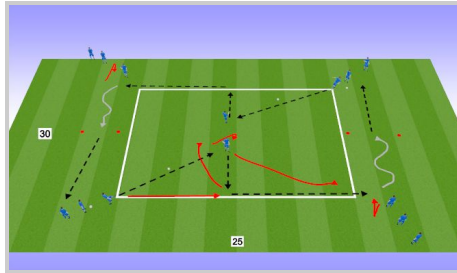
Progression:

- 1) Opposite Direction
- 2) The first pass goes to the back foot of the middle player (Left foot in this diagram) this will allow the player to open up to the next pass.

Coaching Points:

- *Demand High ball speed
- *Pass to the correct foot
- *Time the movement to the pass and the pass to the movement
- *Keep the tempo (flow) high-this should be intense
- *Last player in line will receive the pass-stay focused

Rectangle(Lay Off) (15 mins)



Set Up: 30x25 Yards; 12 Players; 4 Balls; 5 minutes in each direction

Rotation: Follow your pass

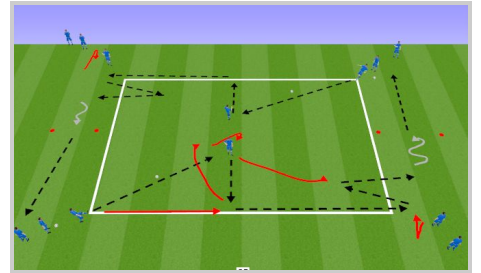
Organization: First pass played into middle player (Inside foot) who then lays the ball off to the starting player, who then plays the ball into the corner player. Corner player checks and receives the pass on the run and continues with a dribble and finishes with a pass to the next corner.

Progression: Opposite Direction

Coaching Points:

- *Pass to the center player goes to the inside foot
- *Layoff pass needs to be properly weighted
- *Receive the layoff pass across your body
- *The pass to the corner player should be timed to the run and played into the stride of the player

Rectangle(1,2) (15 mins)



Set Up: 30x25 Yards; 12 Players; 4 Balls; 5 minutes in each direction

Rotation: Follow your pass

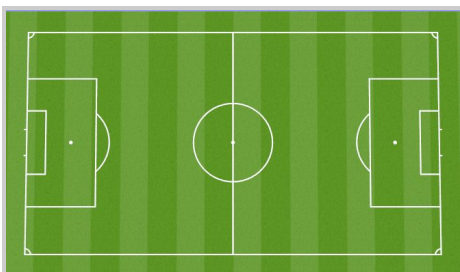
Organization: First pass played into middle player (Inside foot) who then lays the ball off to the starting player, who then plays the ball into the corner player. After Laying the ball off the middle player shows to the Corner player for a give-n-go, Corner player checks and receives the pass on the run, completes the give-n-go with the middle player and continues with a dribble and finishes with a pass to the next corner.

Progression: Opposite Direction

Coaching Points:

- *All Layoff passes must be weighted and timed properly
- *The movement of the center player must be timed to the corner player and then the pass from the center player must be spot on!

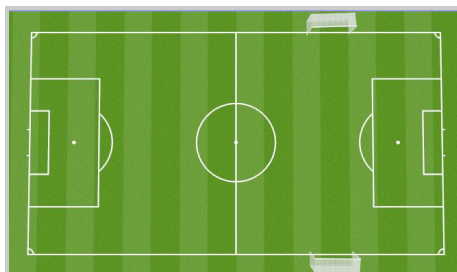
Possession



Possession

Playing in the space between Midfield and the top of the 18.

Final Game (45 mins)



Play 11 vs 11 Across the pitch

Working with one team and then the other on playing out of the back using the combinations from earlier in training.