

## Football Specific Theme: Possession (Build Up, Attack)

### Warm Up (15 mins)

#### Set Up:

Ball between 2 (passing and moving) – Working across the pitch:

- 1) Inter passing
- 2) Angled passing, one player working side to side
- 3) Overlap movement

Positional play – Basic positional play (Rectangles)  
– 5v3 Possession. 5 players keep ball.

#### Coaching Points:

As training 8, with following additions:

- 1) Give player on ball option (get out of the line of the defender)
- 2) Communication, give information
- 3) Tempo of passing (weight, direction, timing)
- 4) Decision making



KEY: - - - - > Ball Path → Player Path - - - - - > Dribble

### Dynamic Stretching (5 mins)

### Speed and Agility (10 mins)

### Build up / Attack, Possession 4v4 with wall players (30 mins)

#### Set Up and Conditions:

4v4. two scoring zones and a middle zone.  
Wall players are optional.  
Players B start game from baseline, keep possession for 3 passes then look to get 1<sup>st</sup> option forward to score in scoring zone. As soon as the third pass is made, team B must look to play a penetrating ball for fellow team mate to get forward. As soon as the ball goes forward all players transfer, i.e get forward and try and score. Team A must defend. If team A wins possession in their own half, they then look to get three passes and go and score in their scoring zone. If defending team wins possession in the opponents half, they must play the ball back into their own half, retain possession and start their attack from there - So they play deep to start again.



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Other conditions can be made relating to transition. Also the players should be encouraged to anticipate the third pass being made to think about getting forward – Thinking beyond their own pass.

Middle zone allows us not to be offside. Practise demands can be adapted as the players' level of understanding increases.

## SFA Youth Action Plan Coaching Plan - Possession (Build Up, Attack), page 2

### Game 9v9 (30 mins)

#### Set Up:

9v9, shape 1-3-2-3.  
65 meters by 50 meters.

#### Coaching Points:

Middle to front third play.

First option forward.

Second option wide.

Third option deep.

- 1) Front line
  - Start positions
  - Movement to create opportunities
- 2) Middle line
  - Start positions
  - Relate to situation
  - Balance midfield support
- 3) Scoring

Length – Width – Support



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### Homework – Individual Specifics (20 mins)

### Cool Down (10 mins)