

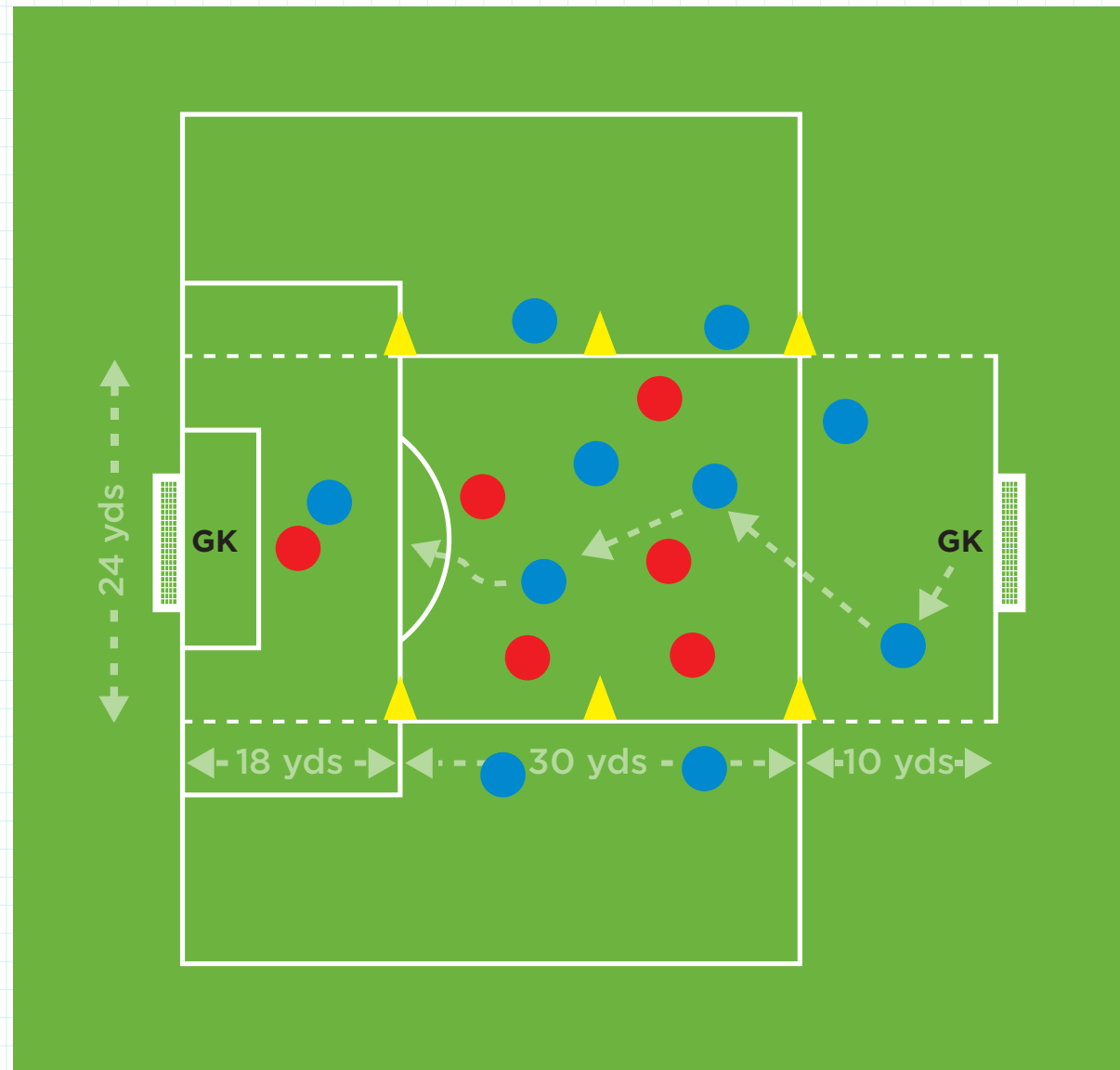
Developing possession

Practice organisation

- Area 50x24yds coned off on half pitch with two goals & central channel marked with cones, as illustrated.
- 18 players (incl. 2 GK), arranged 10v7, 1 ball.
- Attacking team, arranged 4-3-3. Defending team: 1 CD marking CF and 5 MFs in middle area.
- Practice starts: GK plays to either CB to initiate the play.
- A looks to feed into supporting central MF player.
- MF's inside mid zone build-up play & move into forward area.
- Initially: opposing MF's cannot retreat into penalty area.
- Off-side rule applies.
- Objective is to create goal-scoring opportunities in free play situation.
- If D's gain possession, they play through central area to achieve a strike on a designated target (goal placed on half way).
- They have a 5v3 advantage & a time limit may be imposed.

Detail

- Passing to space or feet in build-up play.
- Choice & execution of the strike at goal.
- Simple progressions for this practice are:
 - A's can pass ball anywhere, except to advanced A initially.
 - A's can only score by:
 - Playing into 3 central MF's who combine to play into A & then join-in to shoot at goal.
 - Flank attacking players may also enter attacking area to support A.
 - Playing into & out of central MF 3 times before playing to A & linking as above.
 - Playing into central MF and out to flanks to produce a strike at goal from a cross.
- D's are allowed to make recovery runs into penalty area.



Key coaching points

- Quick & accurate ball movement through MF areas.
- Early support for receivers & supply of accurate passes to A's.
- Clever movement of A against close-marking D.
- Supply of ball to closely marked A.
- Strike at goal from A or supporting MF's.
- Intelligent changes of pace & direction by A.
- A holding & hiding ball until support arrives.
- Clever individual & combined play by A.

Attacking when opponents are
'in balance'

Age group
17-21 years