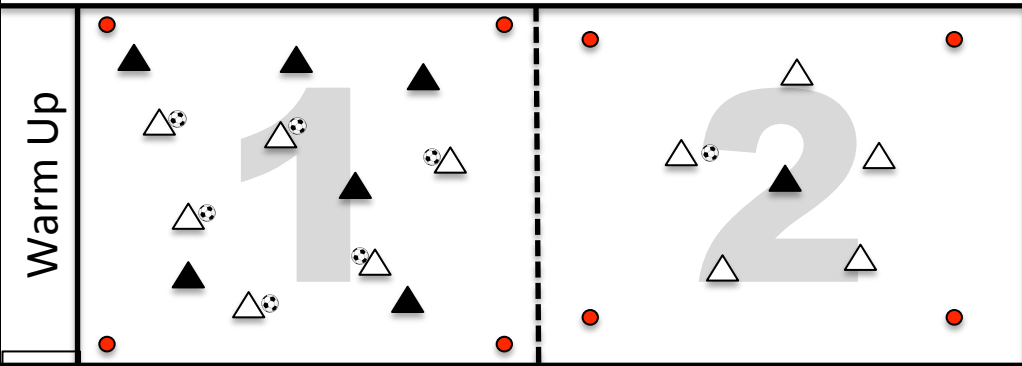


Bryan Soccer Coaching – Possession

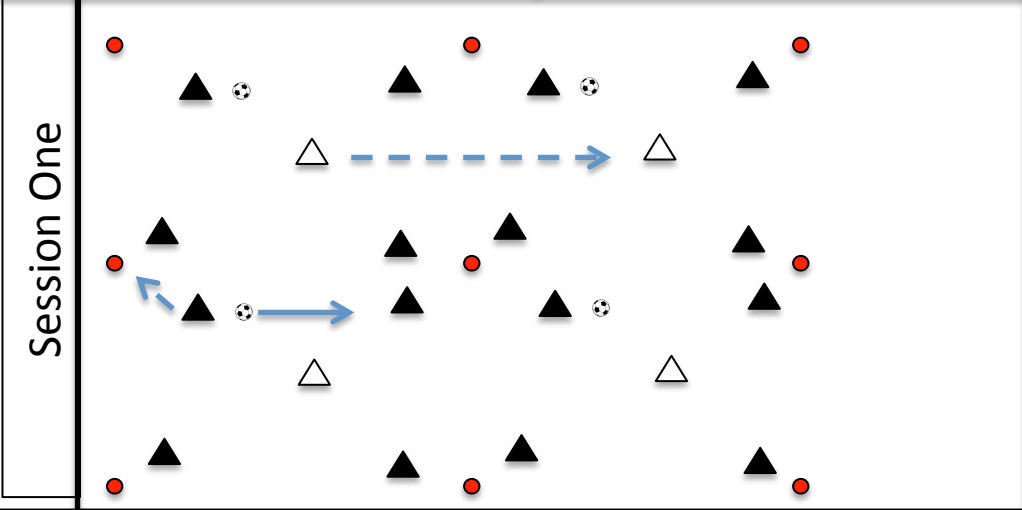


Pass & Shield

- 6 players start with ball, 6 without
- Players with the ball must perform a pass. Once they have passed the ball, they must go a try to tackle the player receiving the ball
- Player receiving the ball must shield for 3 seconds before moving on to pass the ball

Piggy in the Middle

- Splitting into groups of 6 in a 15x15 area, one player will be the defender, whilst five are the team in possession.
- Objective for the five is to connect as many passes as possible, whilst avoiding losing possession
- Defender job is to start out passive, but gradually progress to game pace
- Switch defender after 1 minute



Mayhem

The Setup

Setup a grid 40x40 split into 4 squares of 20x20. Place five players in each box. One defender and 4 attackers.

