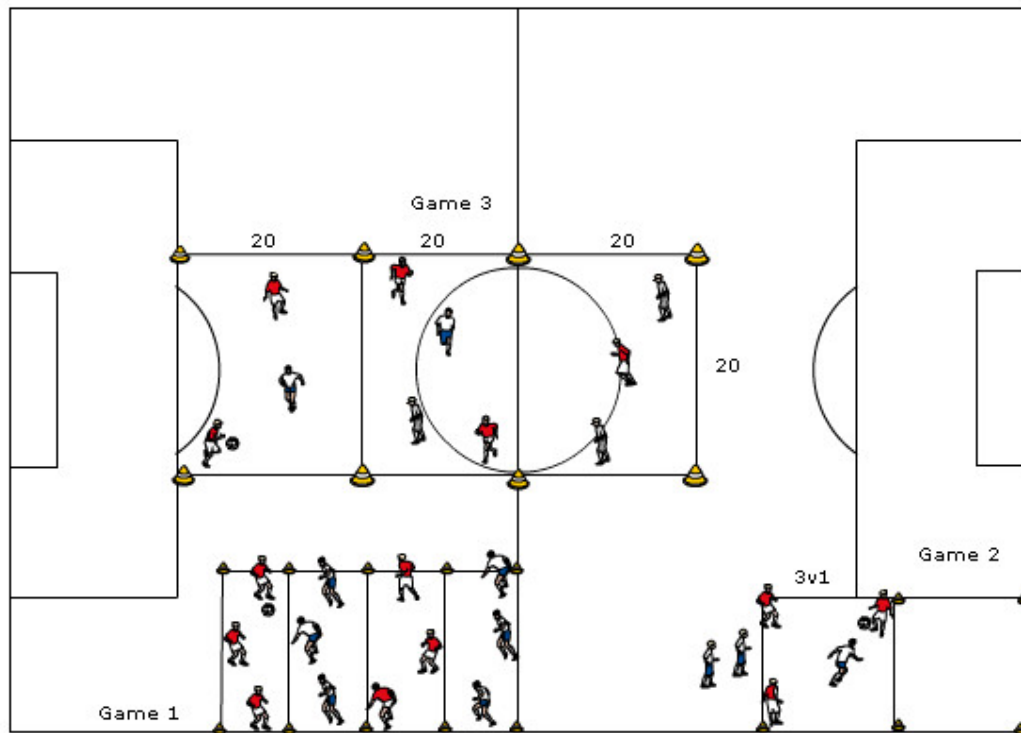


## Possession Skills into Developing Possession in a Small Sided Game



### Session 1: Skill Practice: Defenders passing around the back

1. Spread Out
2. Angle of support
  - a. Distance
  - b. Don't be too close
3. Body Shape
  - a. Open up your body to be SIDEWAYS ON
  - b. Head up
4. Quality of Pass
  - a. EARLY - Move the ball early
  - b. ACCURATELY - Accurate and sharp
  - c. QUICKLY - proper pace and weight of the pass
5. Decision Making
  - a. How far is the defender standing away from you
  - b. Space between the defenders
  - c. Position of teammates in opposite grid

#### Progression: #4 checking back to the ball (MF receiving from Defenders)

1. Player in the opposite grid has to check back to the ball to receive it
2. Cues for checking to the ball
  - a. Eye contact
  - b. Player with the ball has set up to play it forward
  - c. Player checks in to the ball half turned (sideways on)

**Game 2: Skill Practice: 3 v 1 Midfield Build Up**

**OBJECTIVE:** How many passes can you get in 1 minute?

**FACT:** Good Midfielders make 80% of their passes in a game. 8/10 is a good result in this session.

1. Ball Movement
  - a. Early
  - b. Accurately
  - c. Quickly
2. Angle and Distance
3. Body Shape
4. Quality of Pass
5. Change of Rhythm (Tempo)

**Progression:**

1. Limit the amount of touches on the ball
2. Every time you give it away you lose a point (each player starts with 10 points). At the end of 1 minute, how many passes have you given away?
3. After 3 passes, switch the play into the next grid
  - a. Player should be half turned (sideways on) and ready to take first touch into the next grid
  - b. supporting players need to provide options immediately by getting into the next grid

**Game 3: Skill / Squad Practice: 2-2-1 v 2-2-1 (you can adjust to larger numbers)**

**OBJECTIVE:** To build up the play from one zone to the next

1. Look forward
  - a. Play forward and follow in to next zone, ( only when you have the opportunity to)
2. Ball Movement
3. Angle and Distance
4. Stretch the Opposition
  - a. One MF player goes in and one MF player goes out provide DEPTH.
  - b. You don't want MF players to be square with each other.