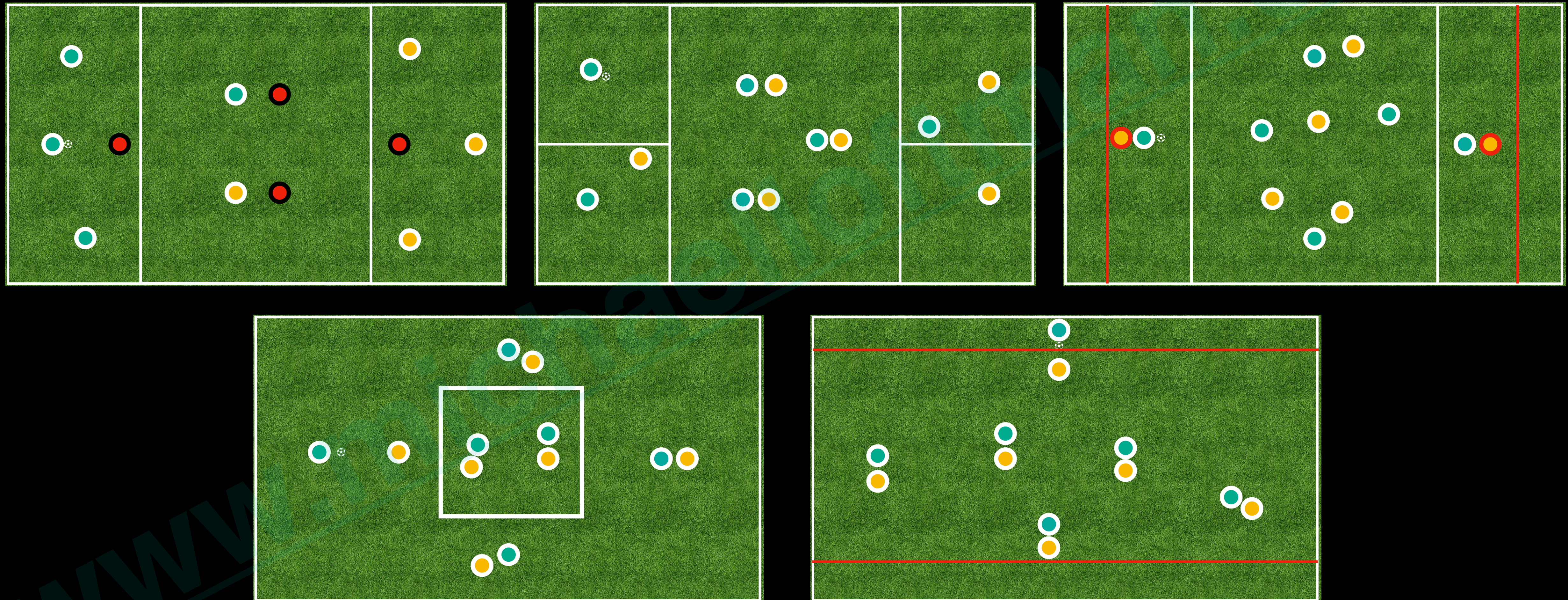


5 POSSESSION GAMES TO IMPROVE TECHNICAL ACTIONS

TUESDAY 27TH JULY 2021



Exercise Focus: Positional Possession Game: Technical & Tactical Actions to Penetrate Opponents



Exercise Objective - By the end of this exercise:

- 1. Players will have experienced a high repetition of technical actions that can be used to beat opposition structures
- 2. Players will also have started to execute cohesive movements to create overloads, and cohesive actions when in 'noload' situations
- 3. Players will experience making decisions when defending against match realistic overloads, and when defending man to man

Phase:

In Possession Focus, Out of Possession Secondary Focus

Principles:

- Structure
- Adaptation
- Control
- Opportunity
- Danger
- Execution

Pictures:

- 1. Full back drive for diagonal
- 2. Full back drive to penetrate
- 3. Midfield bounce to circulate
- 4. Midfield combination play
- 5. Half Space Rotation
- 6. Runs from Deep

Game Flow:

8v4 with counter pressing. Each round last 2 minutes, competing for the highest successful combination of passes. Players have positional starting positions then have freedom to move and make decisions.

Perfection Target:

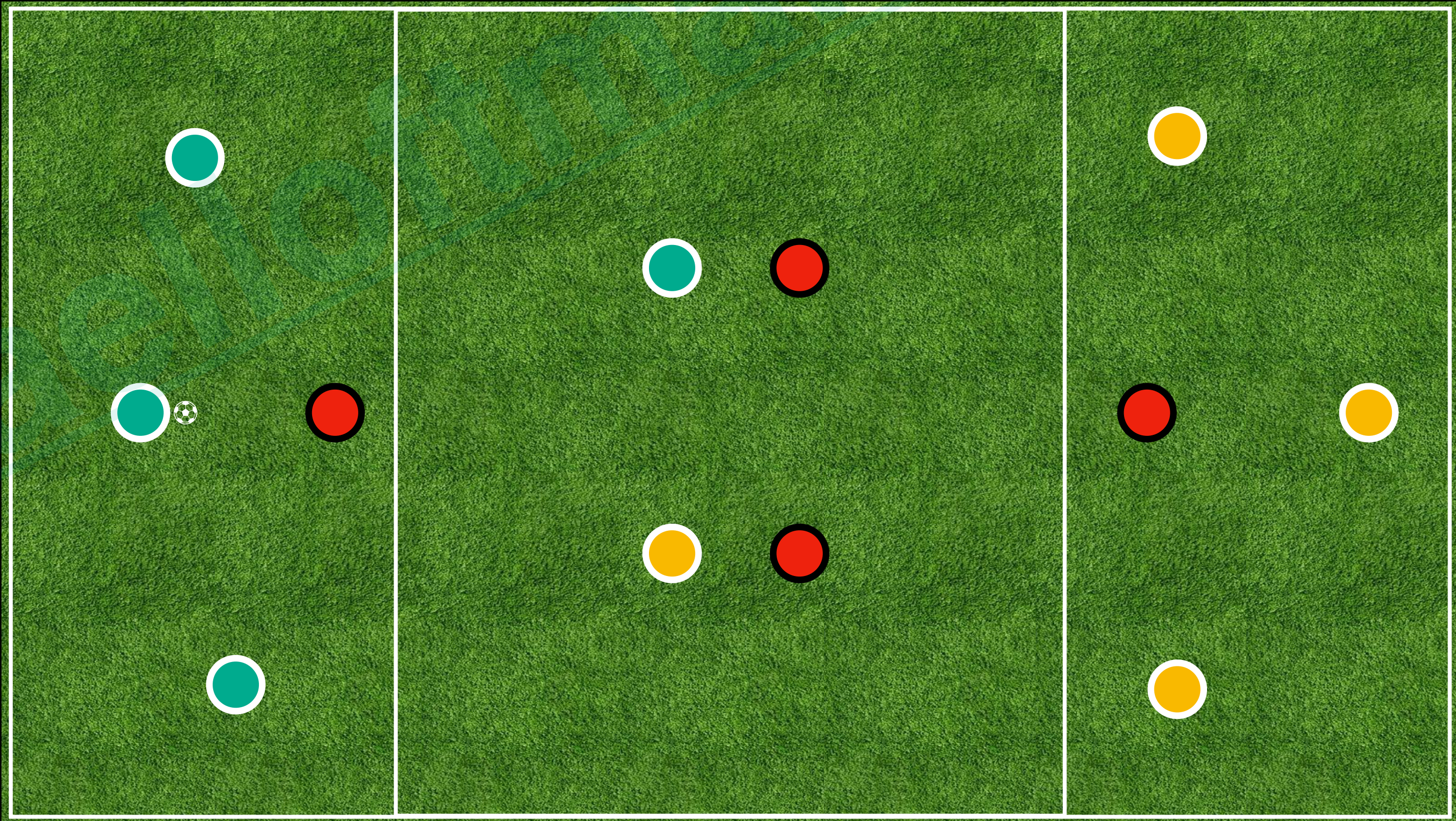
Continuous high level technical actions, and high level tactical movements to create cohesive overloads.

