



03 / U16G - Possession to advance - outnumber opponent around the ball

Category: Tactical: Possession

Difficulty: Difficult

Am-Club: Rio Rapids Soccer Club

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4v4 possession with targets (20 mins)

DESCRIPTION/ORGANIZATION: 4v4 possession (directional)

2v2 in middle to targets (add a neutral player if needed)

1 pt for every 8 passes connected

Targets can pass to targets

COACHING POINTS:

Create angles to receive and face forward

Play forward when possible, if not protect ball and pass backwards

Don't turn in to trouble (head on swivel before receiving passes)



8v4 possession game (20 mins)

DESCRIPTION/ORGANIZATION: 8v4 possession with direction

Blues and whites keep ball away from yellow (can play in all directions, sidelines can pass to sidelines)

If yellow win the ball they play 4v2 keepaway in grid - if they connect 6 passes one more blue joins in (4v3), if they get another 6 passes the final blue joins in (4v4)

As soon as blue win possession they play out to white and game restarts

COACHING POINTS:

