

POSSESSION WITH PURPOSE

PROGRESSIVE TRAINING SESSIONS FOR ALL AGE GROUPS



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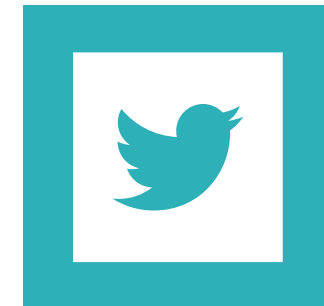
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How to Measure Each Session

The training sessions within this book are measured in feet.

When marking place one foot directly in front of the other from heel to toe to complete a foot measurement.

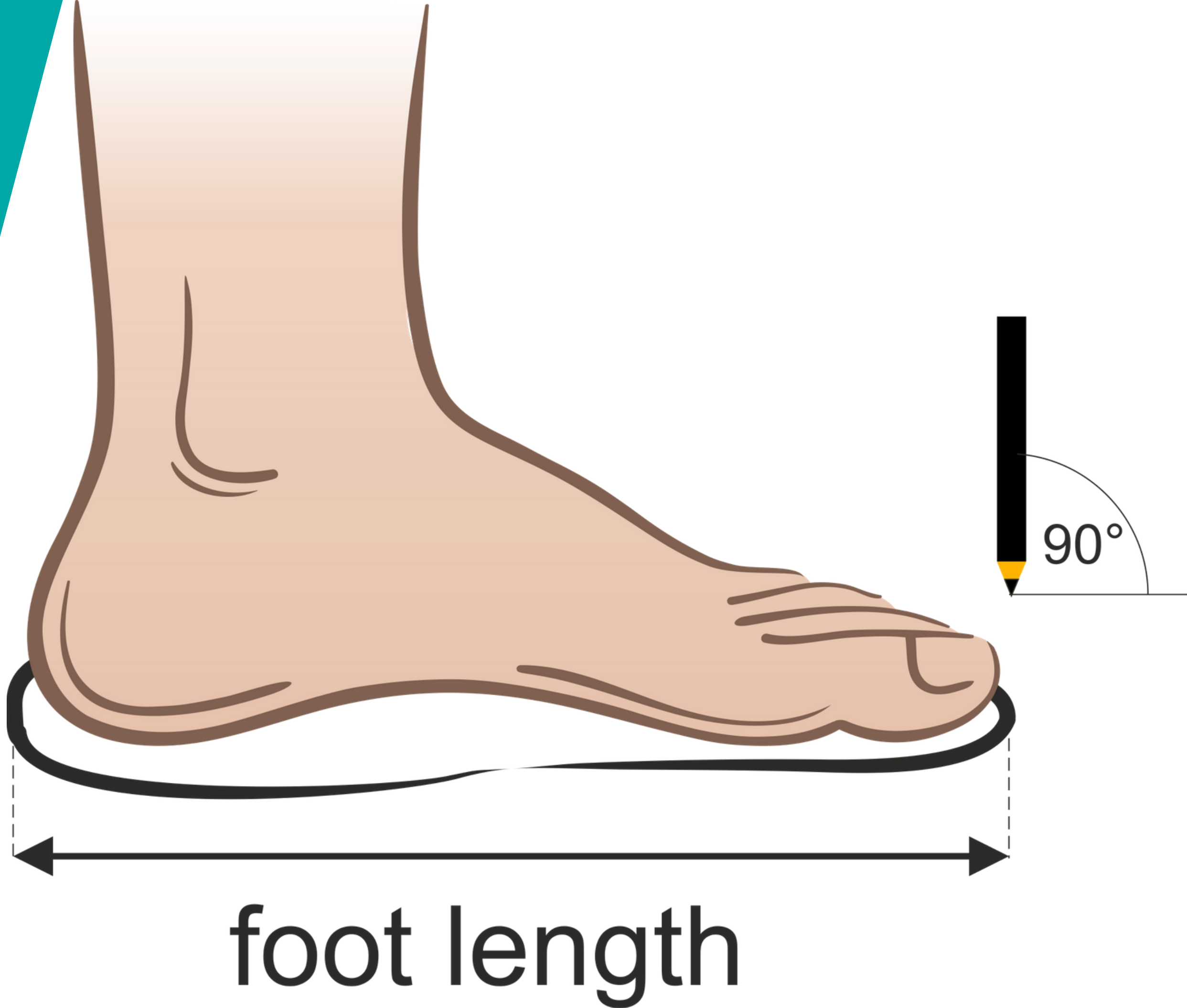


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Possession with Purpose
www.keepitonthedeck.com

OVERVIEW

ABOUT THIS DOWNLOAD



The following document contains 120 Training Session Plans

The opening sixty training session plans within this document are laid out in a structured format. The structure contains an intro session, a main body session and concludes with a game based session. Please note that coaches are advised to plan a warm up and end practice as they would see fit. The structure of the sessions is merely guidelines to help build an effective training session.

The dimensions for each session are guidelines that should be adapted based on both age and ability of the players partaking in them.

All one hundred and twenty sessions are available to view in an animated video format. Each animation is available to download in mp4 format. The videos can be located in the video folder that accompanied this download.

OVERVIEW

ABOUT THIS DOWNLOAD



What else is in this download?