Coaching Points:

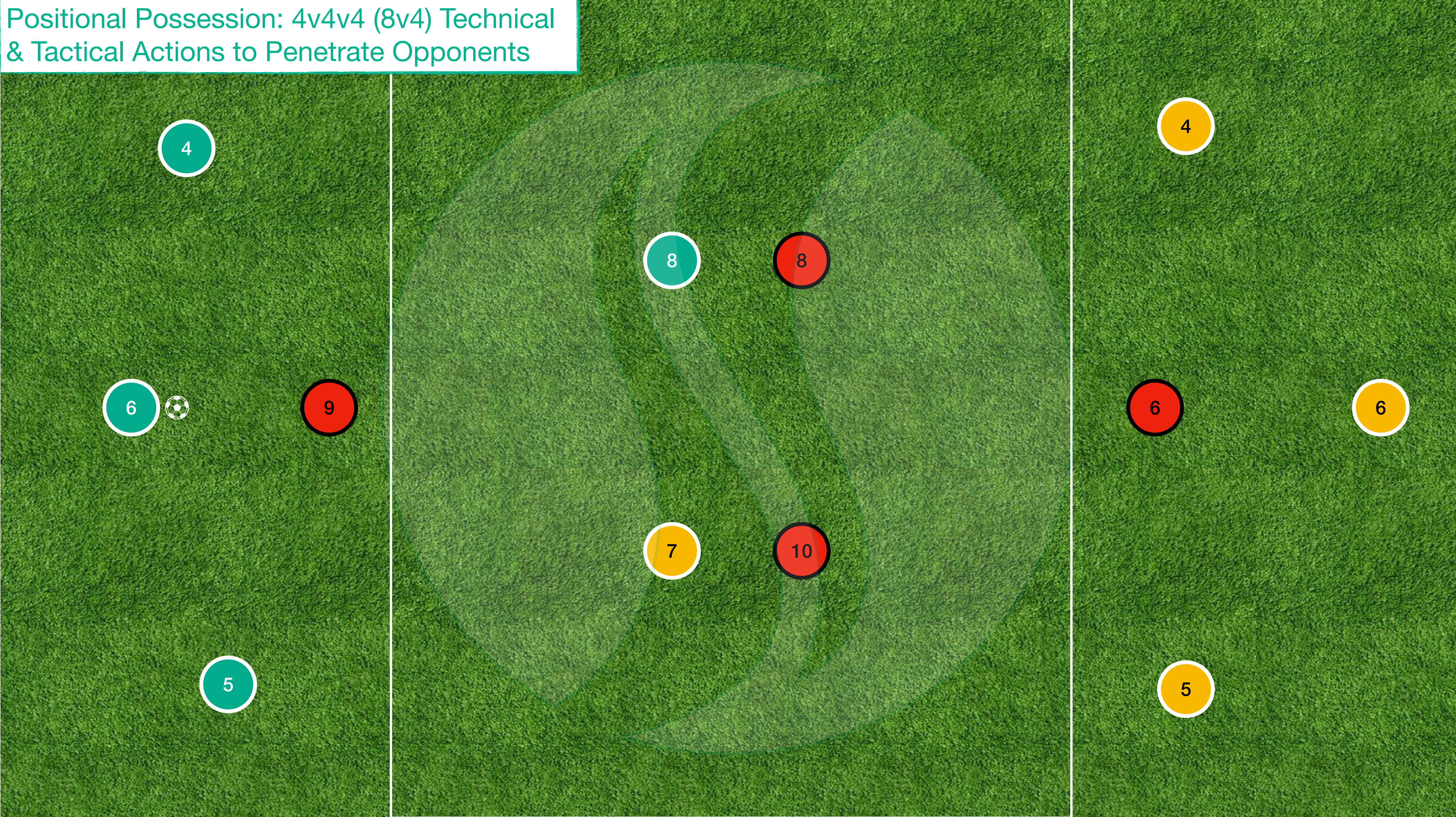
- Numbers - Create Overloads
- Triggers - Cohesion of Movements
- Communication - Info with Actions
- Anticipation - Early Adaptation
- Tempo - Quick decisions and actions
- Continuity - 3 seconds after turnover

Player Detail:

- Body Position and Shape
- Continuous Searching
- Touch to set next action
- Emergency Solutions
- Switch, Through, Bounce
- Receiving with protection



Positional Possession: 4v4v4 (8v4) Technical
& Tactical Actions to Penetrate Opponents



Exercise Focus: Positional Game: Movements to Create Space for the 9



Exercise Objective - By the end of this exercise:

- 1. Players will have experienced a high repetition of technical actions to find the number 9
- 2. Players will also have started to execute cohesive movements that open passing lanes for the 9 to receive
- 3. Players will experience receiving under pressure in relation to the position they play

Phase:
In Possession Focus

Principles:

- Structure
- Adaptation
- Control
- Opportunity
- Danger
- Execution

Pictures:

- 1. Striker in to out
- 2. Striker out to in
- 3. Striker pin defender
- 4. Midfield open wide
- 5. Midfield pull & spin
- 6. Midfield combine & play

Game Flow:

6v6, balls start from one side. After striker receives the ball, defenders must get a new ball and play again looking for the striker. Same rules for both sides.

Perfection Target:

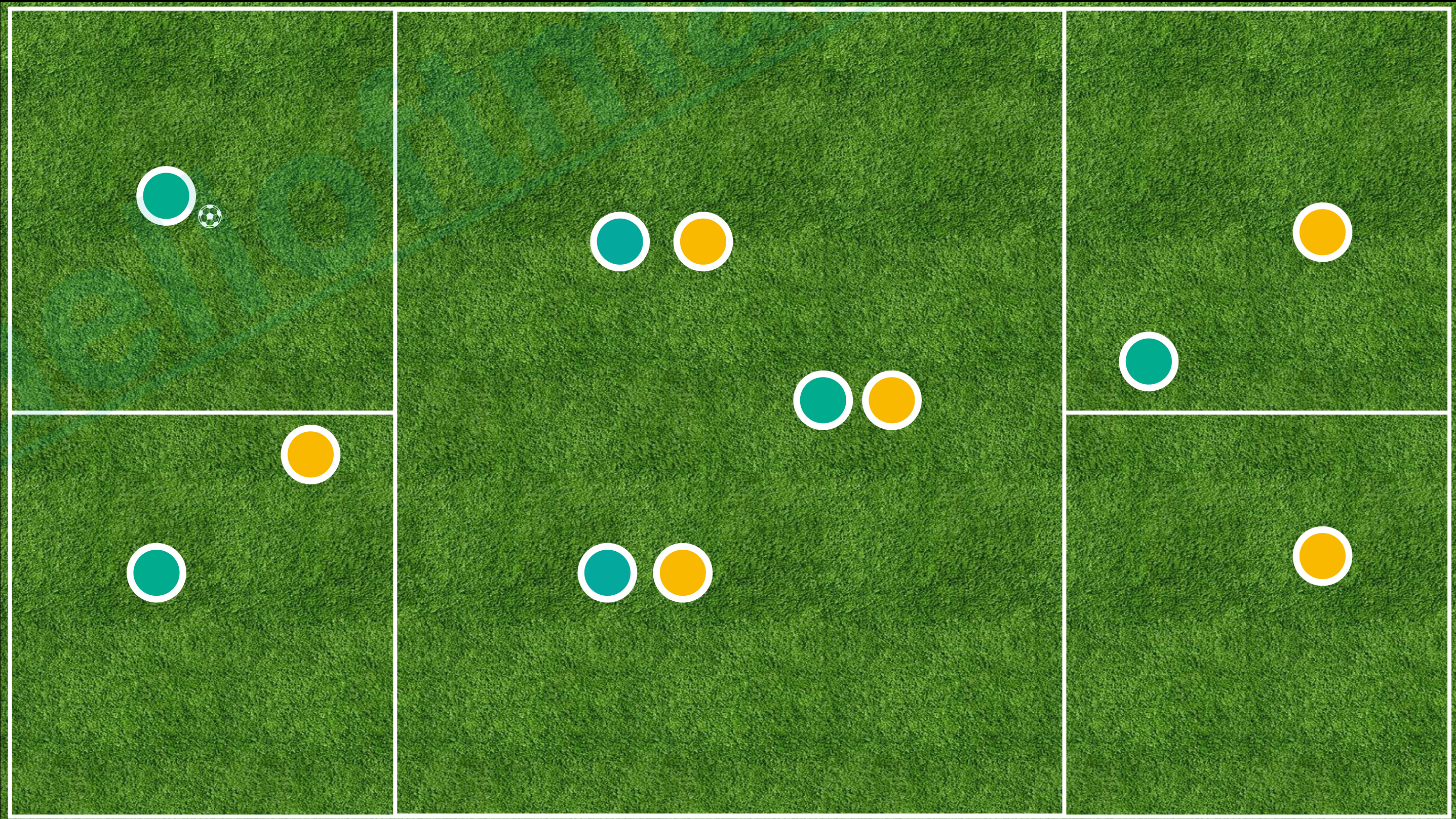
Frequent movements and technical actions to find the strikers for both teams. The striker regularly receives the ball using a number of methods.

Coaching Points:

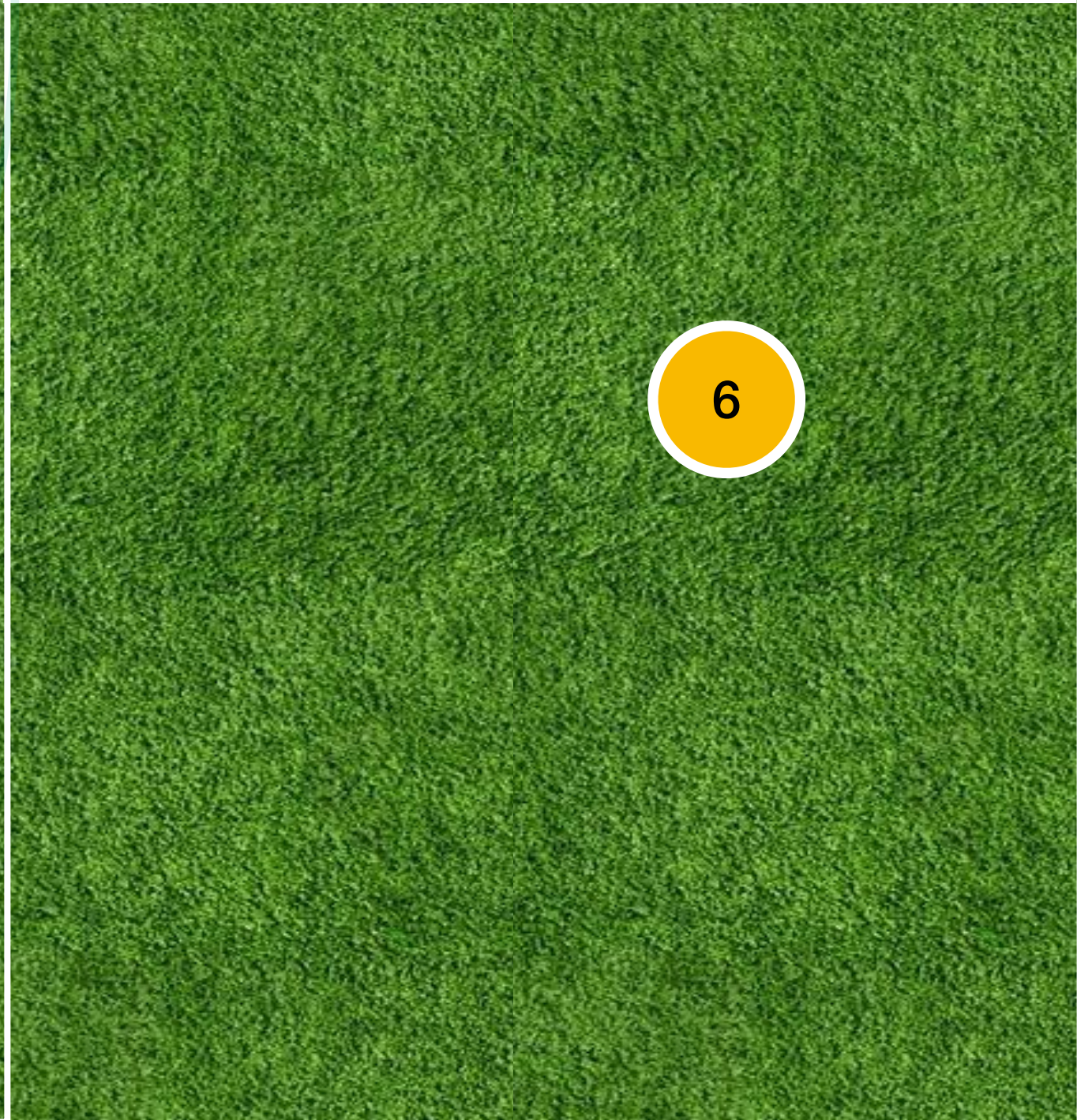
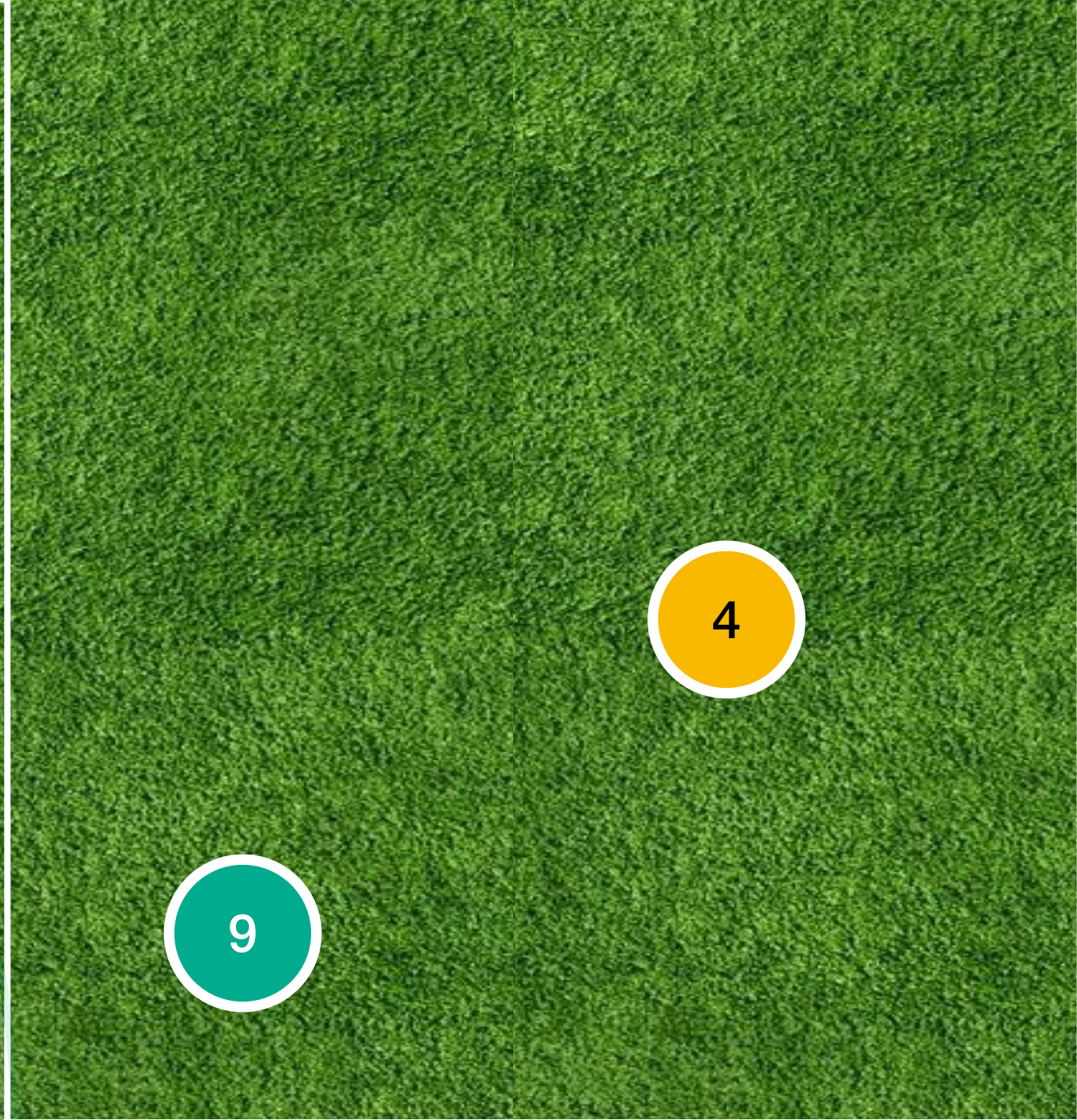
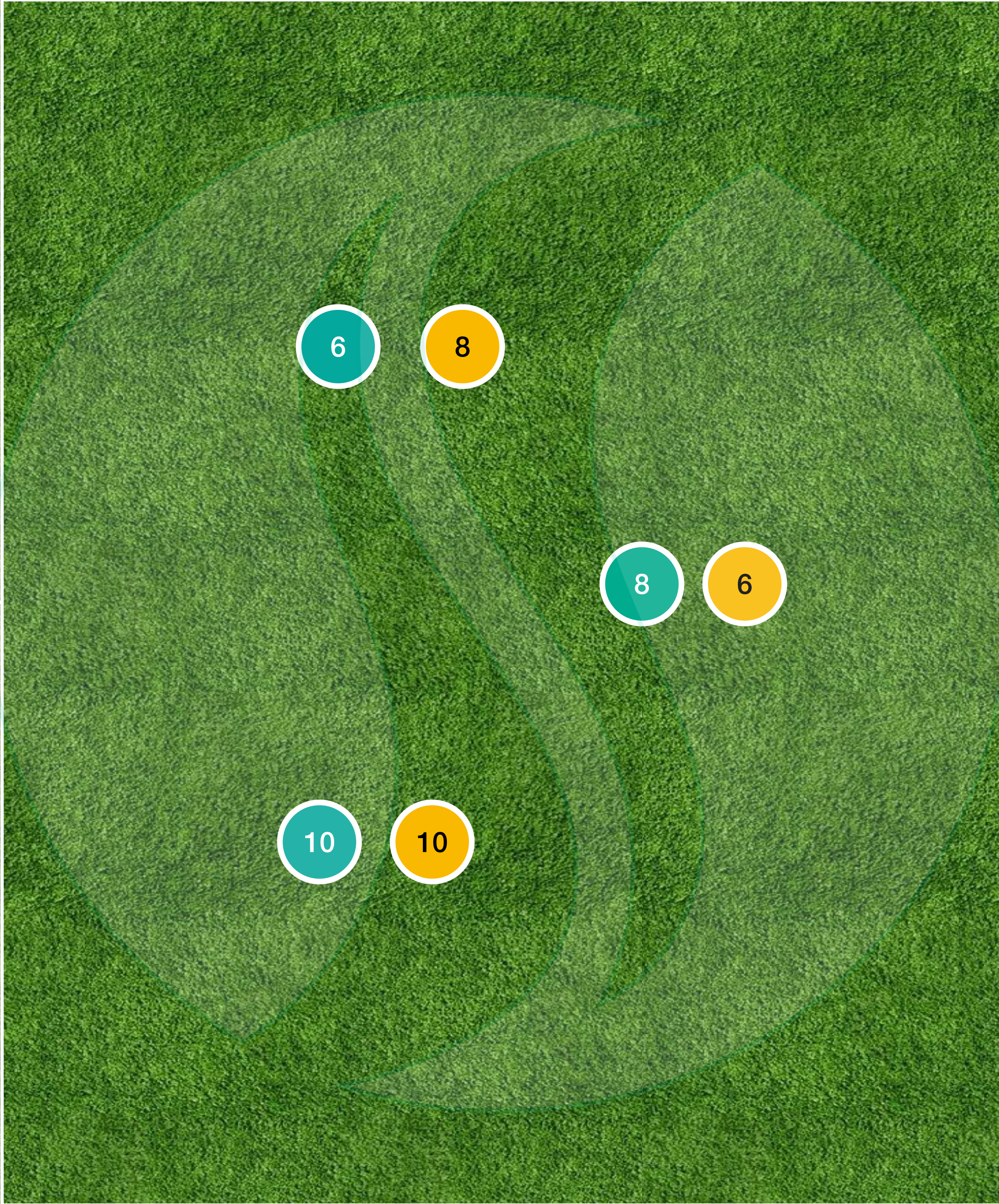
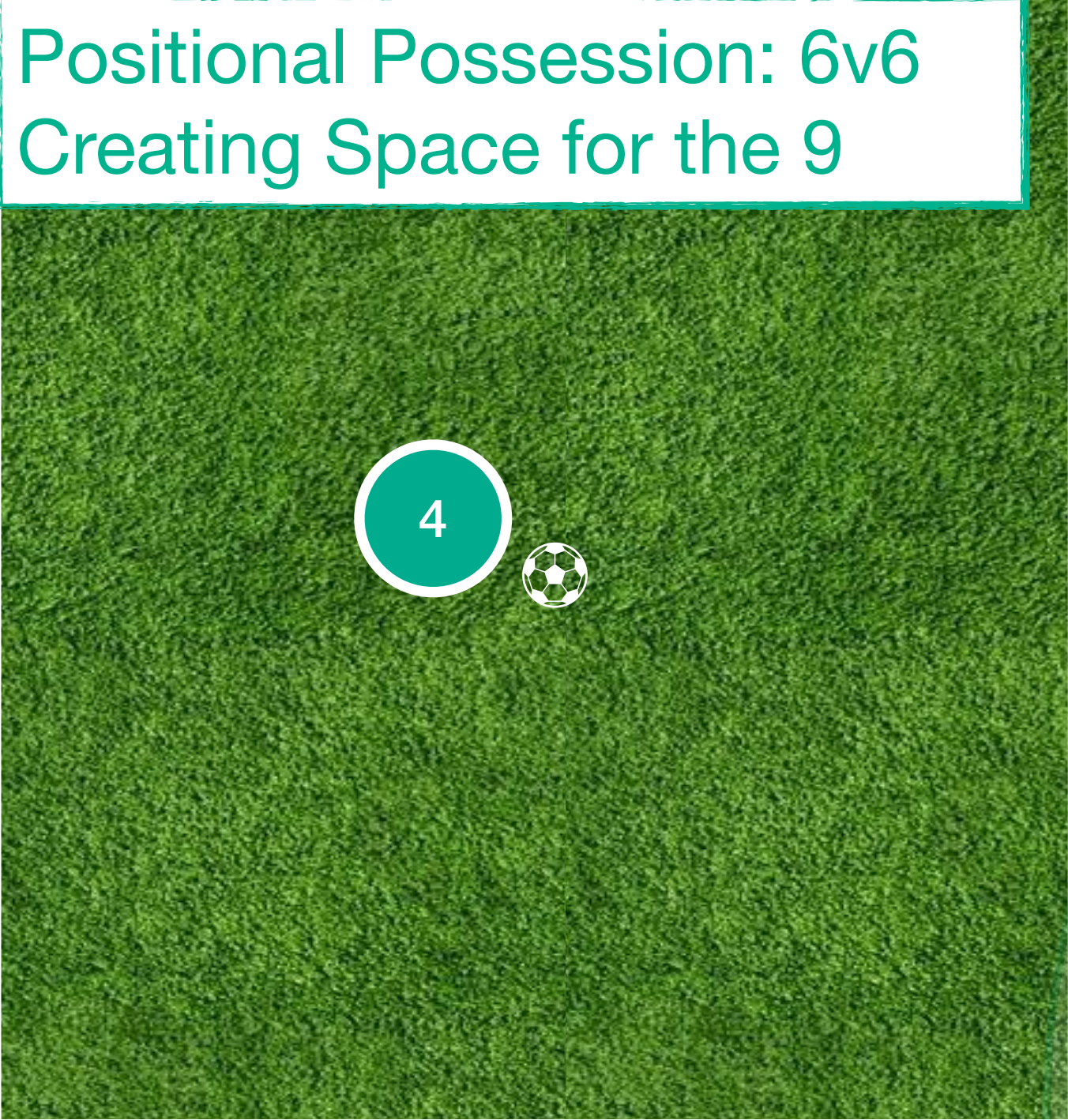
- Numbers - Keep 'no-load'
- Triggers - Timing to open the space
- Communication - Info with Actions
- Anticipation - Positioning for turnovers
- Tempo - Controlled high and low
- Continuity - Pressure after turnover

