



INDIVIDUAL POSSESSION

SESSION PLAN

#TEAMGRASSROOTS



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Defending Tech/Skill

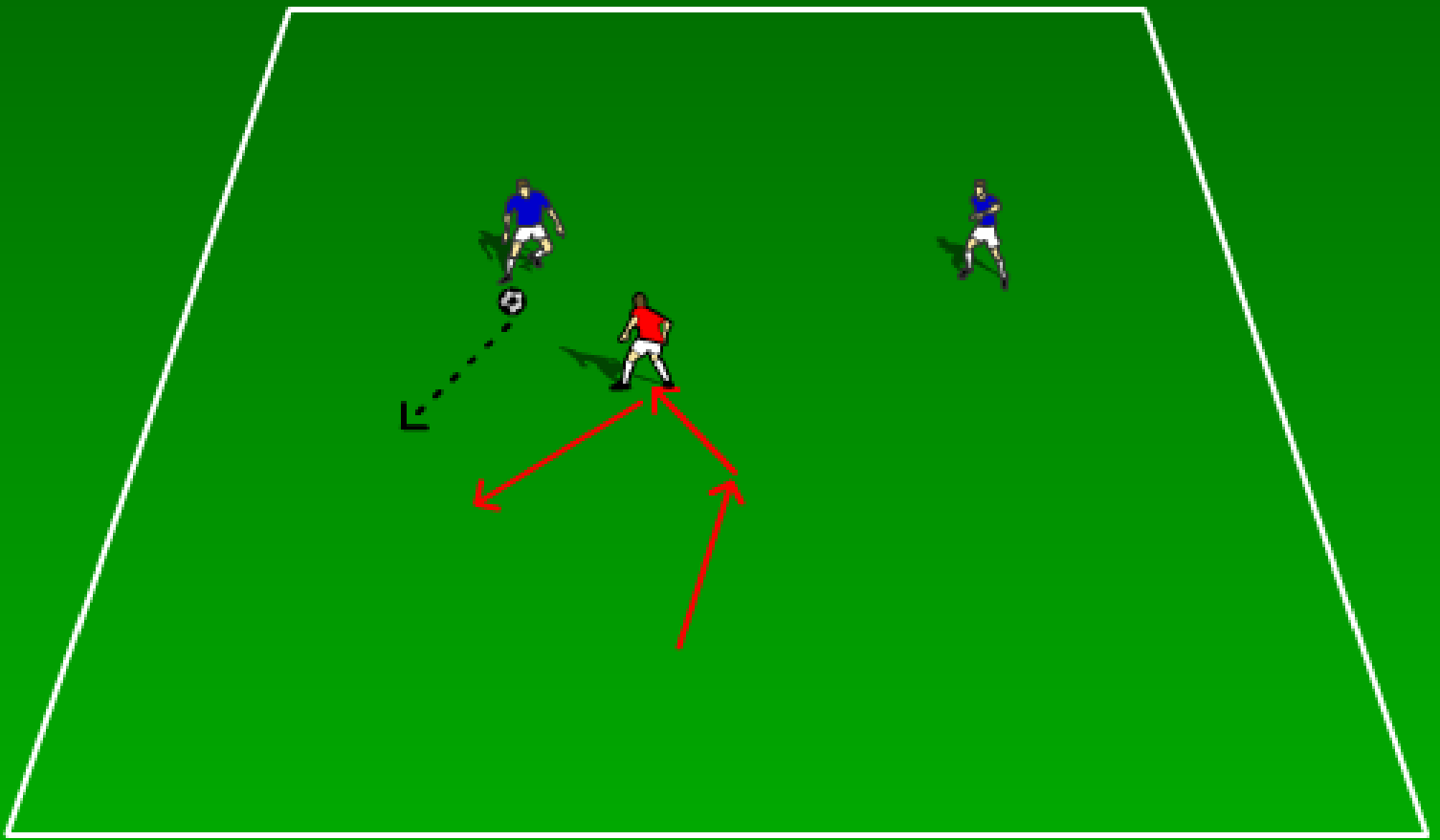
1 v 1 to the cone. Attack has to try and pass the ball to hit/knock over the cone. Defender has to stop them and win the ball to become the attacker.

Progressions:

- Can start with defender only defending and not trying to win the ball (taking it in turns to see which attacker can get the most points)
- 2 v 1 to cone

Key points:

- Defending technique (jockeying)
- Tactical points (show towards weak foot etc)
- Slow down attacker
- Stop attacker turning if facing the other way



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Defending unbalanced Tech/Skill

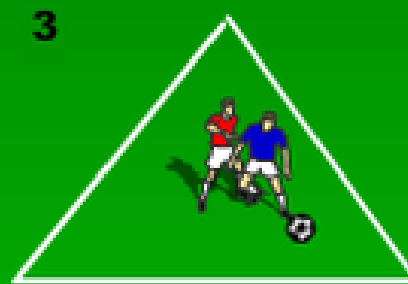
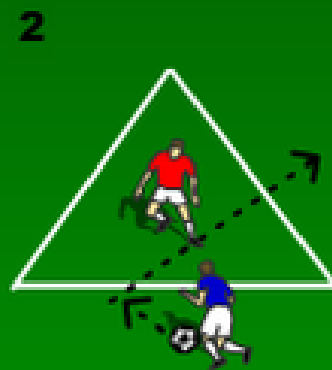
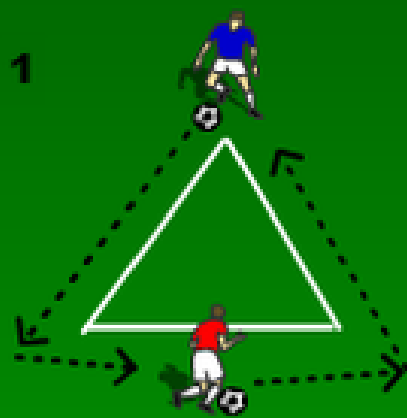
1 v 2 to the end line. The defender starts with the ball and passes across to the attacker. As soon as the ball is played the game is live. If it goes out then start the game again.

Progressions:

- Can start with only pressure (no tackling)**
- 2 v 3**
- Add goals**

Key points:

- Jockeying technique**
- Slow the attacker down**
- Create 1 v 1 by showing the attacker away from the other attacker (cut off early by curving run)**
- When to win the ball (after big touch, mistake etc)**



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Dribbling Tech/Skill

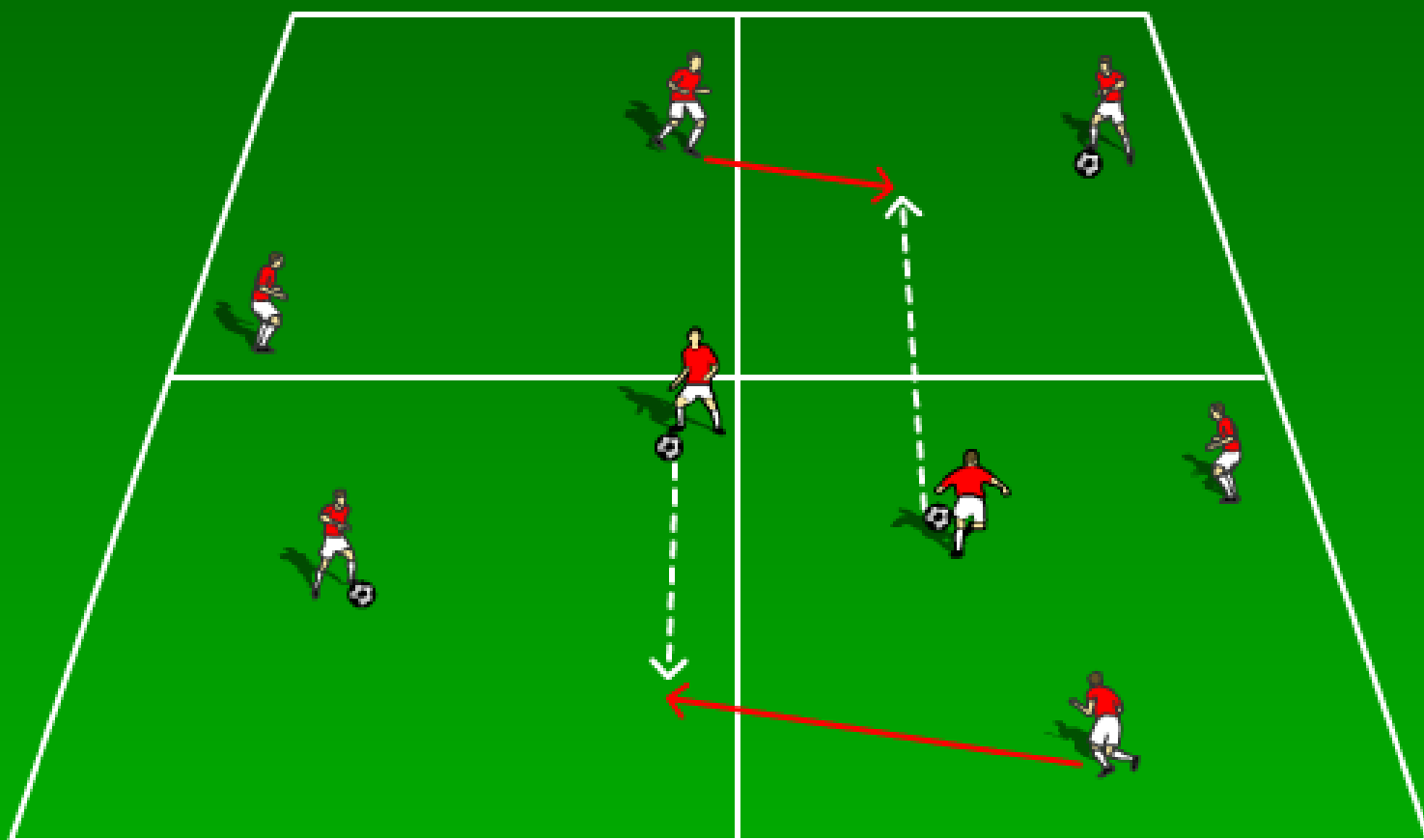
1: Players can not go into the triangle and must stay near the outside. One player is the chaser while the other is trying to get away. Swap over each time someone gets tagged. Both players have a ball.

2: One player is in the triangle without a ball while the other is on the outside with a ball. The player with the ball has to try and get through the triangle without getting tackled by the defender to score. If they get tackled then the players swap roles.

3: Both players are inside the triangle with one ball. The player at the end of the time limit with the ball wins. If a player kicks it out then the other player gets the ball.

Key points:

- Change speed and direction to beat/trick the defender
- Use certain skills
- Small, quick touches on the ball
- Look for space/gaps
- Use body to keep the other player away from the ball (shielding technique: ball far side, body side on to see both player and ball, if the other player steps one way roll the ball the other etc)



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Passing Tech/Skill

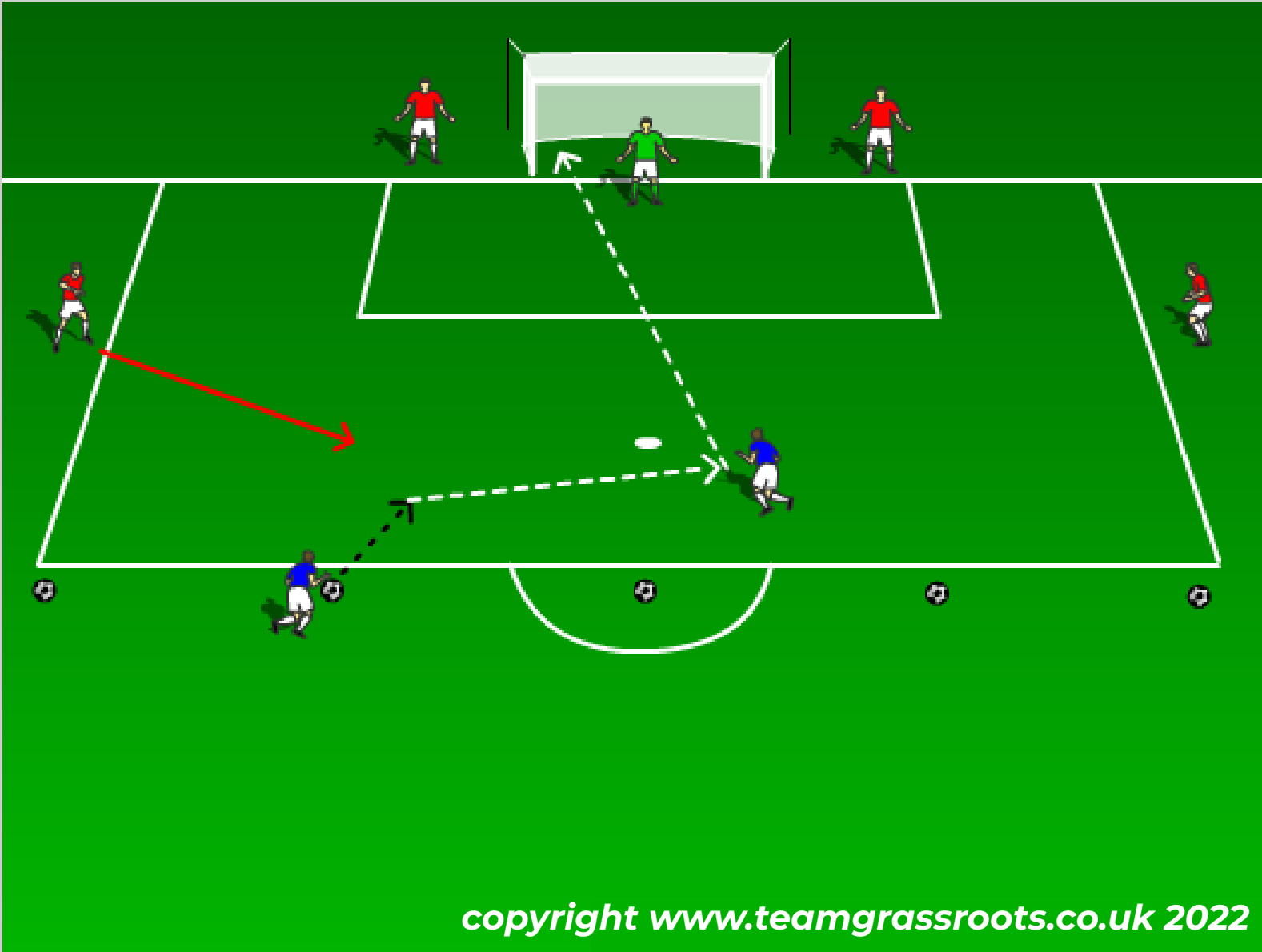
Players have to pass to each other but they can't pass to them in the area they are in (as shown above, players have to pass into a space for another player to run onto).

Progress:

- Add a defender(s)
- Add a defender in each area

Key points:

- Head up
- Communication (point to where the pass should go)
- Weight of pass
- Angle of pass
- Timing of run



