



“POSSESSION”

Session performed by Roberto Lopez, US Soccer National Staff Coach, Region II

Session performed at Oldham County High School

Session conducted with Oldham County Thoroughbred U-15 Boys Select Soccer Team

Wednesday, April 16th, 2003

(Session documented by Fran Kulas, Director of Coach and Player Development, Kentucky Youth Soccer Association)

Warm-Up – players pass and move inside the 18-yard box, half as many balls in play as there are players.

Progression – players may not pass to the player who they received it from.

Coaching Points

- While passing and moving, players must be aware of those players around them who are passing and moving. Sometimes, once the progression is put into the warm-up, two balls may be passed at the same time to a free player. To eliminate this, players must communicate both verbally and through body language.

Warm – Up Phase #2

Set-Up – players are divided into two groups of 7 players each. Space is approximately 15 x 15 yards.

Explanation – players play 5 vs. 2. Defenders change after they win the ball cleanly, and complete a pass between the two of them.

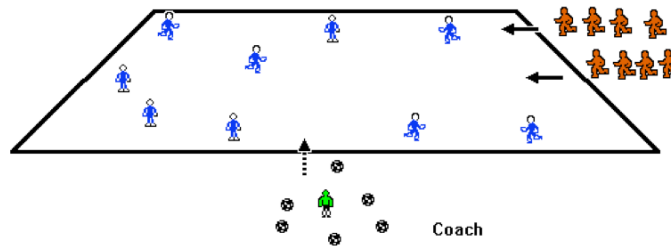
Coaching Points

- Keep the ball moving
- Play away from pressure vs. into it
- Get into a position so that you can see the most of the playing space

Warm – Up Phase # 3 – How long can you keep 6 balls?!?!?!?

Set-Up – players divided into two different teams. One team is in the field of play which approximately 15 x 15 yards with the other team outside the field of play. The coach has 6 balls outside of the playing area. (see diagram #1). Coach always restarts play.

DIAGRAM # 1



Explanation – the coach starts his stop watch and it continues to run until the one team who is in the field of play has lost all 6 balls that they started with. The coach starts play by passing into the one team. At that time, 3 defenders from the opposite team who are waiting outside the field of play, quickly enter and try and win the ball and kick it out of bounds. After the 3 are successful, the coach starts another ball, and 3 different defenders enter. Note – defenders may not enter until the ball has entered the field of play. This cycle repeats until all 6 balls are gone and then the team switches role. The team who manages to maintain their 6 balls for the longest period of time is the winners.

Coaching Points

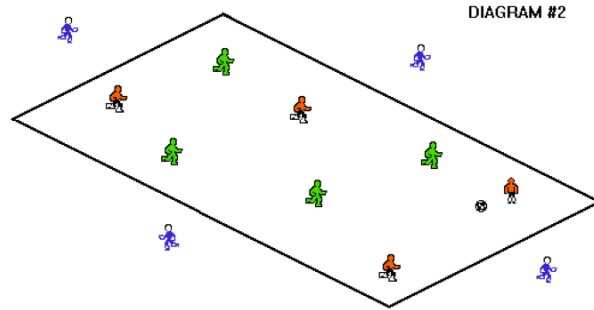
- Because of the tight space, players are forced to play and think quick in order to maintain possession
- Players should learn that since this is a “timed” activity, that their main objective is to keep the ball in play for as long as possible
- Players should learn that shielding is a way to keep possession and is an effective method to be successful in this particular activity

Match Related Activities

Stage #1

Set-Up – 3 equal teams of 4 players each, each in a different color. Spacing is approximately 35 x 25 yards.

Explanation – players play 4 vs. 4 + 4. Two teams compete against each other in the middle of the field and may use the other team who are neutral (must pass back to the same team who passed to them) to keep possession. The outside, or neutral players, may or may not have a touch restriction placed on them. (see diagram #2) Neutral team should rotate every 6 minutes.



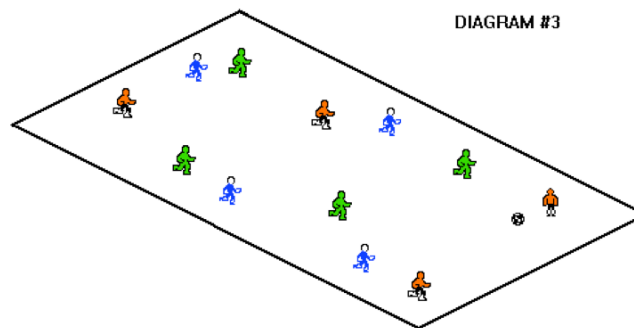
Coaching Points

- Recognition and utilization of numerical superiority
- Recognizing when the situation calls for players to maintain possession by playing from the outside in and then from the inside out

Stage #2

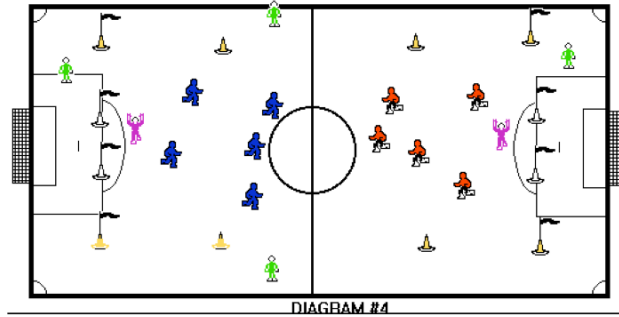
Set-Up – same as above.

Explanation – players play 4 + 4 vs. 4. Two teams compete in a possession game against one other color. When the team who was defending wins the ball, they now join the other four to possess against the team who turned the ball over to them. (see diagram #3)



Match Condition Activity

Set-Up- divide players into 3 equal teams, each with a different color. Two teams compete inside the field of play, with the 3rd team outside the field of play as targets. Spacing is approximately 18-18 yard box. (see diagram #4)



Explanation – target players can be used by the team in possession of the ball to help them maintain possession. Goals are scored in normal soccer fashion. Rotate the outside target players after 6 minutes of play.

Coaching Points

- Players must decipher between situations that are most advantageous to go to goal or maintain possession, and utilize the numerical superiority the target players present to do both

Final Game

The group of players is then divided into two equal teams and normal 9 vs. 9 soccer is played with no restrictions.

The session concluded with Fran Kulas, Kentucky Youth Soccer Director of Coach and Player Development, engaging the players in a game of tails where players attempt to capture other players’ pinnies which are placed in the back of their shorts. The object of the game is to have at least one pinnie at the end of the 70 second game. The player with the most pinnies at the end of the game wins.