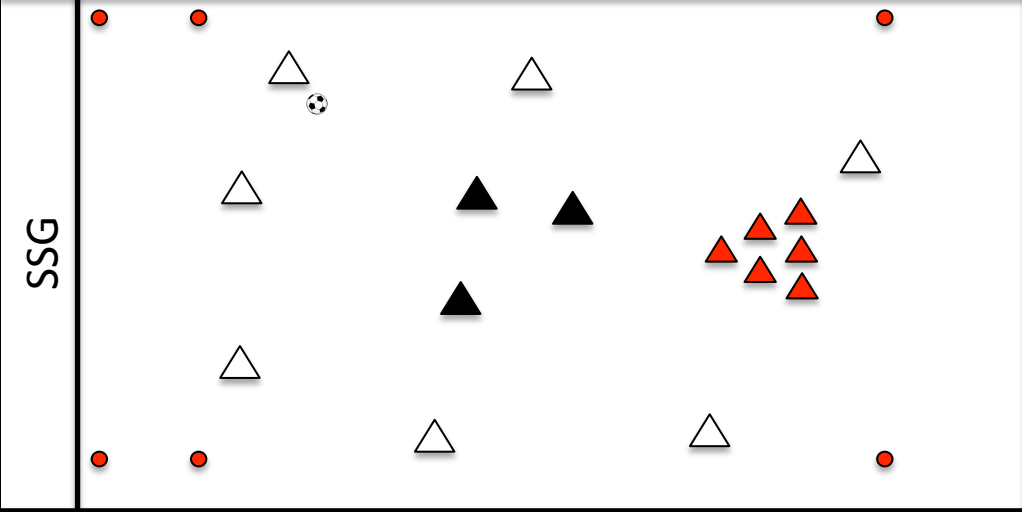
To start with all attackers need to pass ball around defender keeping inside box. Defender is more passive at this point. For fitness, you can always get the attacker to touch a cone quickly once pass has been made

The Action

Upon coaches call, defenders must quickly switch clockwise into adjacent box and become more aggressive in trying to get the ball off the attackers. Mayhem should last for 10 seconds before defender becoming more passive.

Progressions

- Players switch Diagonal
- Merge squares into two rectangles, 8v2



Possession

The Setup

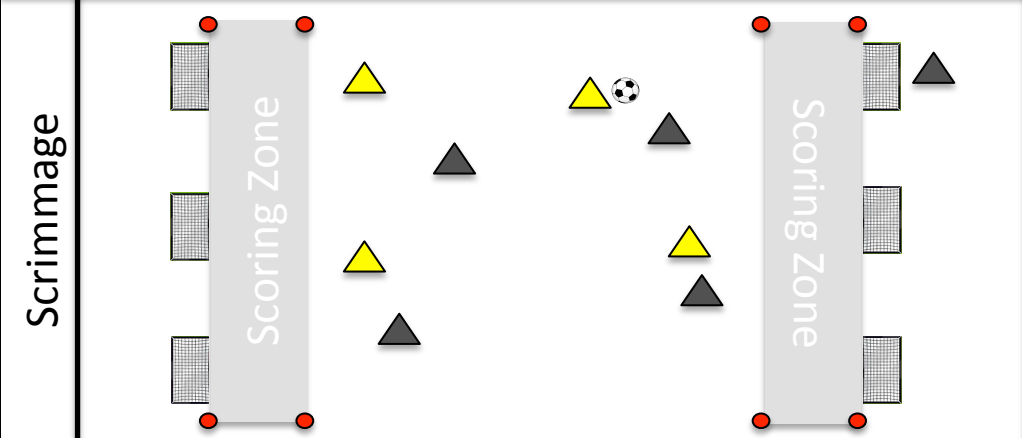
Mark out a 40x20 area (use from previous session) and split into two teams. Seven Defenders, three Attackers. Place 6 pointy cones at one end of the rectangle.

The Action

Play begins with the defenders holding the ball. Their objective is to keep possession for an allotted amount of time (start with 30 seconds) If they accomplish this, they score. The minute the attackers get the ball, they can shoot at the cones. If ball goes out of play, Attackers gain possession.

Progression

- Add an attacker from the defending team
- Add a 10 yard area at opposite end of cones where after 5 completed passes, defending team can target the ball to score



The Setup

Mark out a 30 x 25-yard grid, consisting of two end zones 5 x 25 yards and a central zone of 20 x 25 yards. Position three mini goals at either end.

Divide players into two teams of 5. Place one defensive player from each team behind their respective end zones

The Action

Teams play 4 v 4 in the central zone and can only score inside their opponent's shooting zone. The defensive player positioned behind the shooting zone can stop the opposition scoring in one of the goals by standing behind it. That player can also be used as an attacker when their team has possession, but they can only receive a pass when they're inside the end zone and they must swap positions with the player who passed them the ball