

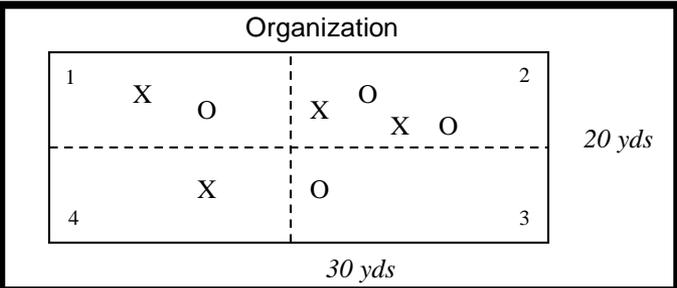
Name: OFC

Topic: Coach to Improve Possession

Date: _____

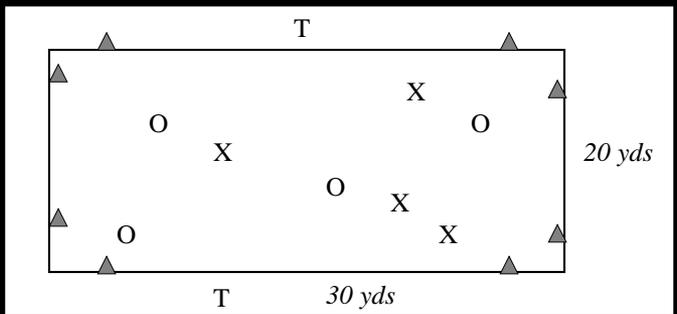
X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run <----- = Pass

Fundamental - Warm Up **15 min.**
 Two teams of 4 players
 -open possession
 -time possession
 -unlimited touch / progress to 2 touch
 - change of direction
 * **STRETCH**



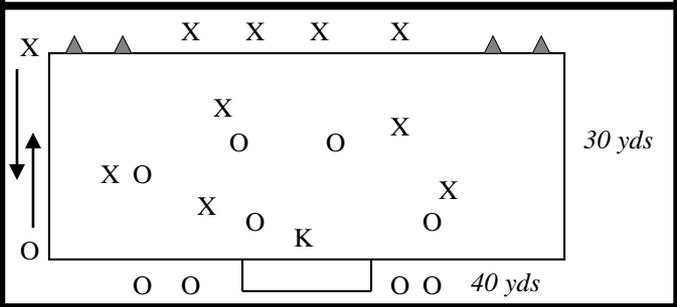
Key Coaching Points
 Field is divided into 5 areas, coach calls which area teams play in, 1 being the top left and 5 being the whole field.
 -individual ability
 -quality of passing
 -team must achieve set # of passes
 -ball control

Match Related Activity **15 min.**
 4 v 4 to targets of small goals
 -open possession coach calls when targets are open
 - can add a third team to pay on and off (speed of play)



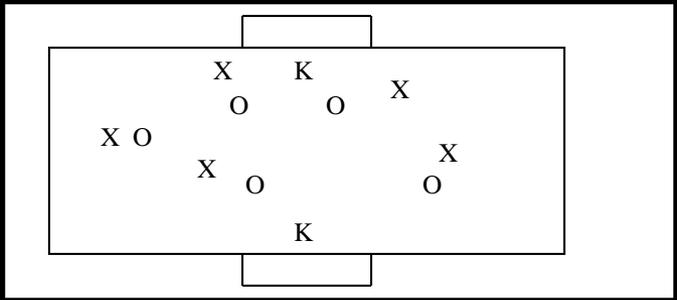
-quality of passing
 -ball control
 -support, balance
 -speed of play
 -movement of players
 -communication
 -shielding

Match Related Activity **20 min.**
 5 v 5
 - add players at end of field
 - add Keeper



-rotate players in and out so the teams always have to adjust
 -possession must have a purpose (direction or to achieve topic example: score)
 -team understanding
 -safety

Match Condition Game **40 min.**
 4 v 4 or 5 v 5 + keepers



-to understand that possession allows your team to progress within the game

Cool Down

Light Jog & Stretch