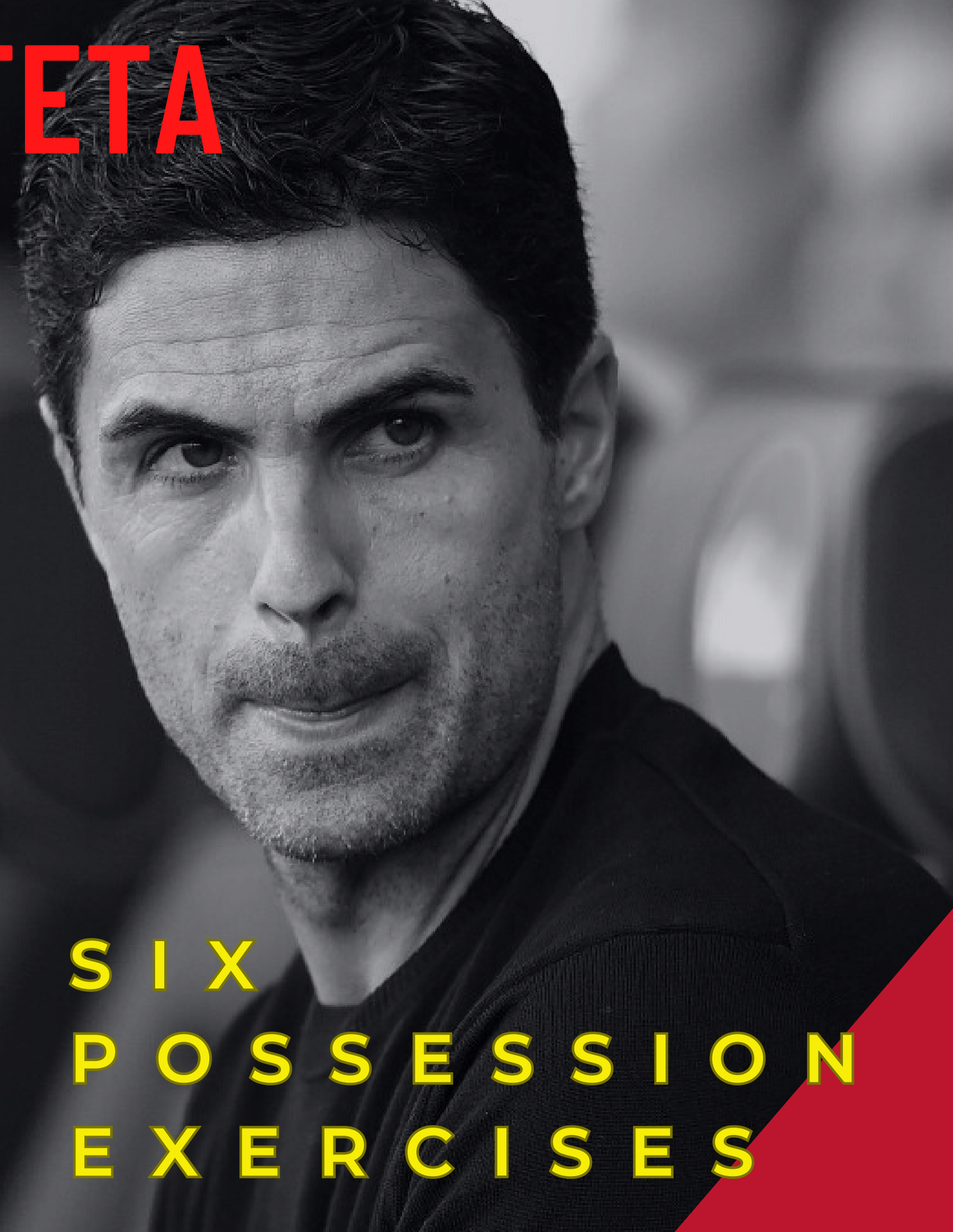


MIKEL ARTETA



SIX POSSESSION EXERCISES



“My philosophy is clear. I want the football to be expressive, entertaining. I cannot have a concept of football where everything is based on the opposition.”

Mikel Arteta



Physical Environment

Alongside the exercises, it's also important to look at ways that Mikel Arteta and his Arsenal staff modify the physical environment during the training sessions.



Differential Learning

On occasion, Arteta has changed the size of the balls to challenge players technically, as well as improving the levels of adaptability within the team.



Clock

With a 'shot clock' running alongside the session, limitations on time can increase intensity levels and challenge players in regards to decision making and skill execution.



Score

Similar to the 'shot clock', a scoreboard can serve as a constant reminder for the players, which can again increase intensity alongside creating a competitive training environment.

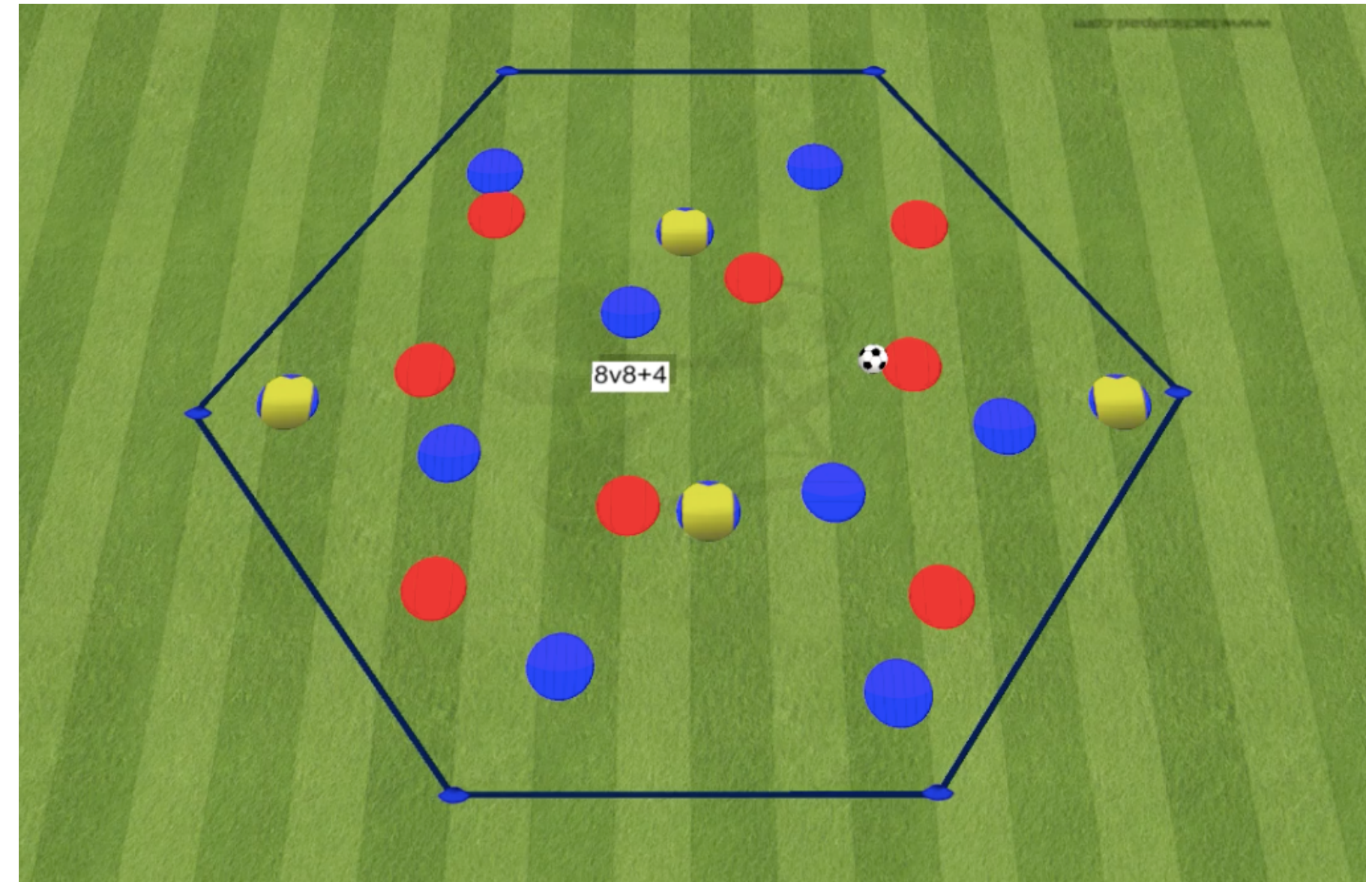
Mikel Arteta Exercises



8V8+4 HEXAGON GAME

Twenty players are organized into two teams of eight, with four neutrals (in yellow). The game is played in a hexagon shape. Players are free to move throughout the area, but to optimize the overload, it's best to organize the neutrals with two in the middle and one on either end (see diagram).

The objective of the game is to use the numerical advantage (with the overloads creating a 12v8 situation) to retain possession. For every six consecutive passes, a point is awarded to the team in possession. If possession turns over, the roles simply switch.