Shooting/Finishing - Tech/Skill

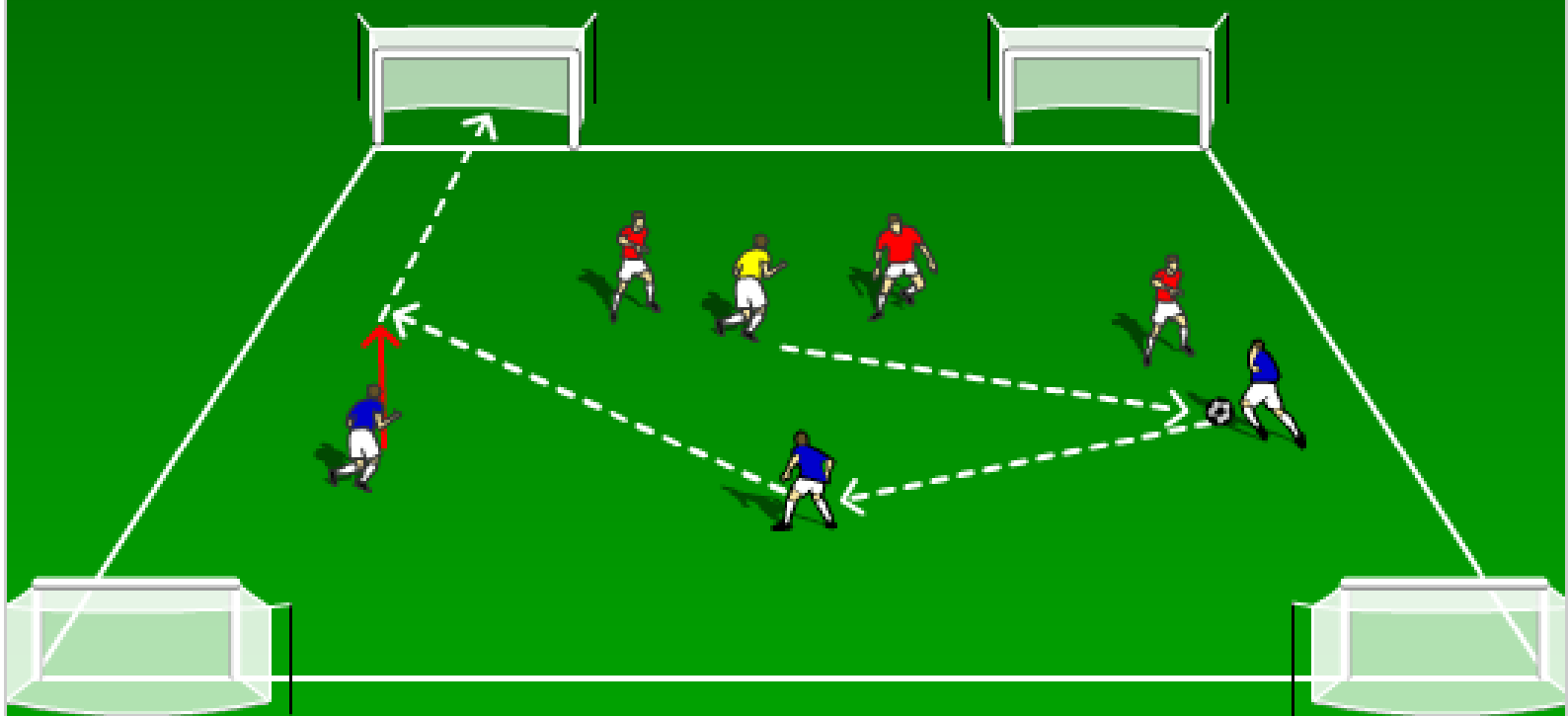
Two strikers have to score as many goals as possible from the five chances they get. The reds and the goalkeeper have to try and stop them and get the ball out of the area. Only one defender can come in at a time. Once that ball is used (goal, miss or tackle), that defender drops out the area and the strikers run and get one of the other balls. As soon as the strikers touch that ball then the next defender can come in. After 5 swap the attackers over and reset/repeat.

Progressions:

- Start with defenders only pressuring (no tackling) (tech)
- Add another defender

Key Points:

- Finishing tech
- Shooting tech
- Quick shots/passing
- Strikers movements (follow up shots, open up space for outside players to shoot, blindside runs etc)



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Switching Play Tech/Skill

Three vs three with one neutral. The teams have to score in the other teams goals that are placed wide on each side. At first there is no tackling, only intercepting and blocking.

Progressions:

- Open up into a normal two goal game
- Add more players on each team/take away the neutral

Key Points:

- Quick passing
- Width and depth (movement to open up angles, options wide and pivot players)
- Open up on back foot and play