

Football Specific Theme: Possession (Build Up)

Warm Up (15 mins)

Set Up:

Ball between two. Follow the leader, player with ball attacking football movements.

Dribbling:

- 1) Shadow team mates moving (following)
- 2) Sharp movements to lose marker (leading)

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

Coaching Points:

- 1) Making the pitch big
- 2) Positional play – Team shape – Occupation
- 3) Movement



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

Dynamic Stretching (5 mins)

Speed and Agility (10 mins)

Build up GK and back 4 and 3 target players v front 2 and 3 midfield players (30 mins)

Set Up:

Area of field – own half.

Midfield players play ball into GK to start build up.

Back four build up.

Coaching Points:

- 1) Spread out (early movement)
- 2) FB push wide and forward
- 3) Central defender split

First option forward.



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Game 9v9 (30 mins)

Set Up:

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

Conditions:

Back line deliberate Build Up - right side of field – or – left side of field.
Defending team – 1 front line player (on the opposite side of the ball) drops into midfield to allow Build Up of possession team.

Coaching Points:

Make the pitch big.
Length width, depth.
First option forward.

Front line – long and wide.
Middle line – start narrow to go wide (3 midfielders), centre player – sitter
Back line – spread out.

Good team shape – Good occupation of the field.



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Homework – Individual Specifics (20 mins)

Cool Down (10 mins)