

GROUP POSSESSION LEADING TO 10 v 5 POSSESSION GAME

Purpose: Allows players to work on movement, transition, passing and receiving under pressure. Players learn how to support the passer and how to open up their body to make the next pass.

Organization: Create a 20*30 grid and organize players in 3 teams of 5 players wearing 3 different colors.

Directions: Players start off this practice by passing to there color alone. You can number each player so that they must pass in sequence ensuring that all players are moving and touching the ball.

Progression 1: Your next step can be to remove the number sequence passing and now each team cannot pass to its own team color but to a player of another bib color.

Progression 2: The last progression is to now play 10 v 5. Two colors play against the one color. Once the color in the middle gains possession then the team that made the bad pass must now go into the middle.

Coaching Points: You now have more players to deal with however the concepts are still the same. Ensure players create width and depth –as far and wide as they can. Have players play along the lines and ensure they do not stay in the one spot. Have players provide proper angles of support. When making the pass ensure proper weight of pass. Receive the first touch out of pressure so the next pass is easier to make. Make sure when they are receiving the ball that they can see the whole grid as to make the best choice for the next pass. Make sure they don't bunch up on one side and not stay only on the outside near the edges. Having them come into the middle. This allows them to play through the middle giving them another option to play.

Other Progression can include limiting players to 2 or 3 touches depending on skill level.

