



Individual Possession

Category: Tactical: Possession
Difficulty: Beginner

Craig Higginbotham, Barrington, United States of America
Individual-Adult Member

Hide (10 mins)

Warm Up Activity

Players are in Pairs in boxes.

1 player has a ball and they try to protect the ball from their partner. (Player shielding the ball cannot touch the ball.)

The other player tried to tag the soccer ball with their hand.

If the player tags the ball the players switch,

After a minute stop the game and ask. How many players had their ball tagged? How many players had the ball tagged through their legs?

Progression

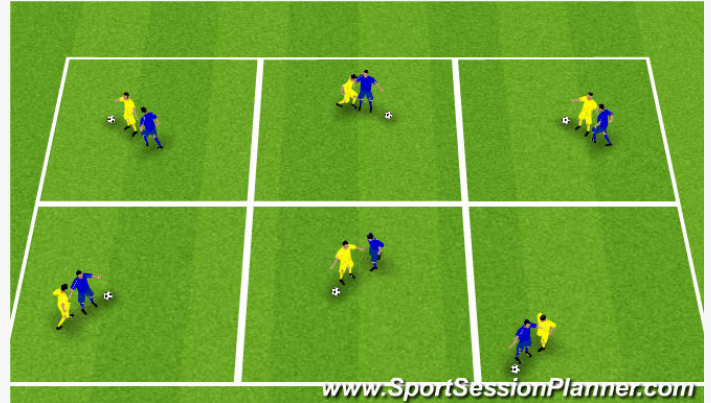
Correct body shape and positioning and let them play again, this time players can move the ball with their feet. Defenders are trying to kick the ball away.

Coaching Points

After letting them fail a few times encourage them to be in a side on position. So that they can see their partner and the ball.

Move around the ball, keeping your whole body between the defender and the ball.

HIDE THE BALL



Maneuver (20 mins)

Activity

Players are in Pairs in boxes. 1 on each side of the box.

Players race to get the ball, once one player has the ball they try to protect the ball from their opponent.

Players need to move the ball to try and get past their opponent.

Players get 1 point for getting the ball to the opponents line.

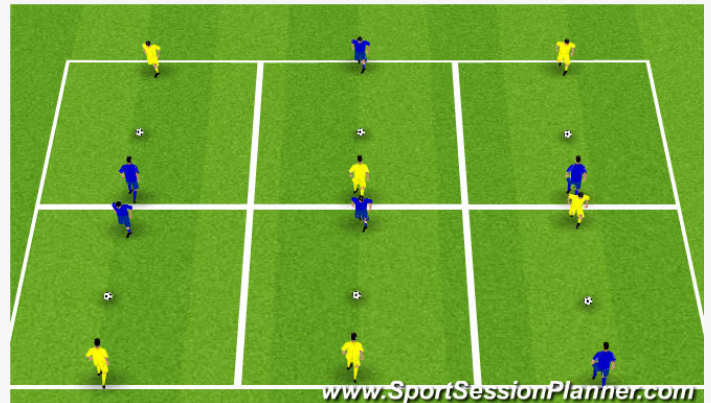
If the defender wins the ball they get to attack.

Play in 90 second games.

Coaching Points

Side on use, move the ball with the sole of your feet. Move and change direction until the defender gives you space to attack.

MANEUVER THE BALL



Escape (20 mins)

Activity

Now in a larger grid the players are split into two teams.

Balls are in the middle and the players are lined up on opposite sides of the grid.

On the coaches command players race to the ball, they are trying to get the ball back to their grid and keep it there. If their partner takes the ball they are trying to get back to their grid and keep it there. After 90 seconds the team with the most balls in their half of the field gets a point.

Play several rounds.

Coaching Points

Hide the ball, Maneuver it to remain in possession.

ESCAPE when the defender gives you space.

