



04 / U16G - Possession to Advance - Play in the Gaps and Between Lines

Category: Tactical: Possession

Am-Club: Rio Rapids Soccer Club

Difficulty: Moderate | Start Time: 10-Nov-2019 13:00h

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Description

Phase: Possession to Advance

Principle: Play in the Gaps and Between Lines

Focus: Playing Rules

4v4 to Targets (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*Directional 4v4 possession to target players.

*Team in possession scores by getting the ball from targets on one side of the field to targets on the opposite side while maintaining possession

Round 1: Free play. Keep possession by using target players on your team. Inside players stay inside, outside players stay outside.

Round 2: When target player receives the ball, it must be passed to partner target player on the same side before it can be played back into area of play. Inside defenders can now press outside players. Outside players should try to play through each other whenever possible. If defender blocks pass, can they play in and back out through an inside player.

Round 3: Target players can step inside area of play to be available to receive ball, make an extra body to keep possession and keep flow of play. Inside defenders can still press outside players.

COACHING POINTS:

*Playing rules - receive across your body to face forward and play to break lines or play the way you face in 1 or 2-touches then move to create passing lane or receive ball facing forward

*Playing with an open body shape and peeking to see the ball, defenders and passing options*Attacking player movement to create passing lanes to break lines/play through gaps into and out of central zone (fade off shoulder of defender, runs to drag defenders, player interchange)

*Finding gaps through ball movement - dribbling or passing to create a passing angle to break lines/play through gaps

*Influencing defenders with the ball - using the dribble or passes to draw defenders into one area with the plan of playing through gaps/breaking lines in another



Learning Objectives

| | |
|--|----------------------------|
| | Technical (20%) |
| | Tactical (20%) |
| | Physical (20%) |
| | Psychological (20%) |
| | Social (20%) |

Rapids Passing Box (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

1) Opposite player checks into central box to receive ball side-on with an open body shape

2) Opposite player checks into central box to receive, lays off/sets for teammate, opens wide and go with pass going straight to opposite line

3) Opposite player checks into central box to receive, lays off/sets for teammate, opens wide and go with pass going out wide to this player and then to line they came from

COACHING POINTS:

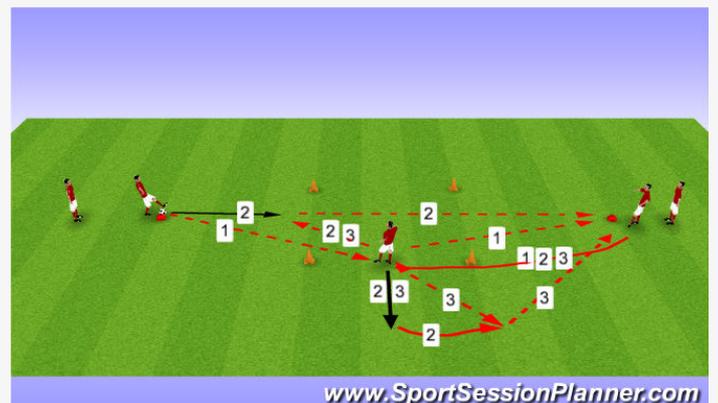
*Focus on location and quality of first touch to set up next action

*Weight and accuracy of passes - pop passes in with pass except for soft lay off/set

*Open body shape and constantly peeking over shoulder to see the game

*Receive across body to face up when defender doesn't come with you - use outside foot away from defender when you are marked tightly to lay off/set ball to teammate

*Layering: Force players to play and do something/think - not just play and stop



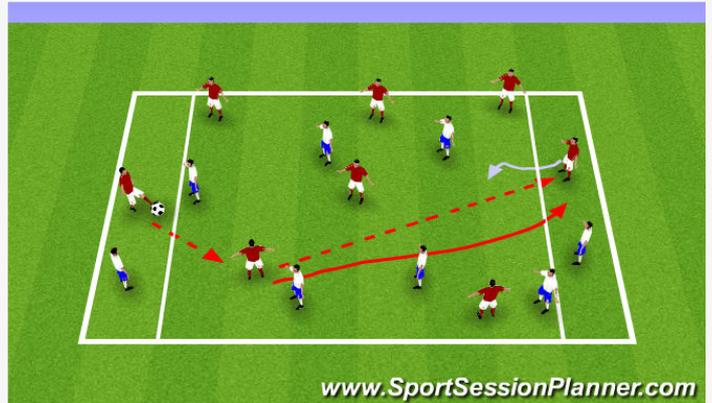
6v6 to Targets in End Zones (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- *Two equal size teams in field of play
- *One player from each team initially restricted to each end zone (may not be defended by each other or central players)
- *When a team in center wins ball - they score by playing into the target in one end zone and then into the other end zone without losing possession
- *When ball is played into a target they immediately transition into game with ball and are replaced by the passer

COACHING POINTS:

- *Open body shape and peeking to see the player with the ball and the target you want to play
- *Receive across body and face up whenever defender isn't tight
- *Playing rules - receive across your body to face forward and play to break lines or play the way you face in 1 or 2-touches then move to create passing lane or receive ball facing forward
- *Attacking player movement to create passing lanes to break lines/play through gaps into and out of central zone (fade off shoulder of defender, runs to drag defenders, player interchange)
- *Finding gaps through ball movement - dribbling or passing to create a passing angle to break lines/play through gaps
- *Influencing defenders with the ball - using the dribble or passes to draw defenders into one area with the plan of playing through gaps/breaking lines in another
- *Quality passing technique: zipping passes in with pace, smooth on ground and to proper foot



7v7 & GKs to Full-Size Goals (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- 50 yd wide x 70 yd long field
- 7v7 to 2 full-size goals with GK's
- Each team in 3-3-1 shape

COACHING POINTS:

- All of the coaching points from earlier in session