Mikel Arteta Exercises

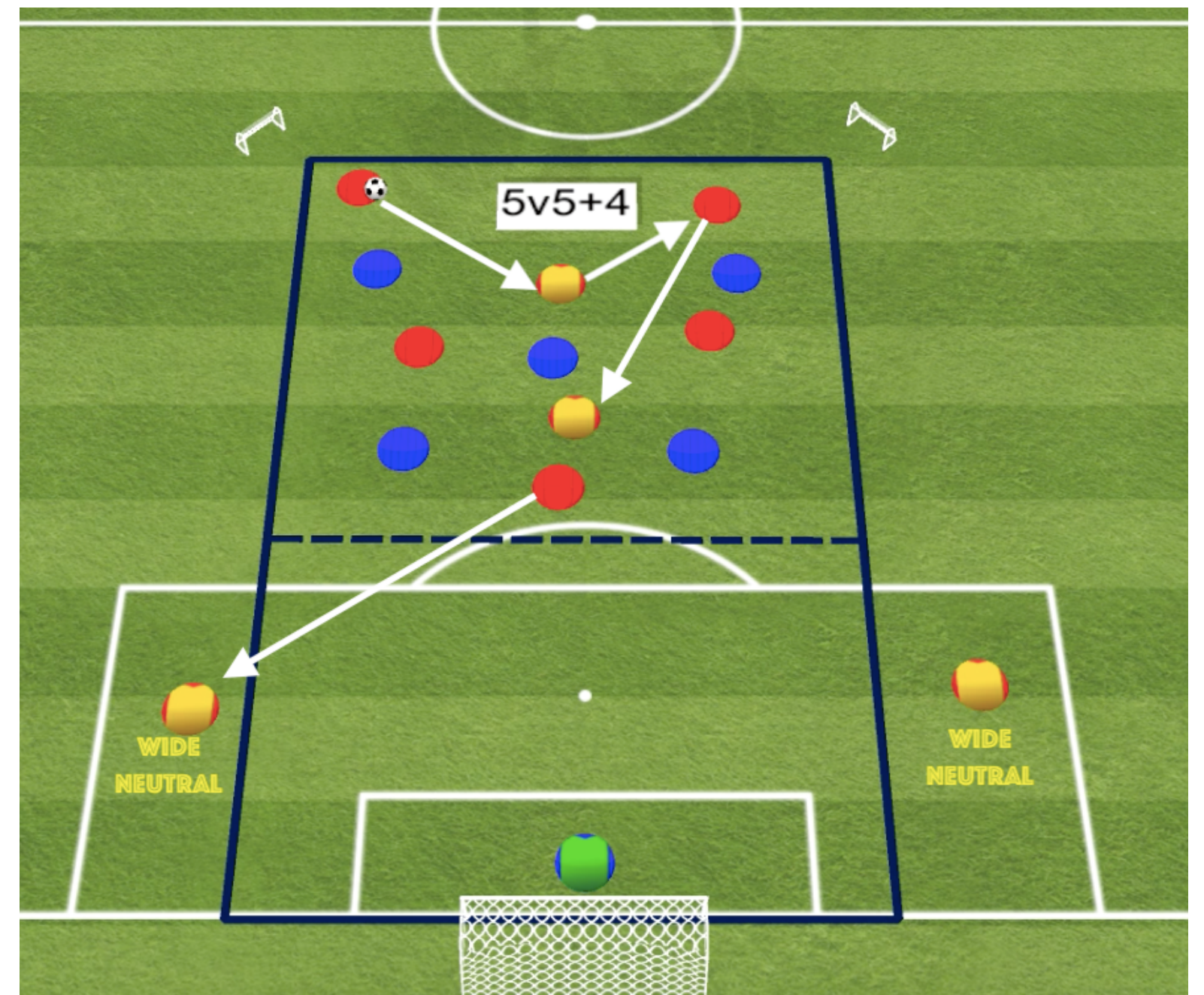


5V5+4 INTO FINISHING

Fifteen players are organized into two teams of five, four neutral players, plus a goalkeeper. The exercise takes place in a 20x40 yard area which is split into two. The top half of the area is the possession grid, while the other half acts as a goal-scoring area.

The game starts with a 5v5+2 in the top half. One team is designated as the possession team (red in the example) and are looking to use an overload with the two neutrals to complete three consecutive passes, before playing to the wide neutrals in the other area.

Once the ball is played into the wide neutrals, two red attackers can go in support and one defensive player from blue can drop in also. The wide neutrals are limited to one-touch so support must arrive fast, and red are trying to score immediately. If blue wins possession, they can score in the mini-goals at the top.



Mikel Arteta Exercises

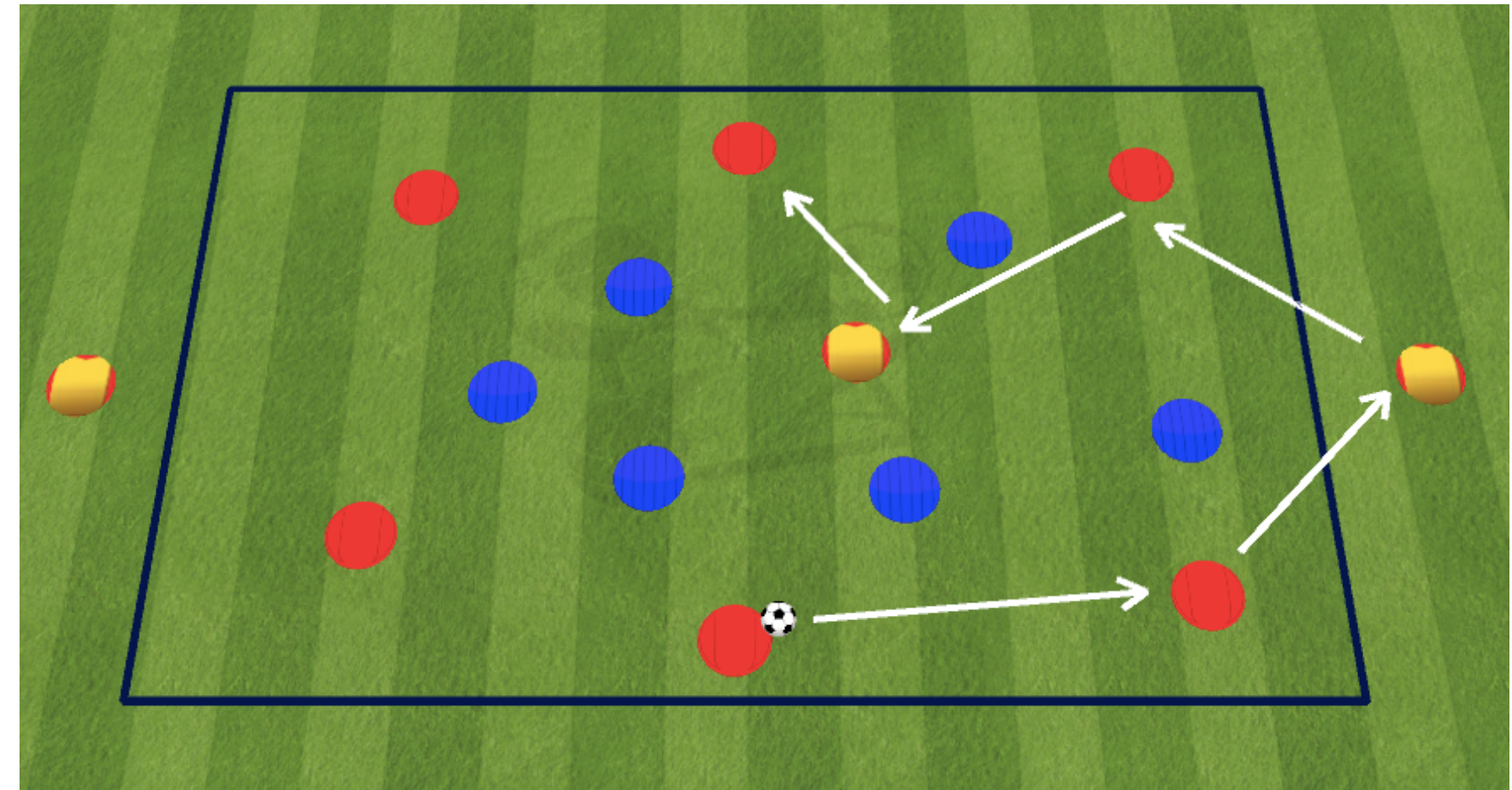


6V6+3 CENTRAL OVERLOAD

Fifteen players are organized into two possession teams of six players each, plus three neutrals. The exercise takes place in a 15x30 yard area. Both teams are free to move in the area, two neutrals are positioned on each end-line, and one neutral in the middle.

The objective of the exercise is to circulate possession using the overload. The team in possession is looking to utilize the numerical advantage (with the help of the neutrals) to retain possession. For every six consecutive passes, a point is awarded to the team in possession. If possession turns over, the roles simply switch.

A potential progression would be to award the team a bonus point if they can transfer the ball successfully from one outside neutral to the other.



