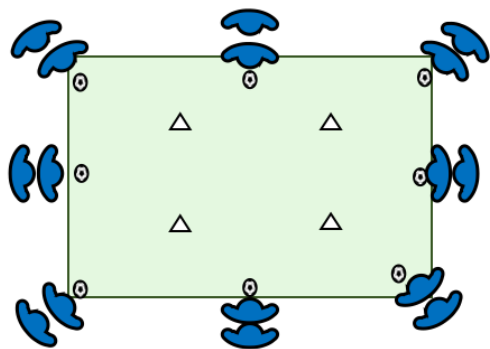


PDP Session: Controlling Possession



Part 1: Skills Circle

| | | |
|------------------------|--------------------|------------------|
| Topic: Retaining | Timing: 10-15 mins | Age group: U10 + |
| No. of Players: 8 - 20 | Goalkeepers: N/A | |
| Offsides: No | Pitch size: 15x15 | |



Why? High repetition of skills.

How? Players are set up in a circle with a square in the middle. The first players in line drive into the square, perform their top five moves and then explode out with the ball to their partner. The next player in line then goes. When a player goes again they then perform their top four moves, then three, two and top skill move.

How do I progress or adapt the practice?

- Make area smaller or larger to provide the players variation and different challenges.
- If the players are new to this then the teaching style may be more coach led and provide ideas/demonstrations. However, if the players are regularly working on ball mastery you may use individual practice as a teaching style.
- Focus on high reproduction of moves from memory.

What you may see/actions you may take:

- Players may dribble with their eyes looking at the ball. They will need to look up and see the ball through the bottom of their eyes to look for spaces.
- Players may perform slowly to start with. If players often work on their ball mastery you may encourage them to hone the skills they know.

Practice Spectrum

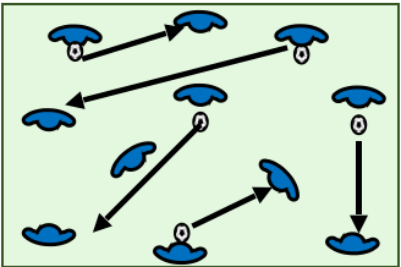


4 Corners

| Technical | Psychological |
|---|----------------------------|
| Releasing Retention Receiving | Composure Confidence |
| Strength Agility Balance Speed | Team work Communication |
| Physical | Social |

Part 2: Random Passing Square

| | | |
|-------------------------------|-----------------------|-----------------|
| Topic: Controlling Possession | Timing: 15-20 mins | Age group: U10+ |
| No. of Players: 8 - 20 | Goalkeepers: Optional | |
| Offsides: No | Pitch size: 30 x 20 | |



Practice Spectrum



4 Corners

| Technical | Psychological |
|-------------------------------------|------------------------------|
| Releasing Retention Receiving | Determination Persistence |
| Strength Speed | Team work Communication |
| Physical | Social |

Why? To help play develop an understanding of being ready to play forwards when possible.

How? Some players within the area have a ball and some without. Players pass and move within the area focusing on the following:

- Let the ball run across body when possible
- Take the ball with furthest foot
- Late/Mid or early touch?
- Break a line with touch or dribble - practice both.

How do I progress or adapt the practice?

- Players can imagine they are playing in a certain position - set the players up in positions in the area accordingly.
- Provide players clear technical detail and provide them various ways of receiving the ball i.e. late/mid or early touch.
- Allow players to manage their actions.
- Players can rotate within the area and show them different types of movement.

What you might see/actions you may take

- To start with players may randomly pass and move and play off few touches. Therefore, it is important to encourage them to imagine they are playing in a certain position in a game and promote creativity.

PDP Session: Controlling Possession

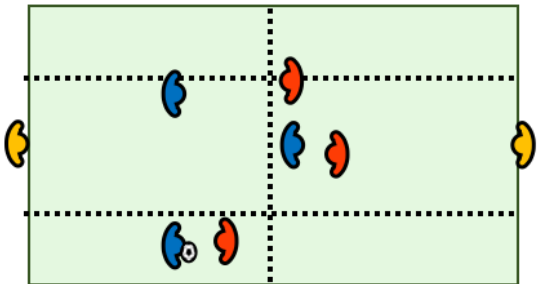


Part 3: 3v3 With Target Players

Topic: Controlling Possession
No. of Players: 12 - 16
Offsides: No

Timing: 15-20 mins
Goalkeepers: Optional - Can use mini goals
Pitch size: 30 x 25/24x20

Age group: U10+



Why? To encourage players to control possession and to use all the pitch when in possession.

How? Set up an appropriate size area with wide channels and a halfway line. 3v3 with target players. Both teams aim to play into target players to score a point. When a team has possession they must be encouraged to use all the pitch and they can move anywhere. When out of possession, to start with they must keep two players in their own half.

How do I progress or adapt the practice?

- Adjust pitch size. Smaller = harder to retain/easier to defend or increase size to provide the players more time and space.
- Defending team can press higher and are not restricted.
- If a team uses all three channels and score it is worth three goals.
- Include mini goals to score in once.

What you may see/actions you may take:

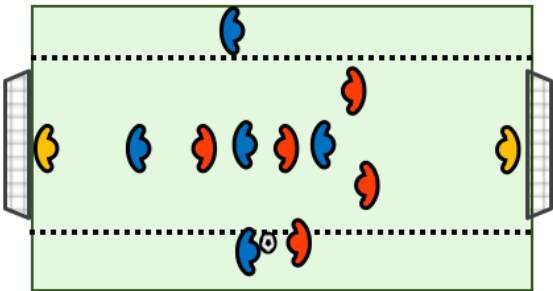
- Both teams may not use all the channels when in possession. Therefore, ask the players to consider where to support, to consider when to fill or clear space and encourage them to explore how using all three channels to create more space to play through or around.

Part 4: Small Sided Game – Channels Game

Topic: Controlling Possession
No. of Players: 8 - 22
Offsides: Yes

Timing: 20-30 mins
Goalkeepers: Optional

Pitch size: 30 x 20, 40 x 30 or 60 x 40
dependent on numbers
Age group: U10+



Why? The game will encourage the team in possession to control possession and use all of the pitch.

How? Set up a 4v4/5v5/6v6 or 7v7 game. To start with the condition for both teams is that if they use all three channels and score it is worth three goals.

How do I progress or adapt the practice?

- Adjust space. Narrower is quicker, wider is slower.
- End with free play

What you might see/actions you may take

- Teams may not use all the pitch to start with when in possession.
- Continue to educate players how to create and prepare space.
- Encourage players to provide support beyond, beside, between and behind.
- Continue to encourage players to be patient in possession but to look forwards, play forwards and run forwards when possible.
- Encourage players to play forwards/across/backwards through/around and over.

Practice Spectrum

Repetition Realism

4 Corners

| Technical | Psychological |
|-------------------------------------|--|
| Releasing Receiving Retention | Composure Concentration |
| Strength Agility Speed | Leadership Communication Collaboration |
| Physical | Social |

Practice Spectrum

Repetition Realism

4 Corners

| Technical | Psychological |
|-------------------------------------|-----------------------------|
| Releasing Retention Receiving | Resilience Determination |
| Strength Agility Speed | Leadership Communication |
| Physical | Social |