



SESSION PLAN

Session Title 13 + Individual Possession

Objectives To Maintain Close Control of the Ball

To Maintain Possession in Crowded Areas

PHASE & ACTIVITY

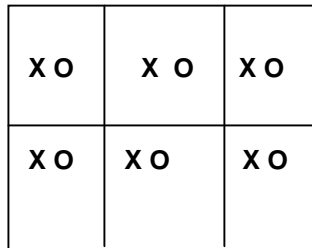
DIAGRAM

TIME

COACHING POINTS

1. 1 v 1 Individual Possession

a) X attempts to shield ball from O. O attempts to touch the ball. O gains a point each time he touches the ball or forces X out.
 b) Player can steal the ball from opponent. Player in possession at end of minute receives point. If ball goes out then other player resumes play in possession of the ball.
 c) Can steal from any of the players with the ball. Point to each of the players who has possession of a ball at end of minute.

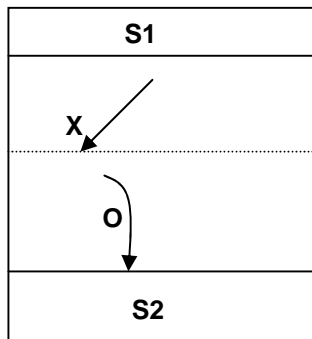


Coach Technique

Use body to shield ball from opponent
 Keep ball on furthest foot (preferably on the outside)
 Turn away from pressure
 Awareness by looking up
 Wide stance
'Feel the ball, see the defender!'

2. 1 v 1 (+2 support)

Players begin each time on half way line and defender should stay as tight as possible to attacker. S1 passes to X who shields ball to keep possession.
 Condition (at the beginning): Defender cannot step in front of attacker.
 Player in possession can pass back and switch with the support player.
 Score by passing ball to S2. S2 then restarts by playing ball into O.

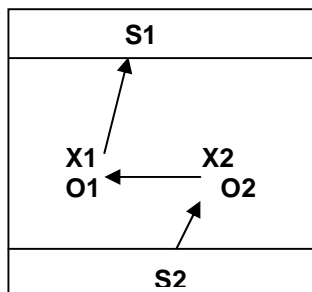


Intensity & Pace

Communication: Turn or hold
 Movement to receive ball
 Decision: Receive ball on nearest furthest foot if defender is tight
 Keep ball on furthest foot from defender
 Decision: Pass back or turn defender

3. 2 v 2(+2 support)

As above but with two players in the middle. Can pass to each other or back and switch with the support player.



Movement of players to create space to receive pass
 Awareness of defenders and teammate

4. Regular Scrimmage