



01/U18G Possession to Advance - Getting unmarked/Open- Create Separation from Defenders

Category: Tactical: Possession
Difficulty: Difficult | **Start Time:** 29-Jan-2019 16:15h

Am-Club: Rio Rapids Soccer Club
Kiva Gresham, Albuquerque, United States of America

Warm Up (10 mins)

DESCRIPTION/ORGANIZATION:

20 x 20 yard Grid

Players in the middle partner up. One team is the attackers, the other team is the defenders. Players on the outside are neutral and each has a ball. Attackers try to lose their mark and find a player on the outside to pass them the ball. They return the ball in 1 or 2 touches to the same player and look for another player on the outside. Keep track of number of passes. If defender is able to win the ball, they get a point. Go for 30 seconds and switch, then switch the players on the outside.

Variation: Only 4 neutral players have a ball. Attackers must receive ball from the outside and find another player on the opposite side to play.

COACHING POINTS:

Use feints and counter movements to separate yourself from a defender

Use change of speed/direction to separate yourself from a defender

Engage/isolate your defender and get close to them to start

Use correct timing of run to lose defender

Make eye contact with the passer and demand the ball

Receive the ball on the foot furthest away from the defender

When playing opposite side, receive to face forward

Movement is needed from neutral players



3v3 + 6 (25 mins)

DESCRIPTION/ORGANIZATION:

20*20 yard grid

Attacking team tries to get unmarked/open to score by playing the players on the endline

Defenders Man Mark

Can use the 3 endline players to keep possession

Players on the outside have 2 touches

On a switch of possession the attacking team can play either side

All restarts come from the GK, who plays inside

Play for 60-90 seconds and switch

Variation: 1 touch on the outside

COACHING POINTS:

Use nudging/feints to separate yourself from a defender

When separated can you find moments to face forward

Supporting players timing of movement to separate themselves from their defenders

Timing of movement/ counter movements toward the opposite endline when receiving from outside players

Look for moments to get in defender's blind spot and perform counter movements



2v2 Ladders (30 mins)

DESCRIPTION/ORGANIZATION:

Ball starts with attacker (Black) at the top of the 18 who plays onto the first box to a black player.

The black team tries to advance the ball into the next box by either turning and playing forward, using the other player, or playing back to keep possession.

Once played into the next box, the 2 black players can support at the top of the box.

Black scores a point by playing to the goalkeeper from the last box. Supporting players cannot play into the next box.

Players advance down the ladder each play (whether they score a goal, the defenders win it, or it goes out)

Variation: Defenders score a point by winning it and playing to the players at the top of the 18

COACHING POINTS:

Timing of movement to separate yourself from a defender-

too early and you kill your space

too early and you cannot be explosive

Cues to start the movement- when passer gets their head up

recognize how much space you have separated yourself from the defender

-do you turn? one touch back? Play the other attacker?

If not receiving the ball, how can you prepare your next movement?

Types of separation- checking to, peeling off, fading, in behind the blind spot, nudging



Screen 4 (30 mins)

DESCRIPTION/ORGANIZATION:

8 v 5 to 2 small goals

GK starts all restarts

Center Backs cannot advance beyond 18 yard line but can be used as support players, and cannot score

Center mids man mark defensively

If blacks win they counterattack to big goal

COACHING POINTS:

Counter movements and nudges to separate yourself from a defender

Aggressive change of speed/direction

As you approach the ball determine how much space you have create from the defender in order to make a decision on the ball

Close defender- 1 touch return

Further away- can you receive to face forward or find a pass?

Starting position further up the field so you have more space to check in to

Cues for when to have fast, aggressive movement- as the passer looks up