From session sixty one up to session ninety one of this document is made up of thirty training sessions adapted from the training methodologies of world famous coaches Pep Guardiola, Jurgen Klopp and Marcelo Bielsa.

From session ninety one to session one hundred and twenty of this document are bonus training session ideas that can be fit into any of the first twenty structured training plans within this document.

The instruction for each session has been kept as simple as possible. It is our belief that each coach is unique, and so coaches should only require a base idea they can take or adapt from. It is not our intention to tell a coach how they should run a training session, but merely to offer ideas that they can adapt from.



WHY TRAIN THIS WAY?

The Superman Concept

The training sessions within this download take inspiration from the Superman concept. The Superman concept title developed from the famous Superman fictional superhero character.

This title first appeared in Football Club Barcelona's famous La Masia Academy and involved the idea of training in difficult training scenario's that challenged players to a high level technically and intellectually. The idea was that training in a highly challenging way would make the actual football games easier for players to make good decisions and have good technical execution.

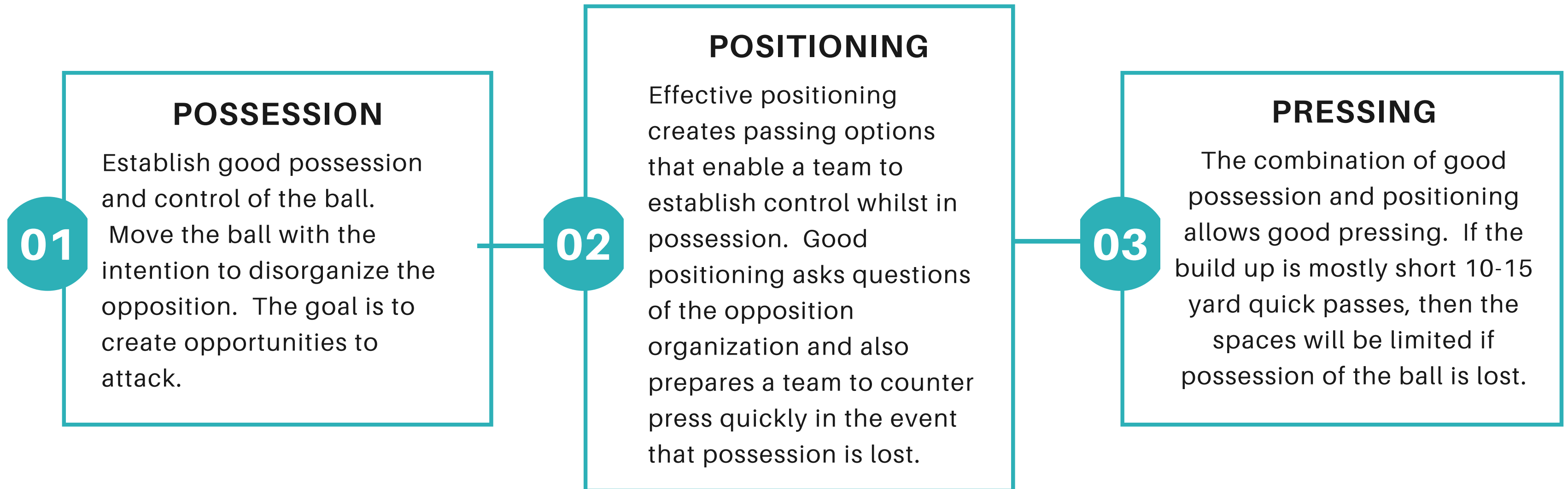
The link of the concept and Superman related to how Superman can perform magnificent feats of strength because Earth's gravity doesn't affect him as much as his home planet Krypton's stronger gravity would, so Superman was able to carry out tasks far more effectively.

