



## Possession Play

**Category:** Tactical: Possession  
**Difficulty:** Moderate

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 Individual-Adult Member

### Description

Movement and Supporting angles.

### Warm Up - Half Field Possession (10 mins)

#### SetUp

Two 20x15 areas

#### Organization

5/6 players in each area, coach plays ball in to one team, the other team must send a defender across to try and win the ball. X number of passes for a point If it breaks down coach plays a new ball to other team and whoever loses the ball defends the other box. \*Bonus point if defender wins the ball and can pass to teammates.

#### Progressions

- 1) After a point is scored send a new defender
- 2) May restrict number of touches

#### Coaching Points

Look to take a positive touch at all times  
 Body shape when showing for and receiving the ball  
 Angles of support off the ball



### Dutch Passing Exercise (15 mins)

#### SetUp

20x20 area diamond

#### Organization

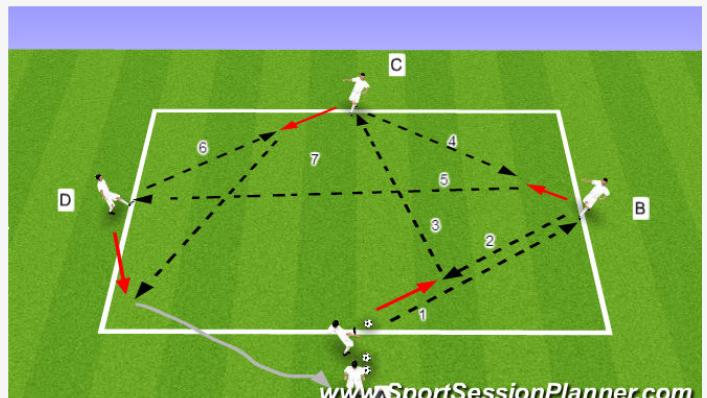
Player A starts with ball & passes with Players B. B receives quickly passes to C. The sequence continues around the diamond. Receive with back foot. Players follow their pass.

#### Progressions

- 1) Change direction, change receiving technique
- 2) Player A exchanges a pass with B, A plays to C. The sequence repeats from C who passes to D.
- 3) As shown above: Player A exchanges a pass with B, A plays to C. Player C plays back to B who plays across to D. Player D plays to C, C plays a through pass to D and dribbles back to start.

#### Coaching Points

Speed of play - 1/2 touch  
 Firm accurate passing  
 Body shape when showing for and receiving the ball  
 Timing of movement



### Ajax/Bayern Possession Game (20 mins)

#### SetUp

24x15 area

#### Organization

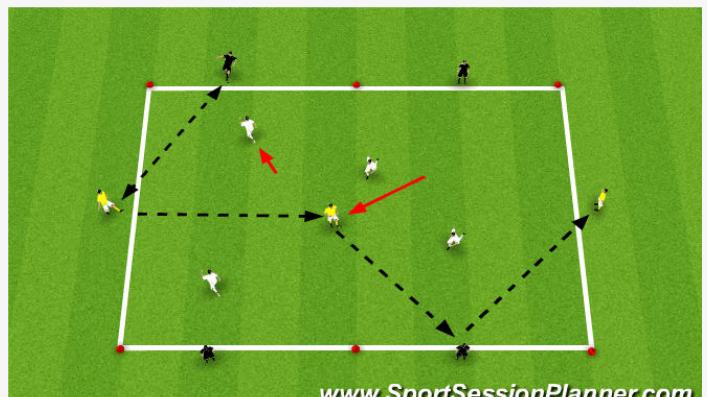
4v4+3 - Two teams of 4 play with 3 neutral players (in yellow). The possession team plays towards the outside of the area, the defending team plays through the middle. To score the attacking team must make 8 passes or play from one outside/target/neutral player to another. Transition - if the defending team (white) wins the ball they play to a neutral player and move to the outside, attacking team (black) comes inside to defend.

#### Progressions

Change the neutral players  
 Limit touches

#### Coaching Points

Speed of play - 1/2 touch  
 Firm accurate passing  
 Body shape when showing for and receiving the ball  
 "Move the ball to move the defenders"



## 6v5 End Game (25 mins)

### SetUp

3/4 Field Area, 1 full size & 2 small goals

### Organization

6v5 Game + keeper. Defending team plays to small goals. Blue player is a neutral player.

### Progressions

- Lift conditions and play unrestricted 6v6 game

### Coaching Points

- \* Coach various scenarios within the 2-4-1 system of play
- \* Focus on the movement of #9 and support runs
- Timing and correct angles of passes and runs
- Accuracy and weight of passes are vital
- Changing pace with and without the ball
- Understanding of the players

