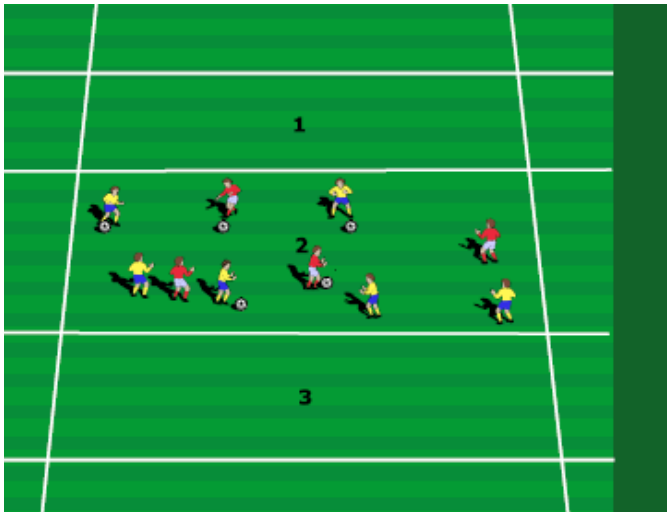


This session will look at possessing the ball with the intent of finding forward passes. The session begins with a relatively rigid 2v2+2 possession drill, and progressively builds up to the cooperation between several players all with more freedom. .

- **Warm-up: Passing, moving, and possession in zones**
 - Starts as a simple passing and moving warm-up and builds into a more competitive game of possession. (15mins)



Set up: 3 zones are created that vary in width. Players are split into 2 teams, and initially are asked to pair up.

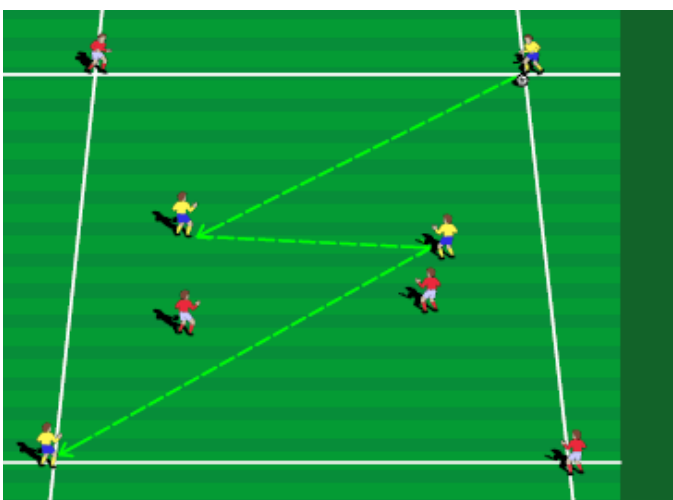
Instructions: The coach calls out a zone, in which all players must stay (ie: in the picture above they're all in zone 2). The coach can call any combination of zones to control the types of passes that are played.

Progressions:

- Passing and moving in pairs
- Must switch zones after each pass (coach must select more than one zone at a time)
- (remove all but 2 or 3 balls) yellows must pass to reds and reds must pass to yellows (still in zones)
- End with a possession game in the zones called out by the coach.

Coaching Points: Look for quality passes, communication, and lots of movement off the ball. Ask players to anticipate passes, and to maximize the available space no matter what zones they

- **Drill 1: 2v2 + 2: possession with targets**
 - Progressions:
 - Targets are rigid in one spot
 - Targets can move along their line
 - When the ball is played into a target he/she dribbles in and the player who passed it becomes the target.



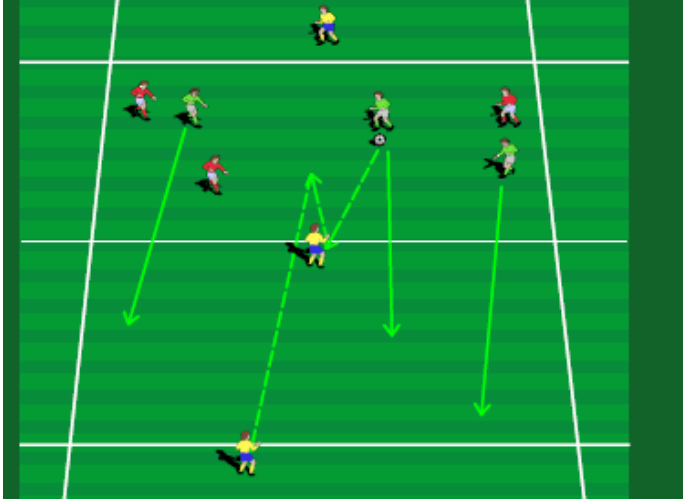
Set up: a square roughly 20x20 yards. 2 teams of 4. 2 players from each team are free inside of the square, and 2 others are in opposite corners as targets.

Instructions: Players must work together to score points by switching the ball from one target player to the other. If the ball is won or intercepted, the new attacking team must first find a target and then switch the ball in order to get a point.

Coaching Points: Attacking team: Players should make the square as large as possible by moving away from the ball first before checking in for a pass.

Defenders: Both pressure and cover is required to deny the simple pass, but push the player with the ball into a position where the ball can be won.

- **Drill 2: 3 v 3 + 2**



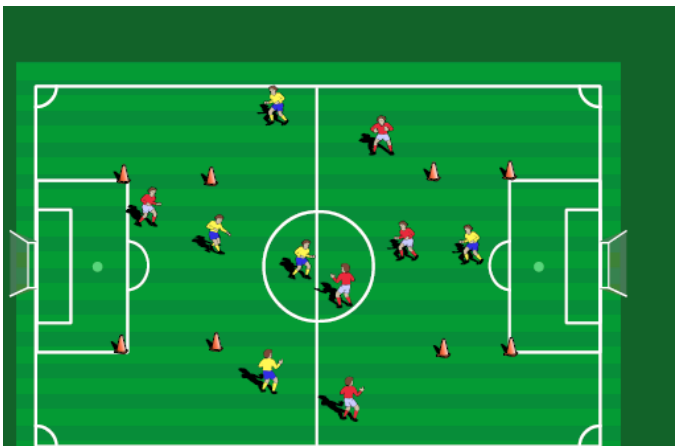
Set up: 2 zones with a neutral on either endline, and one in the line inbetween the two zones. 2 equal teams.

Instructions: Players must possess the ball in one of the zones with the use of the neutrals. If the team in possession is able to give a ball to the central neutral player, and receive it back, they must find the neutral in the far endzone, and they can then transition and continue to possess in the new zone. The game continues with the teams trying to transition from the 2 zones by connecting with the central midfielder. A point can be given for each successful switch.

Coaching Points: Look for good combination play and smart movement off the ball. Players must first create space for the central midfielder before they can come get a pass off of him/her.

- **Scrimmage: Start with targets**

- End as always with a scrimmage that begins as a restricted scrimmage before becoming a free game.



Set up: Regular scrimmage field with at each end with a target player inside

Instructions: Players play soccer and score points by finding the target and receiving a pass back from him. Progression 1: Switch the target each time a ball is passed into the zone.

Progression 2: Once the ball goes into the target that team can score on the goal

Progression 3: Free play

Coaching Points: