

U11-U14 Coaches Clinic- Possession for Progression

Date : 29/Sep/2013

Duration : N/A

Session

Improving the team's ability to

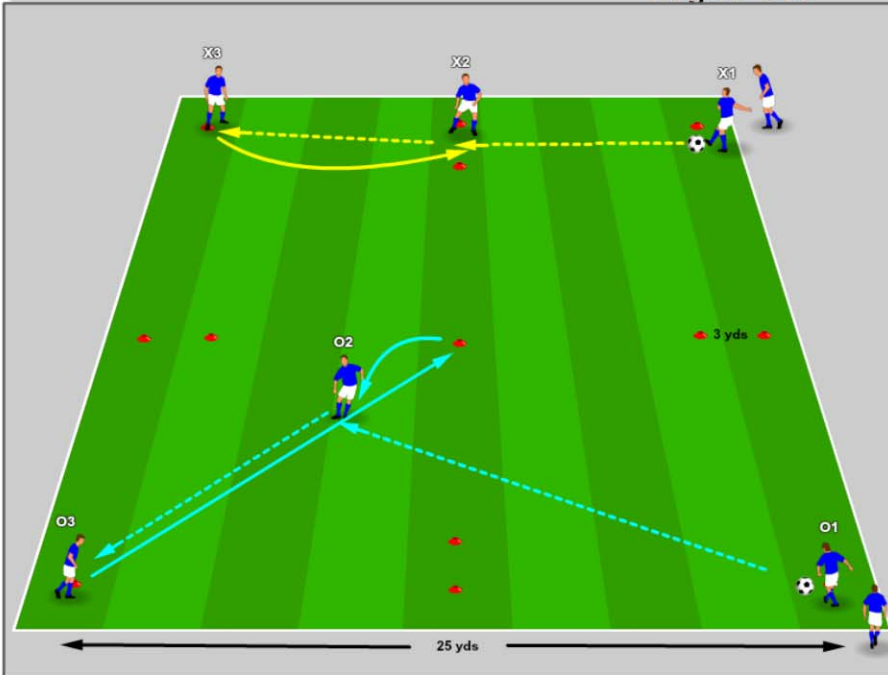
Time : N/A

Age/Level : U11 - U18

Objective:

possess to progress

Technique & Individual Tactics in Maintaining Possession-Activity 2_Romeo Jozak-FC Dinamo Zagreb 201



Description :

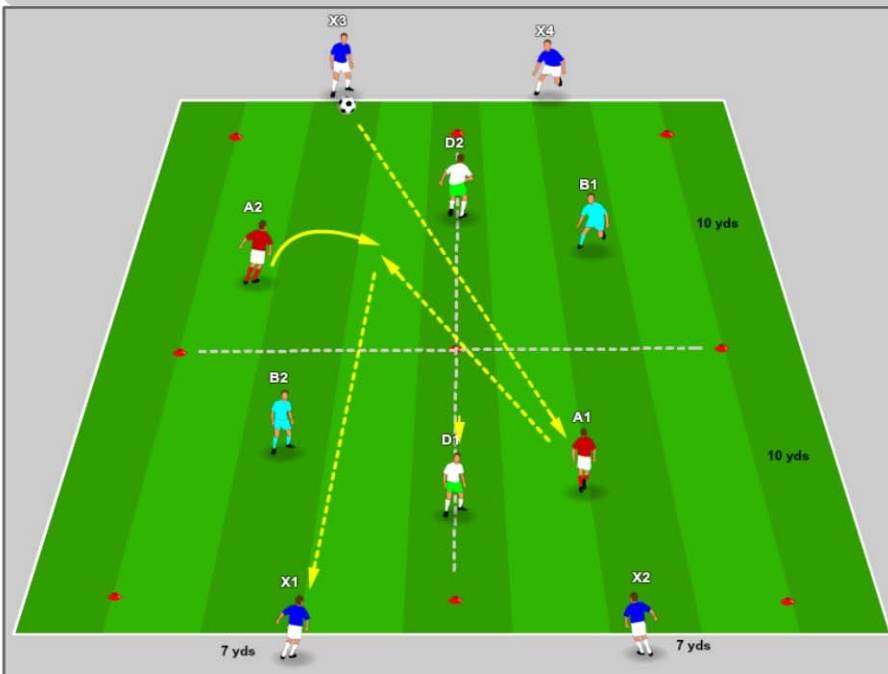
Passing and receiving sequence 1: as ball is arriving at X1, X2 checks side-on between cone gate to receive ball from X1 with open body shape, then passes to X3 and sequence continues around grid 1- receive IR/pass OL, 2- receive IL/pass OR

Passing and receiving sequence 2: as ball is traveling to O1, O2 sprints to center cone and then comes off the cone at an angle with open body shape to receive ball across body, then O2 passes to O3 while X3 times the same run 1- receive IR/pass IL, 2- receive IL/pass IR

Coaching Points :

- Pace and accuracy of pass across body
- Open body shape and receive across body
- Speed of play- receive with inside of one foot and quickly pass with outside opposite
- Timing of run to receive ball in gate

Movement-Activity 2_Dick Bate-English FA_2013 NSCAA Convention



Description :

Start with one attacking pair (A's) inside grid X's on one end of field interpass until ready to play the ball to an attacking player
Attacking players always moving and must do so in a way that they can always see the ball and their partner - they can never be in the same half (vertical or horizontal)
Objective to advance ball through attacking pairs
a) X's must play high forward to start b) X's may play high or low forward

Coaching Points :

- Teach attackers to use different feet and surfaces to play pass to partner
- Low forward opens passing lane to high forward and then comes underneath to support (diagram). Options if low forward receives ball marked: a-lay off, b-play your partner 1-touch, c-play physical off defender for turn, d) or keep ball tight and go between players legs/lift ball over defenders leg as they try to tackle

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Possession for Progression-Activity 3_Randy Waldrum-Notre Dame_2013 NSCAA Convention



Description :

4v4+3 Neutrals

Defending team of 4 must win ball 3 times to get out

Perimeter players can pass to each other

Unlimited touch to start

How many passes can the attacking team get in 90

seconds (at Notre Dame he wants attacking group to be able to get 120 passes in 3 minutes)

Coaching Points :

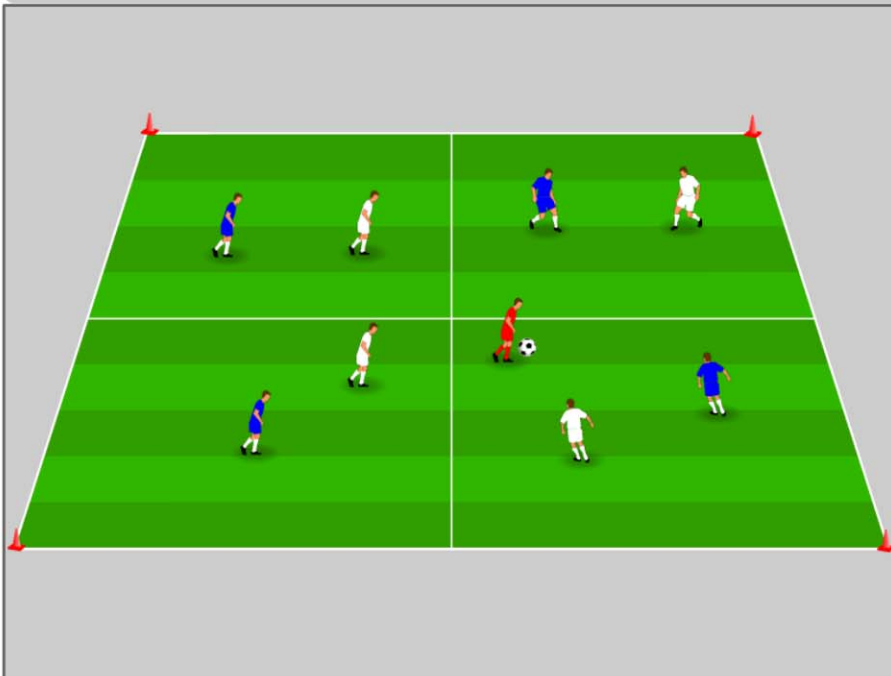
CM needs to recognize when to fade away from ball

(against the grain) instead of always moving to ball

Receiving the ball with an open body shape and peeking over shoulder

Good support angles

Mourinho Four Square Possession Activity



Description :

4v4 or 8v8 + 1/2 neutral players

1v1 or 2v2 in each of the four squares - these players must stay in their squares

neutral players free to move within any square

Complete x consecutive passes to score points

Variations: *touch restrictions for neutrals or other players

*additional neutral players on the perimeter of the field

Coaching Points :

*Individual creation of space - playing in the blind spot of defenders: can't see you and ball

*Passing technique - accuracy & weight of pass *use of deception/disguise

*Open body shape and quality of 1st touch - across body and away from pressure

*Decision making of the player on the ball - when to dribble and when to pass: players driving at defenders on the dribble to create numbers up (especially neutrals)