Player Detail:

- Body Position and Shape
- Continuous Searching
- Touch to set next action
- Emergency Solutions
- Through, Bounce
- Receiving with protection



Positional Possession: 6v6
Creating Space for the 9



Exercise Focus: Positional Possession Game: Playing off the 9



Exercise Objective - By the end of this exercise:

- 1. Players will have experienced a high repetition of technical actions to find the number 9 and receive from the No.9
- 2. Players will also have started to move with good timing to support passes played into the 9
- 3. Players will utilise different methods to find the 9, including playing around and into the 9, through into the 9, and chip into the 9.

Phase:
In Possession Focus

Principles:

- Structure
- Adaptation
- Control
- Opportunity
- Danger
- Execution

Pictures:

- 1. Striker rolling defender
- 2. Striker bouncing then opening
- 3. Striker bouncing into space
- 4. Chip for chest bounce

Game Flow:

6v6, directional. End players swap who is marking and who is receiving based on the team that is in possession. After scoring at one end, they get another ball and attack again. Team scores by crossing end zone with the ball after bouncing off of the 9 or 9 rolling defender

Perfection Target:

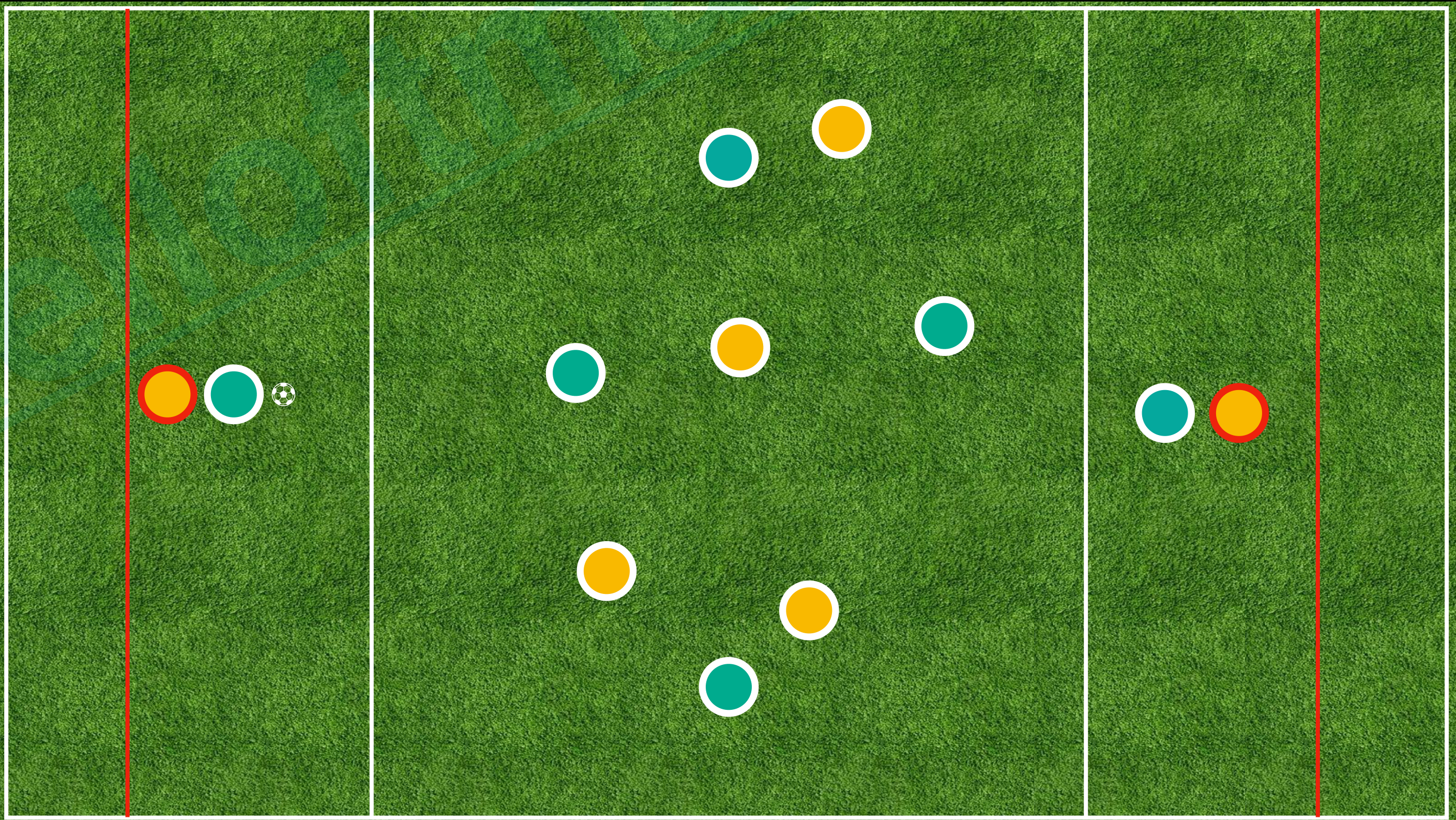
Frequent movements and technical actions to find and receive off of the striker to attack the end zone.