Mikel Arteta Exercises

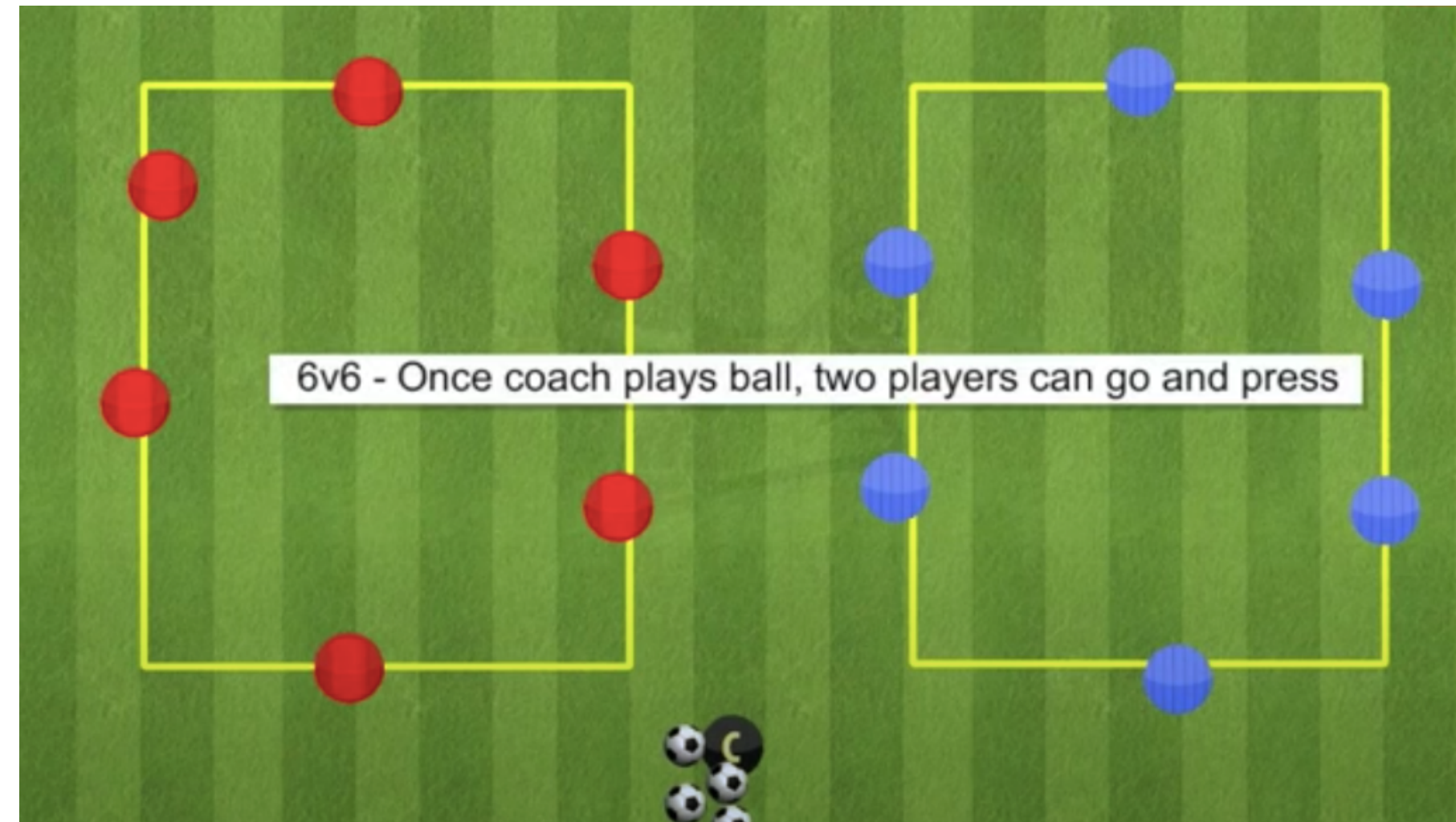


6V2 TRANSITION GAME

Twelve players are split into two teams of six players. The exercise takes place in two 15x15 yard areas which are positioned 5 yards apart from one another. The coach starts with a supply of balls in the middle.

The exercise starts when the coach plays the ball into either square. The team who starts are in possession and must look to keep the ball in the square. The defensive team must send two defenders across immediately and look to win possession.

For every five consecutive passes, a point is awarded to the team in possession. If the defenders win the ball back, the roles simply switch and the coach plays the ball into the other square immediately. You can play timed games or have a number as a total and challenge the teams to achieve it first.



