



4v4+4 Possession Game

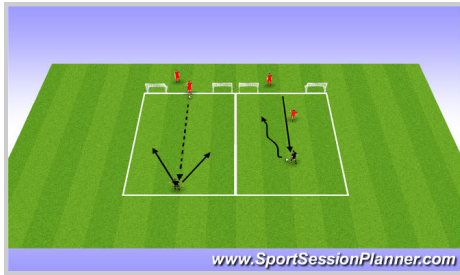
Category: Tactical: Possession

Difficulty: Academy Sessions | Start Time: 15-Jul-2014 17:30h

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1v1 Change of Direction (30 mins)



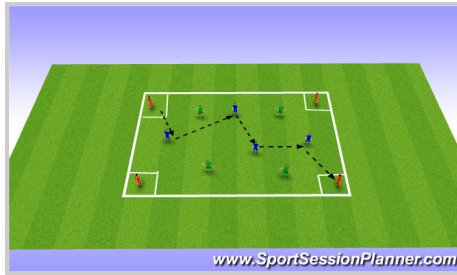
Practice Organisation:

- The red defender passes to the attacker.
- The attacker attempts to score by dribbling into either goal by identifying the shifting of the defender's body weight when changing direction.

Learning Objectives:

1. Directional control - 1st touch diagonal to the side, quality and weight.
2. Assessment - After the 1st touch the attacker must assess
 - * The distance of the defender
 - * Space to exploit
 - * The speed the defender is pressing
 - * Movement of the defender's feet and hips
 - * Which goal am I aiming to score in
3. Weight on the defender - can you get the weight of the defender onto one side by
 - * Changing the angle of the ball
 - * Use of a skill
 - * Disguise
 - * Body movement
4. Timing - ensure the defender's weight has been shifting
5. Diagonal - take the ball diagonal away from them
6. Accelerate away and protect the ball

4v4+4 Possession Game (30 mins)



Set Up

- 4 corners areas set up for targets
- 3 Teams equal numbers, binned in different colours.
- 2 Teams play inside the area, 3rd team split into four corners area.

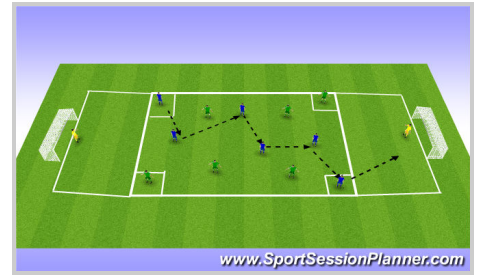
How to play

- Teams aim to keep possession & attempt to pass the ball to target players.
- Teams score a point for each target players accessed.
- Teams are not allowed to pass the ball to same target player in a row.
- Rotate team after 60-90 seconds.

Potential outcomes

- Speed of transition (Attack & Defence)
- Ball speed when passing
- When to pass, dribble, shoot
- incisive passing
- Movement to receive
- Shooting

4v4+4 Finishing (30 mins)



Progressions

- Goal added. When a number of target players are used, team can break out to score.
- Target player join the middle area after they receive the ball
- Target players are binned in the same colours as team in the middle and are only allowed to play for that team.
- In addition, target players are allowed to move corners.

SSG (30 mins)



Details

Play 2v1 in each end third and 2v2 in the middle third.

The goalkeeper begins by throwing the ball to an attacker. All three attackers must touch the ball before they can pass it into the other half to one of the midfielder.

Progression

When moving into the attacking third from midfield third, the player in possession has the option of passing to one of the two forwards or attacking the goal himself by dribbling the ball.

Only one player from each area can break forward at any one time without being tracked by opposition.

Following the practice stages, we take away the restrictions of area and play SSG but emphasize the disciplines of good defending and attacking principles.

Technical

Practice - Execute correct technique on demanding

Tactical

Awareness of individual and collective group responsibilities

Physical

Full potential is progressively achieved

Psychological

Communication - understanding

Social

Accept responsibilities - Fun