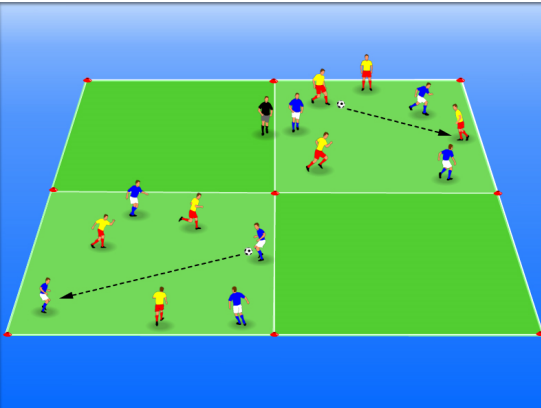


Date: 13/Mar/2017 **Duration:** N/A
Time: N/A **Age/Level:** U8 - 18+

Session Many touches on the ball, Preparing for the
Objective: next phase

Building from small-simple to larger games

Numbers Up Numbers Down (Small Groups)



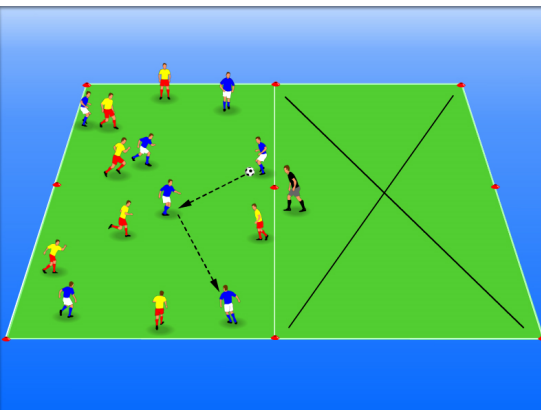
Description:

Two games of possession. One team has a player advantage. The number of players on your team is the number of passes you need to make a point. Play to 5. Play to 10. Change out the players who play short handed or play on the team with the advantage. Adjust the space larger if it's too difficult for the players.

Coaching Points:

Make the most of your space. Play to your strengths. Offensively, really make an effort to move without the ball to create a split pass. Defensively communicate and move together as a unit. Stay compact, take away the through/split pass. Angle the body when approaching the ball to show the ball one way and take away options as well as give visual cues to your teammates on which way the ball is likely to go.

Progression/Combined From Two Small Areas



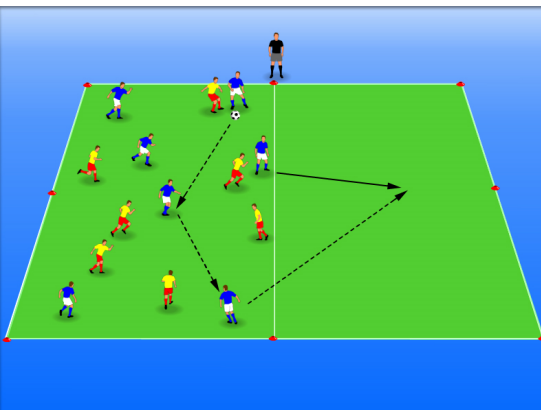
Description:

Two equal teams play possession on approximately 30X40 area. Play with a touch restriction of 3 touches (or less than 3) per player. Play for points.

Coaching Points:

Make the most of your space. Play to your strengths.

Combine Two Areas Possession



Description:

Two equal areas side by side. Two teams play possession in approximately 30X40 per area. No need for touch restriction at first. When the teams get the game, then consider adding difficulty. Team A will claim one area, Team B will claim the 2nd area. If a team intercepts the ball, they must move the ball into their area and make the required passes in that area to count as a point.

Coaching Points:

Make the most of your space. Play to your strengths. Really need to communicate and stay ready. Lead runners when passing. Pass to feet when they are checking to.