



## Possession Activities

Category: Tactical: Possession  
Difficulty: Moderate

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### Description

Teams are to maintain possession of the ball with objectives of completing X number of passes or moving the ball away from the opposition towards a designated space or goal.

<https://lnk2ssp.com/s/HpKvi/i/2RQN/Possession-Activities.html>

### 4v1 Rondo (10 mins)

#### Title: 4v1 Rondo

#### Purpose:

Maintaining possession in a numbers up scenario.

#### Organization & Objective:

In a 12x12 yard grid have 5 players total with 4 players working together offensively while the 5th player is given a pinnie and defends. The 4 offensive players will attempt to collectively connect as many passes as possible without being dispossessed. If the defense wins it, the offensive team will start over. For younger ages, switch defenders every minute. For older ages, they can switch if they are the offensive player who got dispossessed or turned the ball over.



#### Progressions:

- 2 touch maximum
- Make it a competition by having a defender from a different group defend. Offensive teams will attempt to connect more consecutive passes than the other group. Play for 1 minute. Team that connects more passes in that minute will be rewarded a point.

#### Coaching Points:

- Adjust your angle to provide support to the player with the ball.
- Remain on your toes and ready to receive.
- Play with urgency but remain calm and under control.
- Move the ball away from pressure.

## 4v2 Rondo (10 mins)

### Title: 4v2 Rondo

#### Purpose:

Maintaining possession in a numbers up scenario.

#### Organization & Objective:

In a 12x12 yard grid have 5 players total with 4 players working together offensively while the 5th player is given a pinnie and defends. The 4 offensive players will attempt to collectively connect as many passes as possible without being dispossessed. If the defense wins it, the offensive team will start over. For younger ages, switch defenders every minute. For older ages, they can switch if they are the offensive player who got dispossessed or turned the ball over.

#### Progressions:

- 2 touch maximum

#### Coaching Points:

- Adjust your angle to provide support to the player with the ball.
- Remain on your toes and ready to receive.
- Play with urgency but remain calm and under control.
- Move the ball away from pressure.



## 6v4 Rondo W/ Puggs (15 mins)

### Title: 6v4 Rondo.

#### Purpose:

Offensive team possesses the ball in a numbers up situation.

#### Organization & Objective:

In a 25x20 yard grid have a group of 6 players who will be offense and a group of 4 who will be defense. Set a pugg goal on each baseline. The offensive team will look to complete 5 consecutive passes for a point. Every 5 consecutive passes is 2 pushups for the defensive group. The defensive group will remain in the grid for 60-75 seconds. If the defensive group wins the ball they may score to one of the pugg goals. If they do the offensive team owes 10 pushups at the end of the round. Rotate the defensive players every 60 – 75 seconds.

#### Progressions:

- If the offensive team connects 5+ passes, they may then try and score to a pugg. If successful the defensive team will owe 5 pushups at rounds end.

#### Coaching Points:

- Quick off ball movement. Move to open space and adjust your angle to be in a supportive position.
- Play with urgency. Relax but quick.
- Know your supporting options before receiving the ball.
- Execute: First touches, efficient touches away from pressure, properly weighted and accurate passes.



## 2 Team Over The River (15 mins)

### Title: 2 Team Over The River

#### Purpose:

Keep possession in number up situations.

#### Organization & Objective:

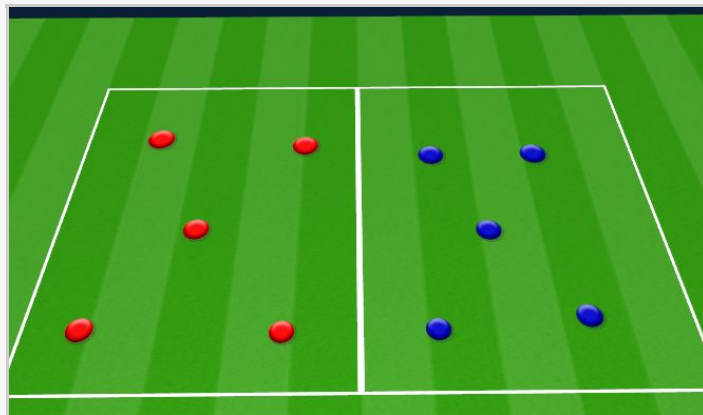
In a 25x25 yard grid with a middle line splitting it in half have two groups of 5. Each team has their own designated half of the grid. Grey players start with possession and white players send two defenders in to create a 5v2 rondo. Once defenders win the ball, they play it back to their half of the grid and begin to possess while grey then sends 2 defenders over. Every time the team in possession links 3 consecutive passes, they earn a point. Increase number of passes to earn a point if necessary. Play for 7 minutes. Team with the most points wins.

#### Progressions:

- Begin with unlimited touches, then limit touches to 2-3 max.

