Weston Soccer – Possession

* [3 Drills To Help Your Team Spread Out | Prevent Bunching | Football/Soccer - YouTube](https://www.youtube.com/watch?v=dkoWJPzxylA)

**APPLICAPLE TO ALL AGES/GRADES**

**Activity 1**

3v3 – 6v6. Two teams play against one another, with an objective of scoring on either of 2 goals. Space should start as 20 yards x 20 yards. The more players, the more you should expand the field.

**Progressions:**

1. The team in possession has to connect 3 passes before attempting to score.
2. The team in possession has to perform a give and go pass around a defender before attempting to score.

**Coaching Points:**

1. When your team has the ball expand or spread out.
2. The more space you create for yourself, the more time you’ll have.
3. Put yourself in a position to be able to get the ball.

**Activity 2**

3v3 – 6v6. Two teams play against one another, with an objective of the passing between coned gates when your team is in possession of the ball. Space should start as 20 yards x 20 yards. The more players, the more you should expand the field. Place 4-5 gates 3 x 3 yards in distance around the playing field.

**Coaching Points:**

1. When your team has the ball expand or spread out.
2. The more space you create for yourself, the more time you’ll have.
3. Put yourself in a position to support your teammates near the gates. Move to help them.
* <https://www.instagram.com/tv/CYoEE8bIYFV/?igshid=YmMyMTA2M2Y=>

A 3v1 rondo with an emphasis on transition play. The player on offense who turns the ball over, turns into the 1 defender.

**Progressions:**

1. Compete to see which team can connect the most passes.

2. If your team completes X passes (3 or 5) they can play into a pugg goal.

**Coaching Points:**

1. Keep space and shape when possessing. Triangles are key.

2. When your team is possessing, constantly reposition to adjust your angle. Move so you’re in a supporting position to help your teammates.

3. Stay calm but pass the ball with urgency.

* <https://m.youtube.com/watch?v=dTkshDhx_Lw>

2 teams. 6 players playing 3v3 in the middle of a 20x20 yard grid. 4 players on the outside. As you'll see in the video the outside red players are on opposite ends, as are the outside white players. The objective of the activity is to have the inside players play one outside teammate, receive back in the middle, and transfer to the opposite side teammate. Every successful transition is a point.

**Coaching Note:** Outside players stay on the outside for 2 minutes before coach decides to sub them in with inside player

- Outside players cannot be defended, but are expected to play quickly.

- Outside players can move along the side in which they are on.

**Coaching Points/Questions to ASK:**

1. When your team has the ball it is 5v3. Can we keep the ball? How do we keep the ball?

2. Players are to move to put themselves in open space.

3. When receiving from an outside player, can we turn and look to play the other outside player quickly.