Coaching Points:

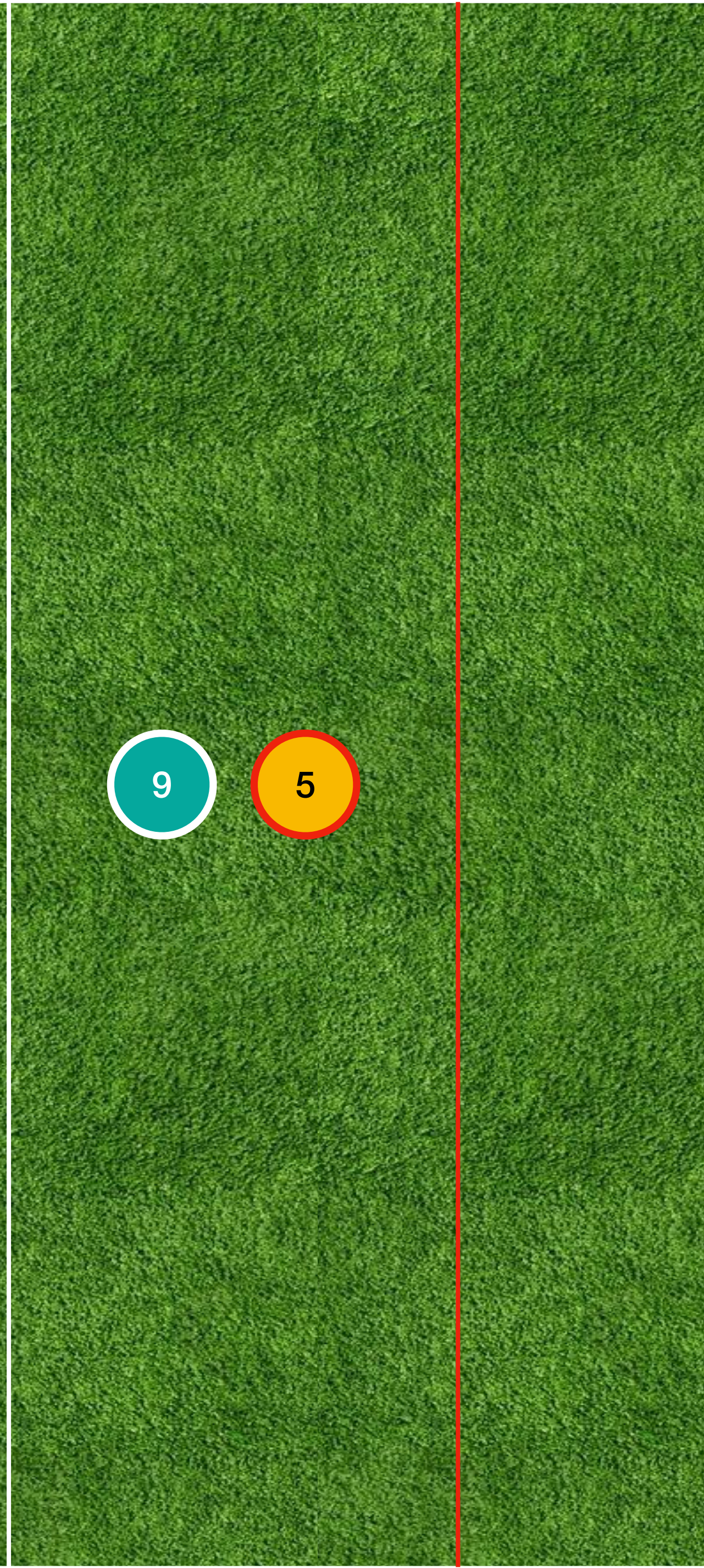
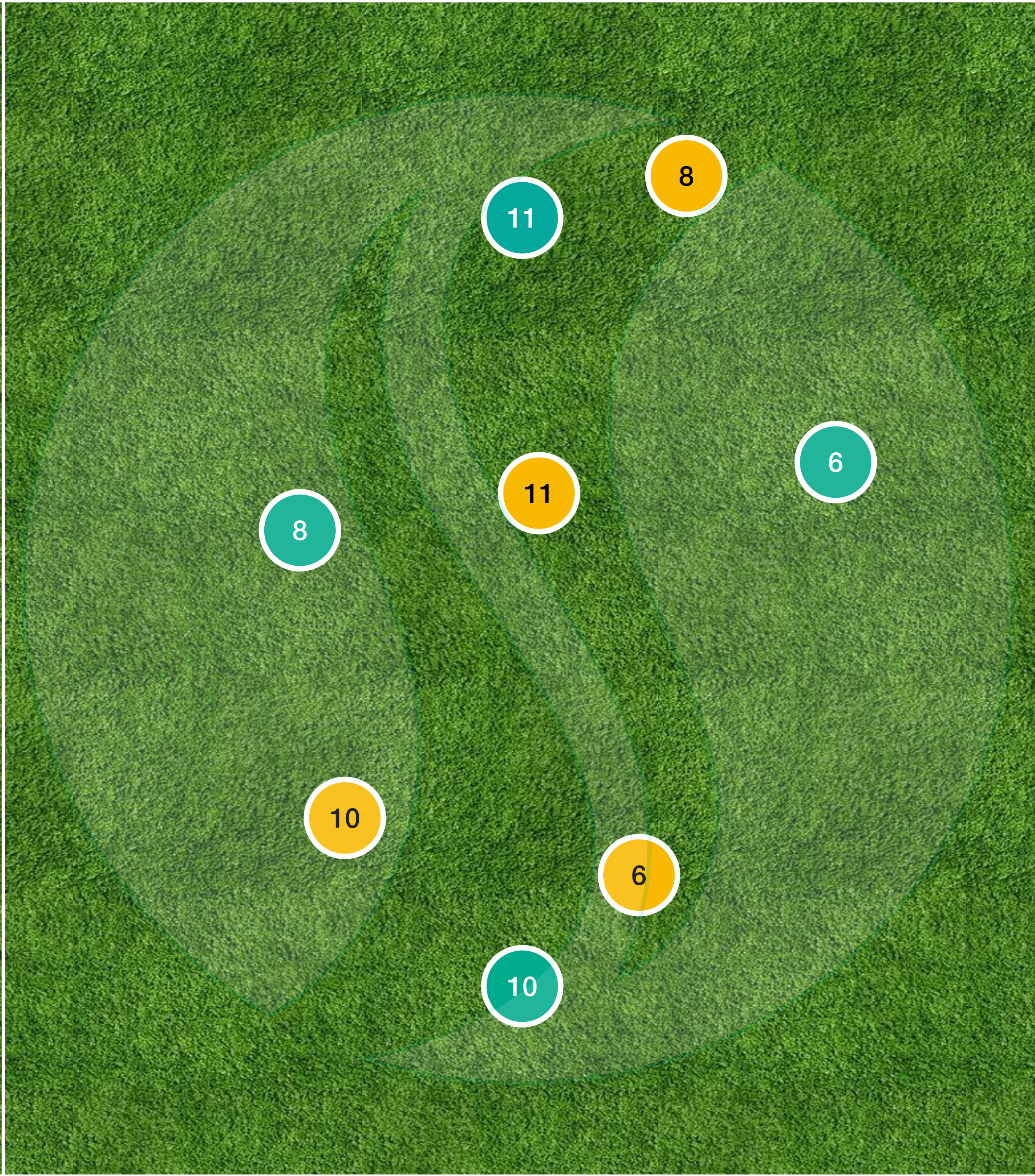
- Numbers - Keep 'no-load'
- Triggers - Timing to join the 9
- Communication - Info from the 9
- Anticipation - Positioning for turnovers
- Tempo - Quick tempo
- Continuity - Pressure after turnover