#### Coaching Points

- Quick off ball movement. Move to open space and adjust your angle to be in a supportive position.
- Maintain space when in possession. Space = time = ability to make good decisions.
- Play with urgency. Stay relaxed but play quick.
- Know where your options are before you receive the ball.



## Switching play - 3v3 + Targets (20 mins)

### Title: Liverpool 2 Direction Possession.

#### Purpose:

Moving the ball away from pressure while changing the point of attack

#### Organization & Objective:

8-12 players. 25x25 yard grid. There will be 4 players on the outside. Two players from each team on opposite sides. Connect passes with inside players while trying to change the point of attack from east to west or north to south. Team with the ball should be trying to find central players to switch the point of attack. A team is rewarded a point if they hit both of their target wall players without being dispossessed. Rotate outside players in every 3 minutes.

#### Progressions:

- Two touch max for outside players.
- All inside players are to touch the ball between wall players if they are to be rewarded a point.
- Inside players follow your pass and replace the outside player. Outside players first touch must be positive into space and away from defenders.

#### Coaching Points:

- Quick off ball movement. Move to open space and adjust your angle to be in a supportive position.
- Play with urgency. Stay relaxed but play quick.
- Play backwards to your wall if there is pressure on you.



## Gate Possession (Dribbling) (20 mins)

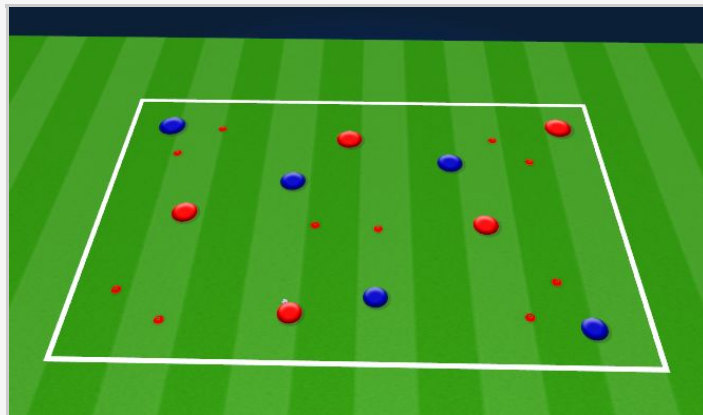
**Title: DRIBBLE through gates - Possession.**

**Purpose:**

Possess with your team with an objective of dribbling through an open gate when the opportunity presents itself.

**Organization & Objective:**

In a 30x30 grid have two teams of 4-5 players. Set up (5) 1.5 yard gates as outline in the image. Each team's objective is to possess the ball to create opportunities to penetrate a gate with the dribble. Every gate they dribble through is a point. Play for 5 minutes. Team must target a new gate after successfully dribbling through one. They cannot earn points by playing through the same gate consecutively.



**Progressions**

- N/A

**Coaching Points:**

- If a channel is defended, turn and look to attack elsewhere where there is less pressure.
- Move the ball with urgency to maximize creating attacking opportunities.
- When open space to a gate is available, dribble with your laces at speed, but maintain control.

## Gate Possession (Passing) (20 mins)

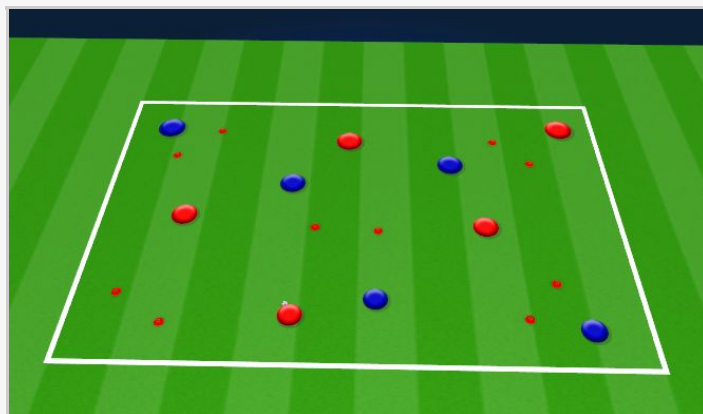
**Title: PASS through gates - Possession**

**Purpose:**

Possess with your team with an objective of completing a pass through an open gate.

**Organization & Objective:**

In a 30x30 grid have two teams of 4-5 players. Set up (5) 1.5 yard gates as outline in the image. Each team's objective is to possess the ball to create opportunities to penetrate a gate with a pass. Every gate they pass through is a point. Play for 5 minutes. Team must target a new gate after successfully passing through one. They cannot earn points by playing through the same gate consecutively.



**Progressions**

- 1-2 Combinations to earn a point.

**Coaching Points:**

- Dribble when open space is available. Otherwise look to move the ball by passing.
- If a channel is defended, turn and look to attack elsewhere where there is less pressure.
- Move the ball with urgency to maximize creating attacking opportunities.