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CIRCLE POSSESSION

2 players in middle relieving and passing

-A passes to B, C moves into supporting position for pass

-C opens up, plays ball into D

--Var.: Require that the second inside player (C) call out the name of player she intends to pass to BEFORE the ball arrives to her.

-Limit number of touches if needed to keep flow of activity

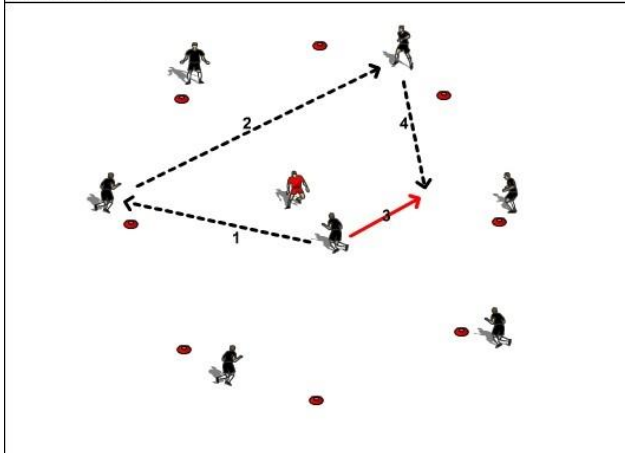
COACHING POINTS

-Body shape while passing/receiving

-Quality of pass - weight, timing, accuracy

-Support angles

-Quality of first touch



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CIRCLE POSSESSION

1v1 in middle of circle

Outside players limited (2-3) touches, keep play moving and high intensity in middle

Inside players as many touches as needed - encourage dribbling skills!

Inside players may NOT tackle outside players, MAY intercept passes.

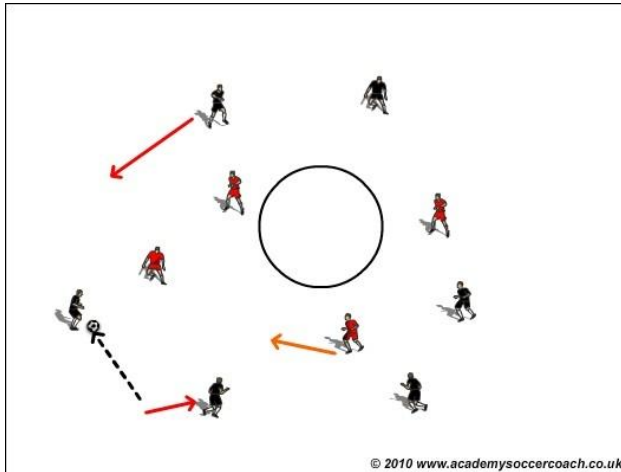
COACHING POINTS

-Quality of passes

-Angles and depth of support

-Off ball movement

Communication



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POSSESSION, PASSING, and DRIBBLING

6v4, 4 defend the circle

Attacking team maintain possession and score by dribbling into the circle

--Var.: Also score by completing 5 consecutive clean passes - Prevents 4 guarding circle

Defending team score by dribbling ball outside of area while in possession

COACHING POINTS:

-Creating space

-Dribbling skills

-Quality of passes

-Support and off ball movement

Passing/moving Activity – Handball vs. Football

- 2 Teams in Large Grid

a) One team keep ball “awake” on the ground.

(Pass and move)

- Ball out of bounds equals one point for other team

b) Other team keep ball in air (hands), attempt

to hit the ball being passed with a throw for one point

- Players may not move while ball is in their hands

c) Variations: Legal throw-in technique only



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-Two groups are in the outside zones, group of 4 in the middle zone.

-Teams on the outside pass the ball back and forth playing the ball through the middle zone

to the team on the opposite side (NO balls can be served over the top of the middle group!)

-If team in middle wins possession, switch with the team who tried to play it through.

-If the ball goes through the middle, they stay until they win possession of it.

COACHING POINTS:

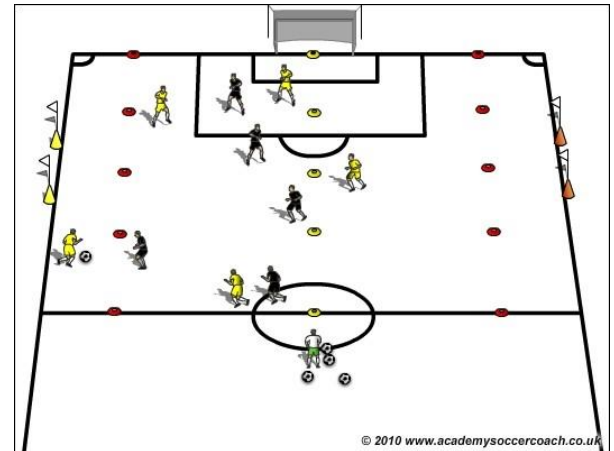
-When, how, and where to pressure ball

-Cover should be at a good angle from first defender, communicating

-Balance should be behind ball, in position to see ball and 3rd attackers ready to transition

to attack if the ball is won

-Defensive shape is key - flat, connected and compact



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SSG with COMPOSURE ZONES

SSG numbers (ie. 4v4), Appropriately sized field for age/ability

-Team may retreat to their 'composure zone' for safety - No attackers permitted in.

--Player in composure zone may dribble or pass out of zone.

---Ball should never be permitted to stop dead, it must remain in motion.

Variations

-Last defender may act as GK while in zone

-May restrict players from entering zone 2 consecutive times, must alternate players

-5 second rule for time allowed in zone

-Provide a 1/2 line. One player MUST remain in attacking half - provides overload

COACHING POINTS

-Awareness, especially in composure zone

-Quality and technique of passes

-Off-ball mobility and runs

-Take opportunities to finish on goal