Mikel Arteta Exercises

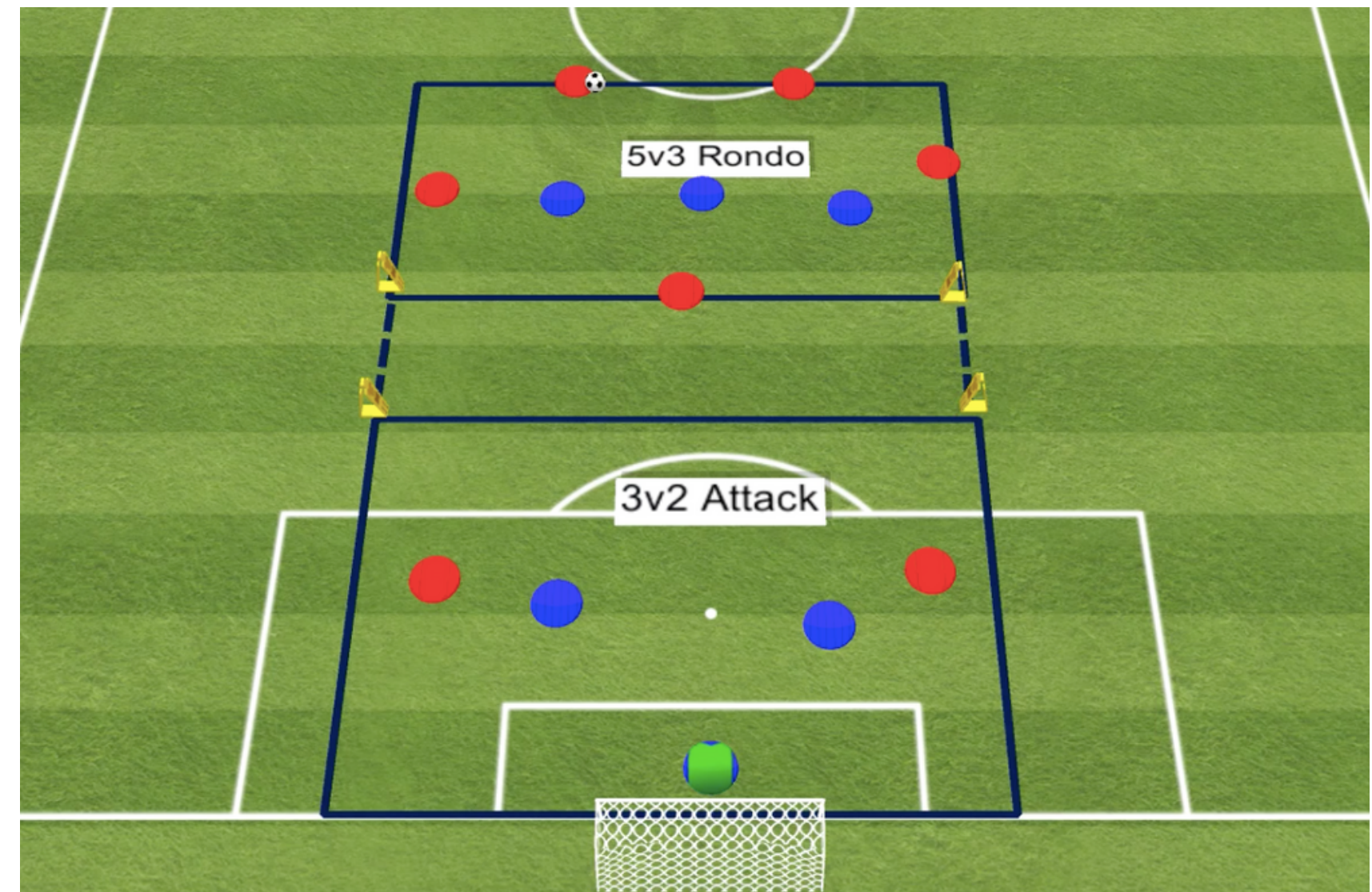


7V5 POSSESSION INTO ATTACKING OVERLOAD

Thirteen players are organized into an attacking team of seven, five defensive players, plus a goalkeeper. The exercise takes place in two 20x20 yard areas with a 5 yard median in between. The top half acts as a possession area, while the bottom half is designed to replicate a penalty area.

The game starts with a 5v3 in the top half. The possession team (red in the example) are looking to use their initial overload to complete four passes and then play into the other square.

Once the ball is played into the attacking square, one red attacker can join to create a 3v2 towards goal. The objective for is for the red team to score as quickly as possible.



Mikel Arteta Exercises



4V2 INTO 6V4 TRANSITION GAME

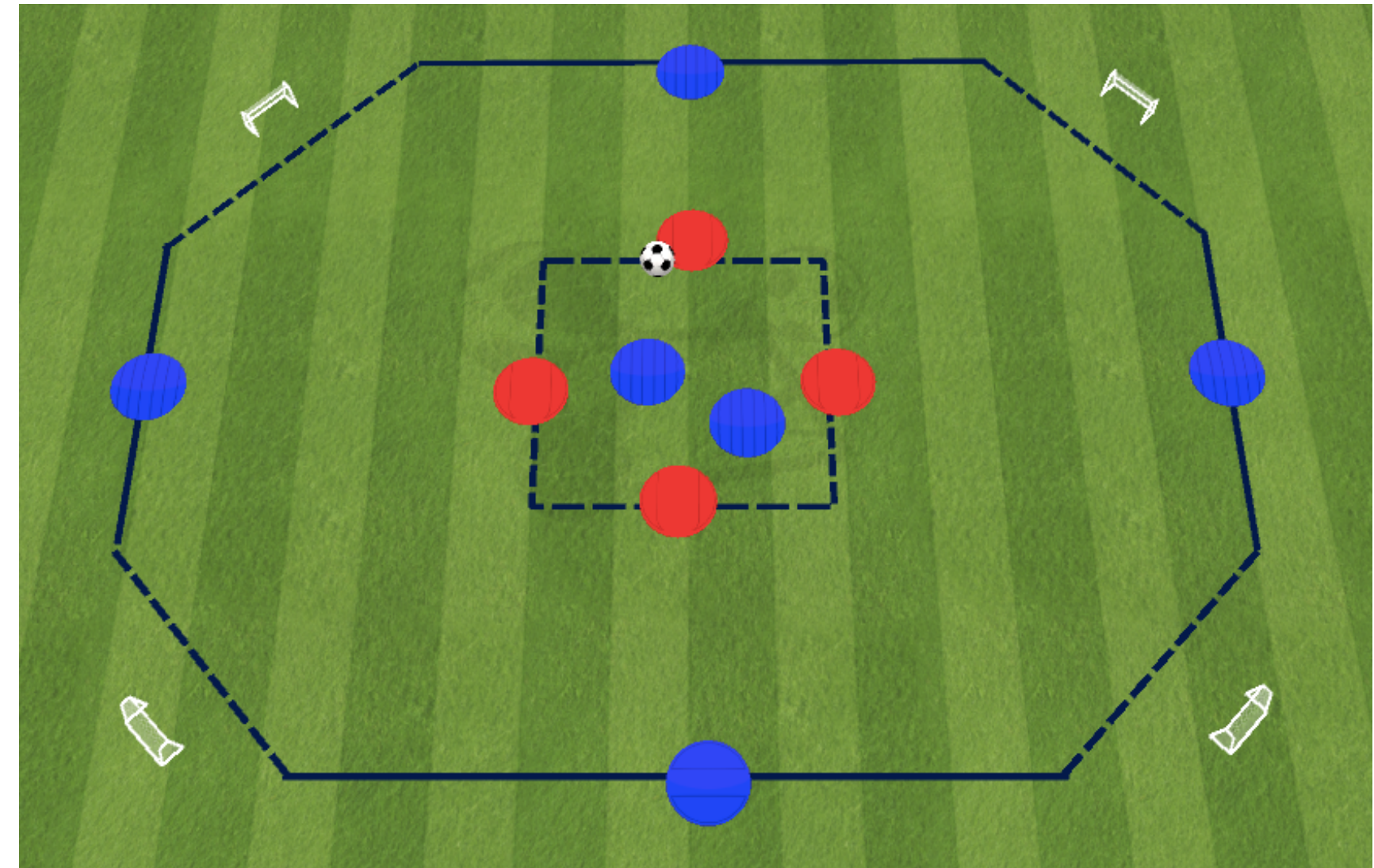
Ten players are organized into two teams, with one team of six players (blue in the example) and one team of four players (red in the example).

