

Topic:

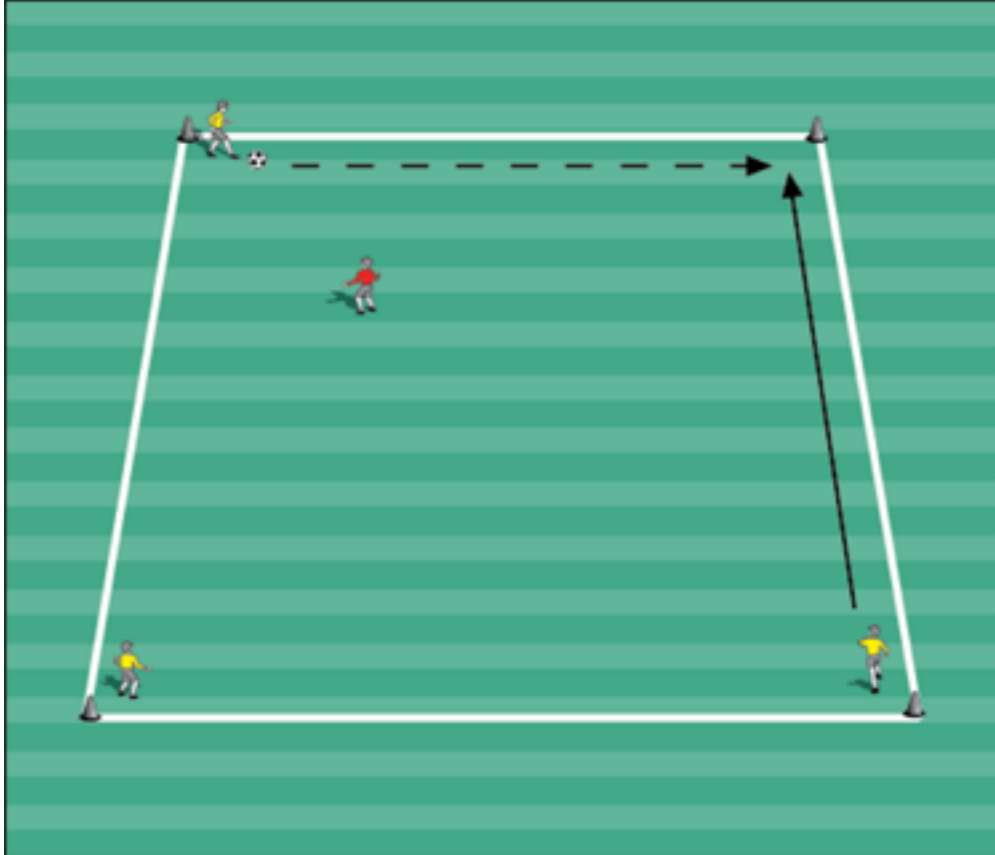
Possession, Create Lines of Passes

Warm-Up - Square Game

Three passers and a defender in 5 x 5 meters square. After each pass, players have move to another cone creating other lines of passes. Start with 3 touches, then 2 touches and one touch.

Development

Only diagonal runs.

**Zonal Possession - 5 v 5**

On half of a field, midfielders have to keep possession for 7 passes in Zone 2, then 4 passes in Zone 1 before finishing.

Development-Mini Game

Five passes is one point, goal from Zone 2 is three points, goal from Zone 1 is five points.



Coaching Point

Offensive: possession and patience of midfielders to prepare the attack; long distance finishing.

Circuit of principles: 4 v 4. Field split into 3 zones of mini games:

Zone 1 - Finishing: playing in half field, finish in goal as quick as possible.

Zone 2 - Possession: keep possession for as long as possible

Zone 3 - Progression: teams will try to progress by passing the ball from the end line to half way line and vice versa.



Coaching Points

- Emphasize each principle isolated.
- Go through the circuit at least 3 times

Cool Down

Stretching and ice bath.