



Passing to Possession

Category: Tactical: Possession

Difficulty: Difficult

Am-Club: Omaha FC
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Screen 1 (15 mins)

Set up, 16 players. Circle size based on age of players.

Game, A, player (A) in the middle start with the ball, they dribble to an outside player and pass, outside player plays the ball back, A then passes to the player to the RIGHT who is player 2, 2 plays the ball back, player A then turns and finds another open player. 90 seconds, Rotate

Game B, same game ball is now played to the LEFT, 90 seconds rotate players through. B passes to player 5, 5 plays back to player B, B then passes to player 4, player 4 plays back to player B who turns and finds another open player.

CPs.

Game awareness

Communication

Passing - weight & Accuracy

Receiving - turning

Body posture - alert

Then play to the players LEFT



Screen 2 (15 mins)

Overlaps

A, Player A passes to player 1, player 1 receives and holds while player A does an overlap to the LEFT,

B, Player B passes to player 4, player 4 receives and holds while player B does an overlap to the RIGHT

C, Player C passes to player 7, player 7 holds while player C does a double overlap to their RIGHT around 7/8, player C will call for the ball on the run.

CPs.

Game awareness - Tactical pressure

Communication

Passing - weight & Accuracy

Receiving - turning

Body posture - alert



Screen 3 (25 mins)

Set up, Same circle now possession game.

Game: Possession game of 3v3 in center of circle using outside players for possession and combinations. Rotate player in the center every 3-4 minutes - short break and repeat.

Transition: Move onto next progression where player A passes to player B, player B can join the center game while player A moves to the outside. If you have odd numbers add additional player as a plus 1 in the center creating a 4v3 scenario



Screen 4 (35 mins)

Set up. Two teams,

Game starts with the coach playing a ball out, two players from each team race out and play, rules are

If a team scores the two players who have scored stay on, they turn to receive a ball from one of their teammates passing from their goalline. The two players who were scored on leave the field to be replaced by two new defenders, creating an opportunity for the scoring team to have another opportunity at goal.

If a team shoots and misses all 4 players leave the field, the team who took the shot sends out there two players while the opposing team gets to dribble IN creating a breakaway play.

If the balls goes out of the sidelines allow Restarts by either a throw-in or a kick in.

CPs:

Game awareness

Speed of thought

Speed of play

Fitness

Goalkeepeing

Passing & Receiving

Shooting & Finishing

Breakaways

Fun

