

Possession with a Purpose



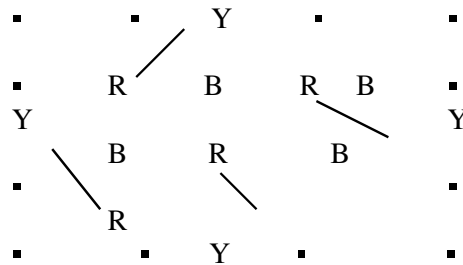
Station 1—Warm-up “Take away Dribble”

Organization: 11 attacking with a ball, 4 defenders. Defenders try to get ball from Attackers. A’s shield the ball to maintain possession.

1. When ‘D’ approaches, ‘A’ needs to shield for count of 3, then can dribble away.
2. If ‘D’ takes the ball or forces it out of bounds, Defender keeps possession.
3. Play for 30 sec.-1 minute; add another defender ;play until sides are even.

Coaching points:

- Shield sideways on—Body at right angle between the ball and defender
- Play ball with far foot
- 50/50 weight distribution
- Keep ball moving
- Read the pressure



Station 2—Windows

Organization: Window Players (Y) with a ball.

1. R Players check for a ball. B plays passive defense. R checks at an angle and takes a ‘separation touch’. Take several touches, be comfortable with ball. Switch roles after 1 minute.
2. Add more pressure. Can intercept pass only. Tough passes.
3. Go live. One point—get it to a server

Coaching points:

- Receive with furthest foot from defender
- Know where the defender is
- Serves should communicate if player has man-on or can turn
- Check back at angle
- Keep ball moving

Volleys--13 & older



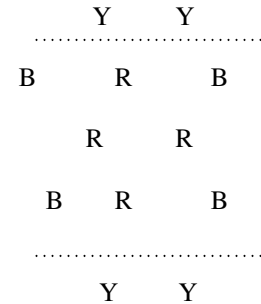
Station 3 - Possession Game

Organization: Play 4 v 4, one group acts as targets
Reds vs. Blues; Yellow team outside (rotate teams every 3 min.)

1. Teams must possess the ball for 5-8 passes = goal; Min. of 3 touches in the area.
2. Teams play possession end to end; score a goal by passing to their end line target player.

Coaching points

- Check to the ball
- Look for defender—where is the pressure?
- Patience with the ball—let the defender tell you what's on.
- Speed of support



Station 4 - Possession Tournament

Organization: 4 v 4
10 passes = goal or score to endline

Coaching points

- Support the ball
- Touch away from pressure—buy some time
- Go to the ball
- 1st touch—keep it close