




Keep Ball

Training Plan

Title:	Keep Ball
Objectives:	Improve keeping individual possession.
Age range:	U7's +
No. of Players:	6 +
Time:	10 mins (good for end of warm up before match or more advanced drills).
Organisation:	Min 20x20 grid. Bigger for older or more players. 1 ball for half of the players. Note: Bigger grid makes technique easier but can be more physically demanding, smaller grid makes technique more difficult (less space).
Drill:	<p>Start with half players have ball, half don't.</p> <p>Players with ball try to keep it. Players without try to win it.</p> <p>If a player kicks it out of grid possession goes to opponent (like in a match).</p> <p>Time sessions – 1 min and then stop to coach points and ask questions.</p> 
Coaching Points:	<p>Coach all factors to keep individual possession; Move into space, away from danger, turn, shield, protect, quick feet, dribble away from / between opponents.</p> <p>Coach tacklers to win the ball and keep possession - don't kick it out of grid which gives possession to opponents in a match.</p> <p>Great drill for praising good technique of individual players during the drill and at each break e.g. "great turn Billy" "Superb shielding" and in a break asking a player showing good technique to demo what he did for everyone else.</p>
Progression:	<p>If players in possession are standing still waiting for pressure then take balls away so there are more than half without ball.</p> <p>Coach specific turns eg Cruyff, hook, instep etc to move away from pressure.</p> <p>Coach the specific use of pace when moving into space i.e when to push ball out of feet and when to keep close.</p> <p>Coach specific factors of shielding eg bent knees, bottom out – back to opposition.</p>