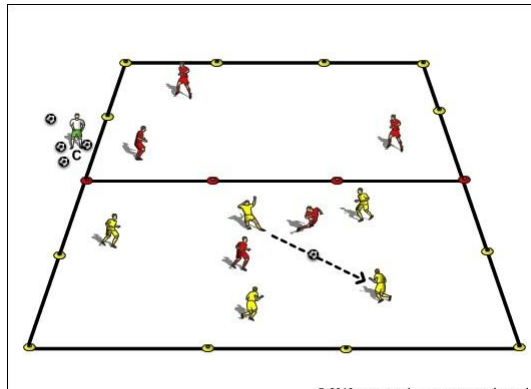


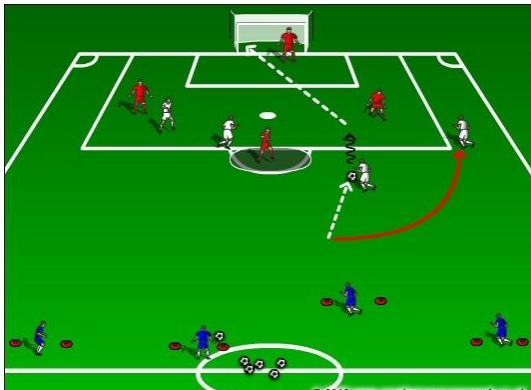
Team Possession
 1. Large Grid
 A. 2 teams vs 1 team Rotate through middle, time/not gaining possession.



5v5 - or similar
 Yellow maintain possession in 1/2, #'s down red challenge for possession.
 If red wins ball, pass/dribble to own 1/2 and maintain while #'s down yellow challenges.



-3 White players attack.
 -3 Red defenders delay/prevent attack, pseudo #'s up created for white via one defender in penalty arc.
 -On dead ball (goal, out of touch), white transition to defend, red recover to half, blue attack
COACHING POINTS:
 -Attacking shape/strategy/technique



-4 White players attack. -Stagger starting positions if desired.
 -4 Red defenders delay/prevent attack, pseudo #'s up created for white via one defender in penalty arc, one in goal.
 -On dead ball (goal, out of touch), white transition to defend (1 in GK, 1 in arc) red recover to half, blue attack
COACHING POINTS:
 -Attacking shape/strategy/technique



-5v5 (or similar), split into the three thirds of the pitch.
 -While in possession, one player may transition from defending 1/3 to middle 1/3. Two players may transition from middle 1/3 to attacking 1/3. Creating #'s up for attacking team in each 1/3.
 -Once dispossessed, numbers (not players) must return to original configuration while other side attacks.
COACHING POINTS:
 -Transitioning runs into appropriate areas of the pitch (3rd attacker, runner)
 -Vision - playing into space for runner
 -Early attack. Exploit potentially unorganized defensive transition.



-Reds position behind goal to quickly retrieve off-target balls. One red at each post to assist GK in stopping shots.
 -Whites position outside of defined area, strike at goal **ONE AT A TIME**.
 -Upon scoring, whites gain one point and reds at posts must sprint around cones while chances on goal continue.
 -Whites gain a point if at any time the reds fail to keep them supplied with at least one ball to make an attempt on goal with.
 -Timed: 2-4 min. Rotate
COACHING POINTS:
 -No striking of dead balls. Ball must be in motion.
 -Striking technique
 -Low, hard, far post.

Begin with standard dynamic warm-up. End with appropriate cool-down.