Player Detail:

- Body Position and Shape
- Continuous Searching
- Touch to set next action
- Emergency Solutions
- Through, Chip, Around
- Receiving with protection



Positional Possession: 6v6
Playing off the 9



Exercise Focus: Free Possession Game: 2v2 Midfield Combinations



Exercise Objective - By the end of this exercise:

- 1. Players will have experienced a high repetition and variety of technical actions to combine in tight areas
- 2. Players will have experimented with a variety of combination play pictures
- 3. Players will have experienced utilising support angles under pressure requiring both depth and tight support

Phase:

In Possession Focus

Principles:

- Structure
- Adaptation
- Control
- Opportunity
- Danger
- Execution

Coaching Points:

- Numbers - Keep 'no-load'
- Triggers - Best angle to support
- Communication - Info from midfielders
- Anticipation - Press on turnovers
- Tempo - Quick tempo
- Continuity - Control after regain

Pictures:

- 1. High and Deep Midfielder
- 2. Fake pass and roll
- 3. Both deep, outside foot slide
- 4. Pin high to set deep
- 5. Double movements to support

Player Detail:

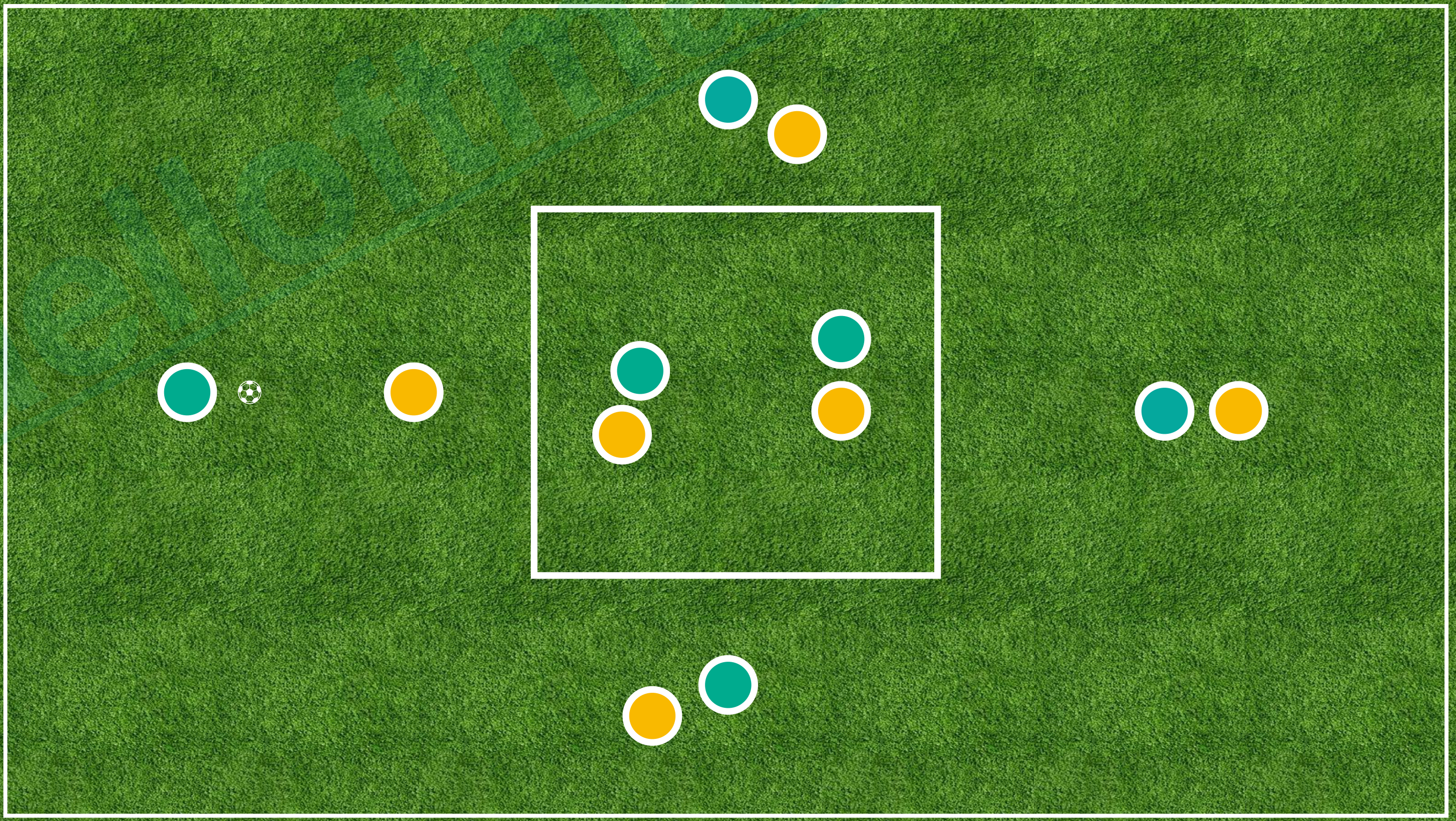
- Body Position and Shape
- Continuous Searching
- Touch to set next action
- Emergency Solutions
- Through, Chip, Around
- Receiving with protection

Game Flow:

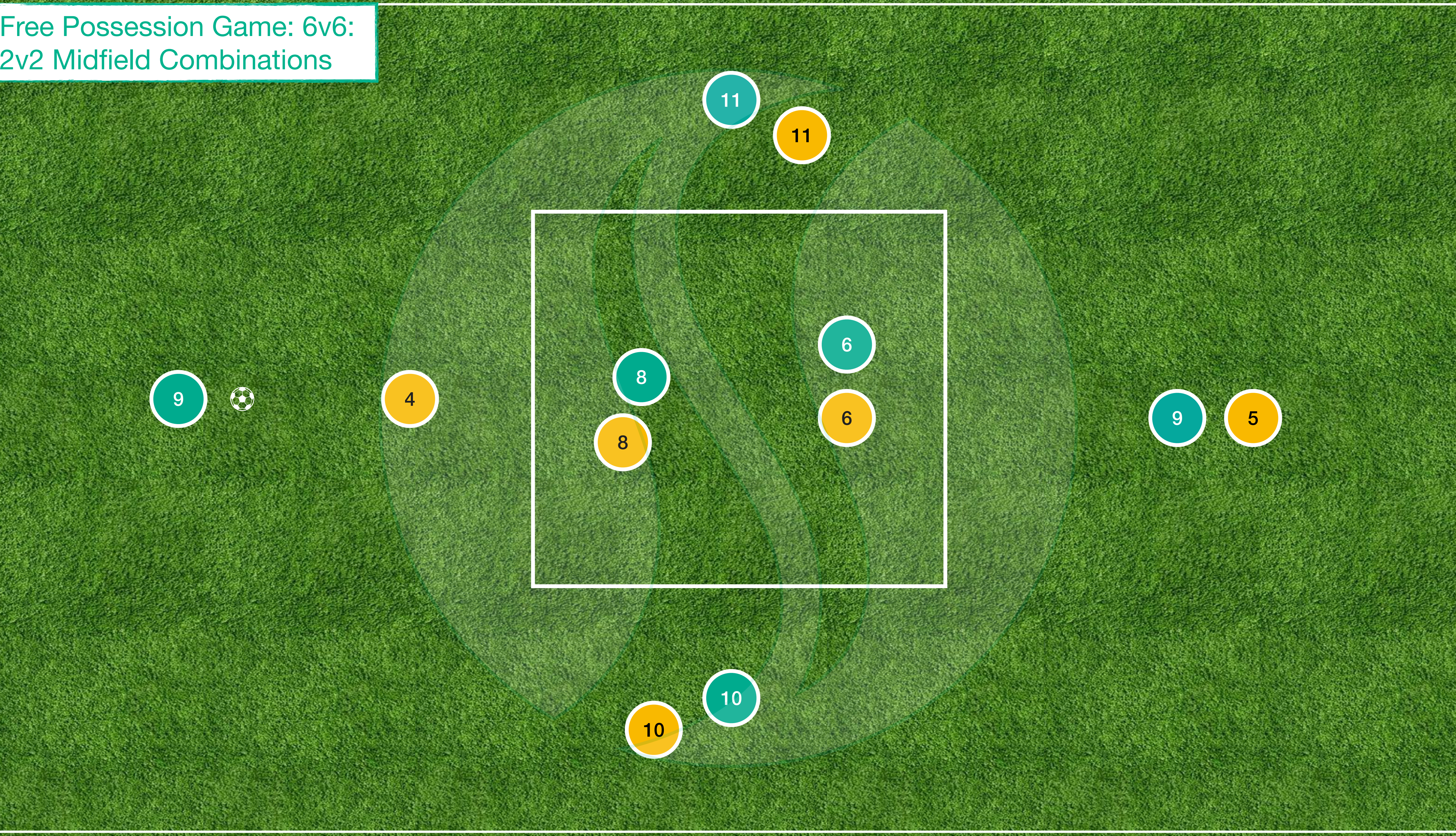
6v6 with 2v2 inside the box. In order to score a point the team must play into the box to both players within 3 passes of each other. Midfielders can be direct to each other, or out and back in to the third player

Perfection Target:

Frequent combination play between the players inside the box, also utilising the players outside of the box.



Free Possession Game: 6v6:
2v2 Midfield Combinations



Exercise Focus: Free Possession Game: Individual Dominance Against Man to Man Pressure



Exercise Objective - By the end of this exercise:

- 1. Players will have experienced a high repetition and variety of technical actions to beat the opponent 1v1
- 2. Players will have experimented with a variety of combination play pictures
- 3. Players will have experienced utilising support angles under pressure requiring both depth and tight support

Phase:
In Possession Focus

- Principles:**

 - Structure
 - Adaptation
 - Control
 - Opportunity
 - Danger
 - Execution
- Coaching Points:**

 - Numbers - Keep 'no-load'
 - Triggers - Actions of direct opponent
 - Communication - Info re. Opponents
 - Anticipation - Likely action of opponent
 - Tempo - Quick tempo
 - Continuity - Reaction after turnover

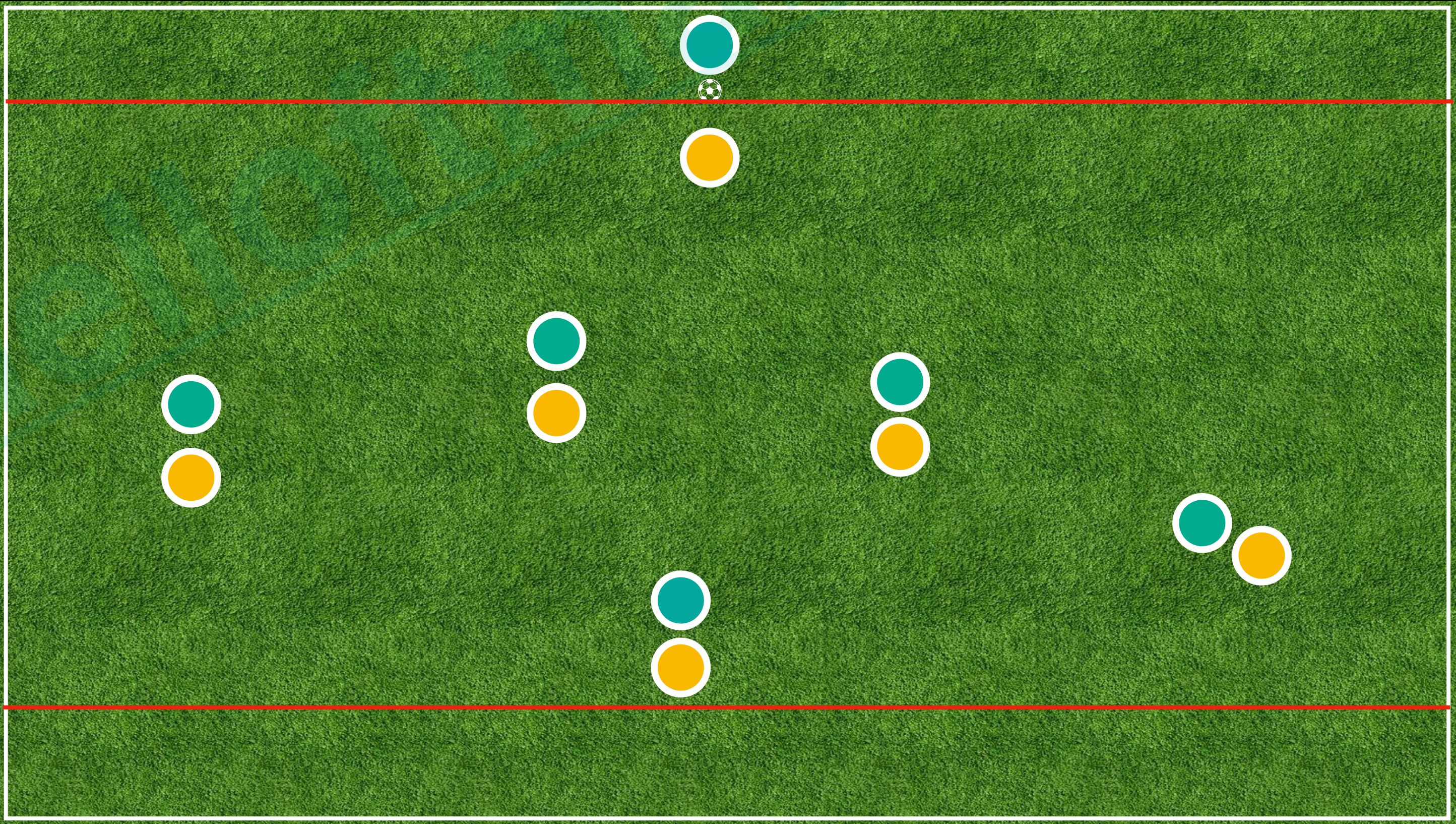
- Pictures:**

 - 1. Open to Face Up
 - 2. Receive to set & spin
 - 3. Receive and roll
 - 4. Receive to combine
 - 5. Receive to pass one touch
 - 6. Receive to invite
- Player Detail:**

 - Body Position and Shape
 - Continuous Searching
 - Pinning opponent
 - Receiving with protection
 - Ball manipulation
 - 1v1 Attacking priorities

Game Flow:
Ball starts at one side, the game runs from wide side to wide side. Both teams must mark man to man. In possession they must find solutions to beat the man to man pressure.

Perfection Target:
Players frequently beat their individual opponents with intelligent. Movement and individual technical actions.



Free Possession Game: Playing against Man to Man Pressure