The game is played in a octagon shape with a 6x6 yard square in the middle and mini-goals on the outside corners.

Players are positioned in the set-up shown and the game starts with a 4v2 in the central square, with the red team awarded one point for every six consecutive passes.

Once the two blue defenders win possession, they are looking to find one of their teammates on the outside immediately. The game then becomes a 6v4 with all players free to move around the octagon.

The blue players are awarded one point for every five consecutive passes in the transition, with the red team looking to win the ball back and score in any mini-goal for one point.

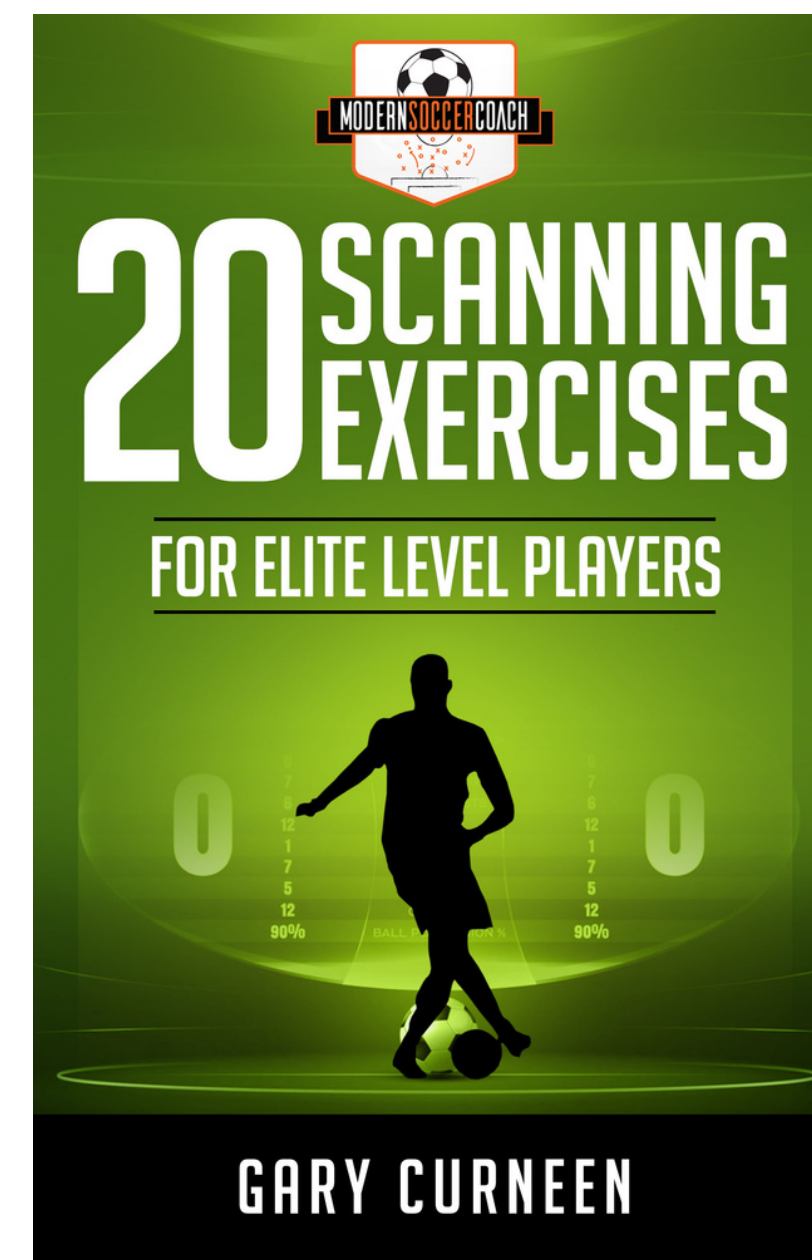
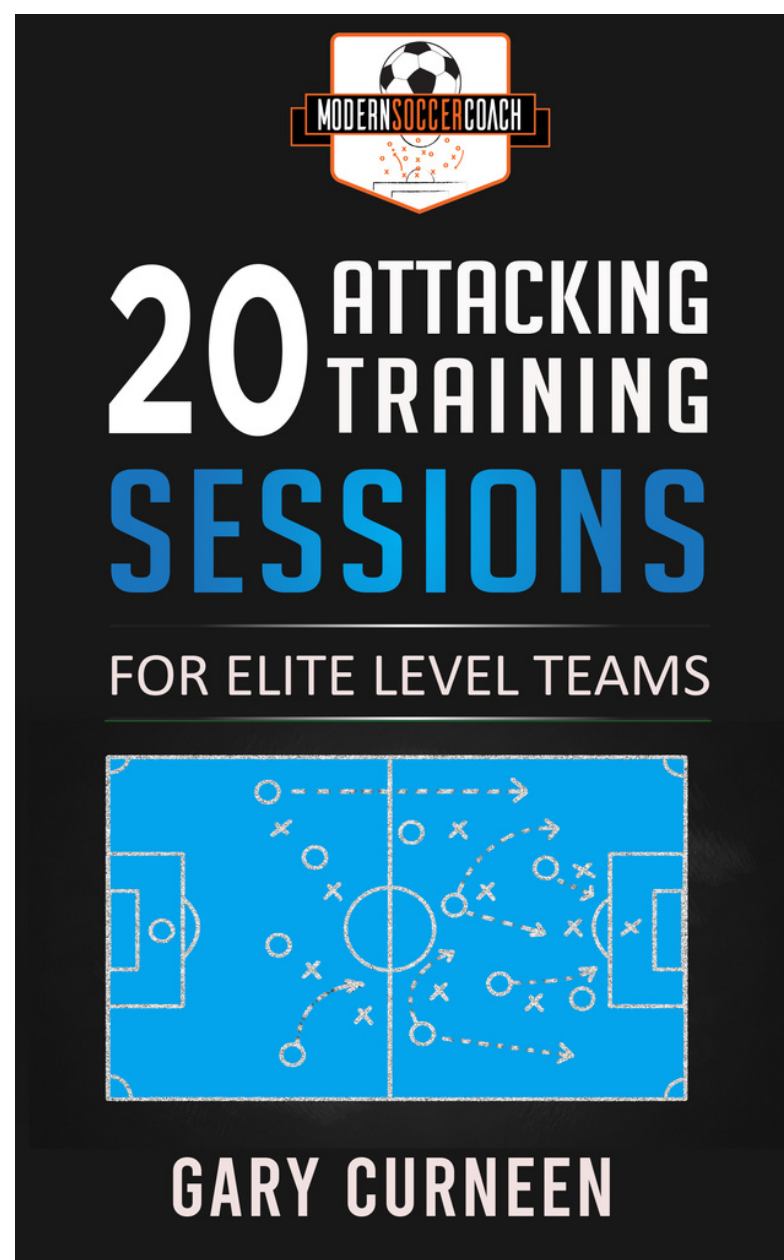
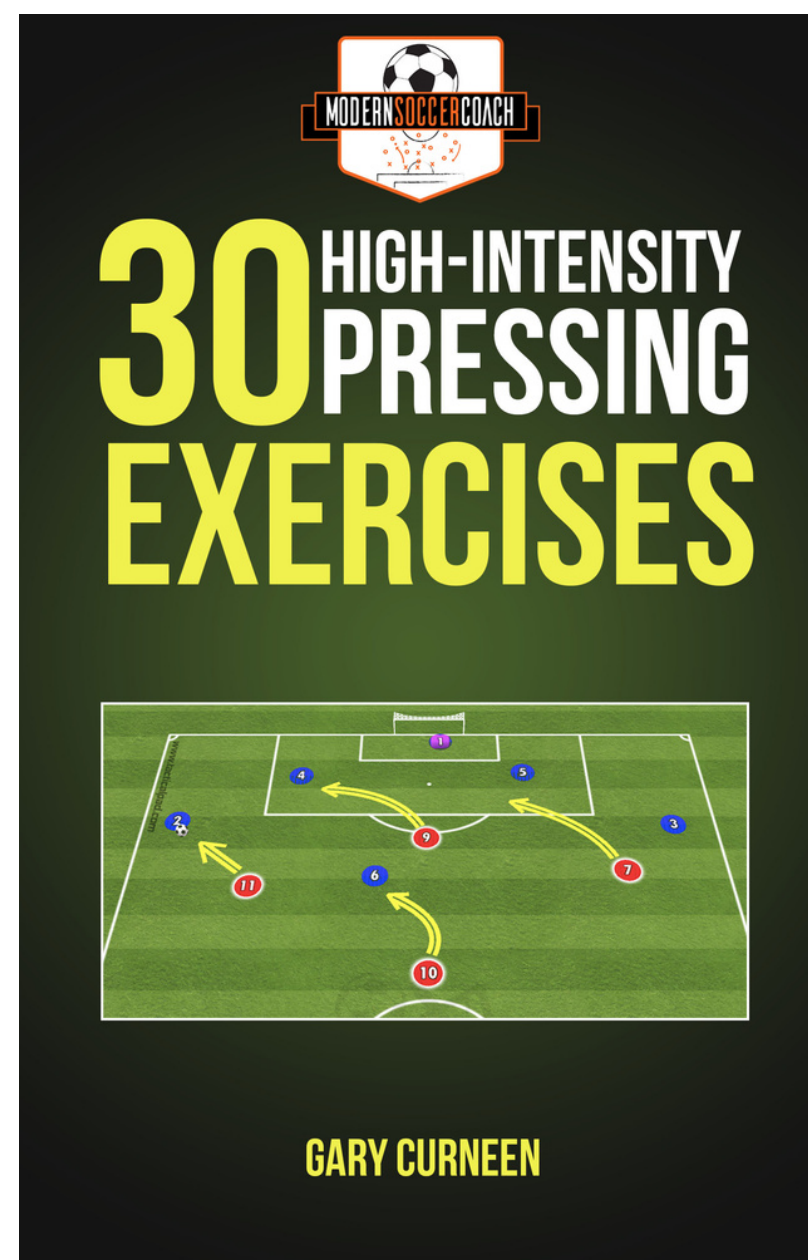




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