



U15-U16 Passing & Finishing (2) - J. Sells

Category: Tactical: Possession

Difficulty: Difficult

Am-Club: New Mexico Rapids Soccer Club
Technical / Coaching Directors, Albuquerque, United States
of America

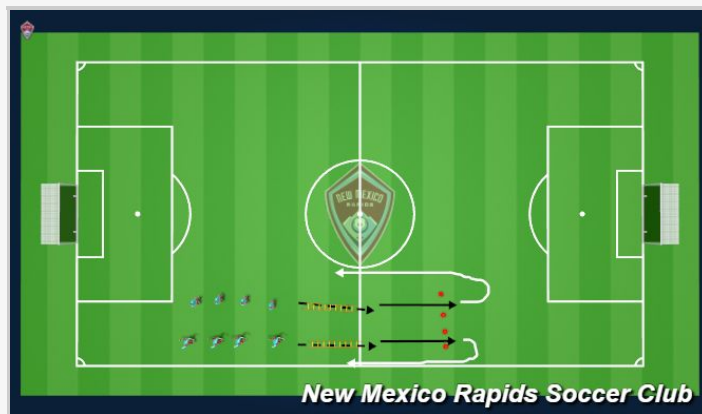
Activation: Agility Ladder (15 mins)

DESCRIPTION/ORGANIZATION: Agility Ladder

COACHING POINTS:

This is a drill, in which the footwork forms are taught in the speed ladder. The drill builds up from coarse motor skills to fine motor skills.

Core Patterns: 1 Foot in Each Straight, 2 Feet in Each Straight, 2 Feet in - One out Zig Zag, 2 Feet in - 2 Feet out Zig Zag, etc...



7v3 4 Goal Possession

DESCRIPTION/ORGANIZATION:

Teams play possession, must get 5 passes, and try to score in either of the four goals. Teams use possession play and technical skills to break opponent down and score in one of four goals. 3 Defenders must force turnover or mistake. Defenders switch with teammates (next three) once possession is lost by attackers. Teams with most goals after 2 two- minute rounds win.

COACHING POINTS:

Small-sided game that focuses on possession, spacing, and movement with and without the ball. Keep it tight and competitive based on age group and player quality.

*Coach plays ball in after ball is out or goal is scored by three defenders.



4 Zone Possession 7v7 (20 mins)

DESCRIPTION/ORGANIZATION:

This drill is executed with 2 teams of 7 players each, whereby 1 player from each team is in one of the two opposite square zones. The team who has possession of the ball can score by passing to their player in the square, who then passes the ball on to a third player of the team. After each score the players rotate and another player takes his position in the square. The team who has possession of the ball retains possession after scoring, but the ball must be passed back to the own half first, before the team may score again. Variation:- in stead of passing to the third player, the player in the square may take the ball out of the square himself.

COACHING POINTS:

Coaching in attack:

- Making choices on the ball (1v1 or pass). Good decision making. Players value ball possession.
- Transition. maintaining 1st pass after possession is won.

Coach in defense:

- Ensure that you have a good view of both attackers when taking a defensive position.
- Isolate the player in possession to the side of the field.
- Be prepared to switch position after taking possession. Maintaining 1st pass.

Variation: Add neutral player (N) that can only play to player not in the 4 zones.



5v5 Possession w/ Four Targets (20 mins)

DESCRIPTION/ORGANIZATION:

Possession Activity featuring supporting outside target players. Teams in the middle play 5v5. Team in possession in the middle of the grid can play to their outside players (same color only/4 options/one on each side of the grid) and those players then switch out. Outside players cannot steal from each other, but they can move up and down their sideline to promote support angles. Every switch out is a point. Teams keep track of their points. 3-minute games.

*High intensity Coaching!

COACHING POINTS:

- * Spacing - Movement to support is not always to check to.
 - Play off shoulders in space behind defenders.
- * Targets receiving ball across body to allow more options and to move ball into open space.
- * Central players recognize when to play way you face or turn/play across body
- * When to pass around/thru/over pressure.

