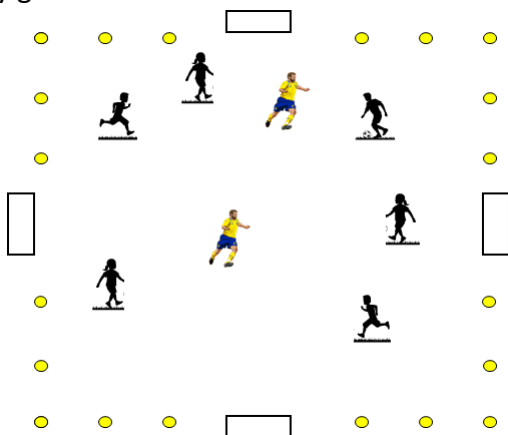




# Passing & Possession

## Training Plan

<b>Title:</b>	Passing & Possession
<b>Objectives:</b>	1. Improving Passing 2. Improve possession play
<b>Age range:</b>	U8s >
<b>No. of Players:</b>	Possession team must always outnumber tackling team to encourage time on ball. So min 4 v 1, but can be 5v2, 6v2, 7v2, 8v3, 9v3.
<b>Time:</b>	30mins max (intensive)
<b>Organisation:</b>	Enough bibs for tacklers only. Cones for a 30x30 grid. 4 goals (cones or poles) one on each side. Organise 3 teams of 4 players. Several balls.
<b>Drill:</b>	<p>The possession (larger) team must complete min number of passes (10?) before scoring in any goal.</p> 
<b>Coaching Points:</b>	<p>Coach team of 8 on following points;</p> <p>Player receiving ball – Take a good first touch. If possible take ball on back foot – open body.</p> <p>Player in possession - Pass to move ball quickly or dribble or hold.</p> <p>Player in possession - Make accurate well weighted passes.</p> <p>Player not in possession – Use all the space.</p> <p>Player in possession – Shall I pass player to feet or pass to player into space in front of him.</p> <p>Player not in possession – See the ball.</p> <p>Call for the ball appropriately (hand signal, one call).</p> <p>Quick decision on control or pass 1<sup>st</sup> time.</p> <p><b>DO NOT COACH DEFENDING – THIS IS A POSSESSION AND PASS DRILL.</b></p>
<b>Progression:</b>	<p>Change player numbers to make harder (increase defenders reduce passers) or easier (increase passers reduce defenders).</p> <p>Use different passes – side foot, driven (laces), aerial, chipped, head, one touch pass.</p>