**What are some the main
benefits from using the training
sessions within this download?**

Possession With Purpose



POSSESSION WITH PURPOSE



The Three P's of Positional Play

OUR AIM

Possession With Purpose



Inspiration

We hope that the modern sessions in this download can help inspire creative ideas from coaches.

Our aim is not to preach or show how a session should be conducted. We believe that every coach is unique and nobody knows their own players like a coach.

Our aim is to offer new ideas that can help inspire coaches to further develop their own training philosophies that best suit their players needs.

Please remember to have fun!

Source: TV3CAT interview
with Johan Cruyff

Possession According to Johan Cruyff

**The team who
controls the ball,
controls the game**

If you have the ball,
the other team
doesn't.

Rhythm

The important thing is
the rhythm of the ball.

Basic qualities

The important thing is
to demand standards
of the basic qualities.

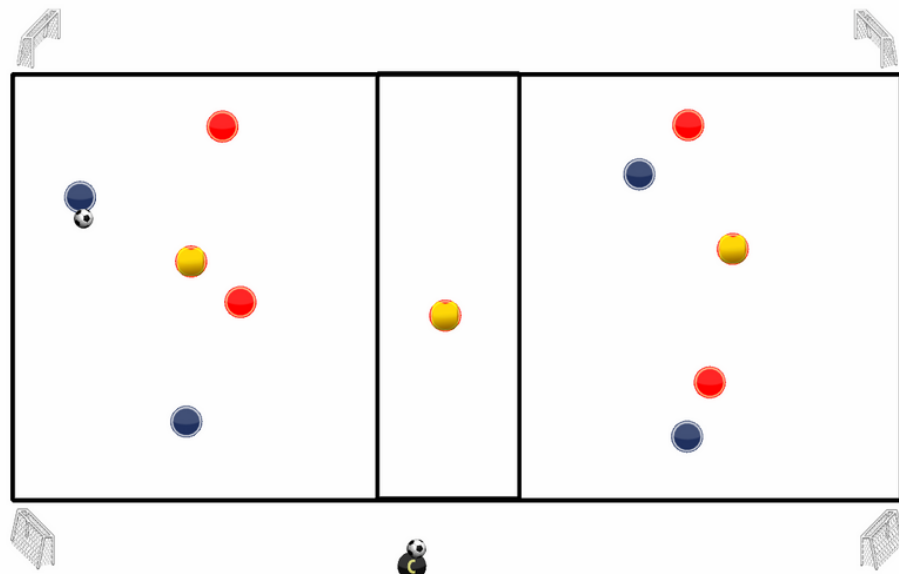
Individual contest

You must win the
individual duels.



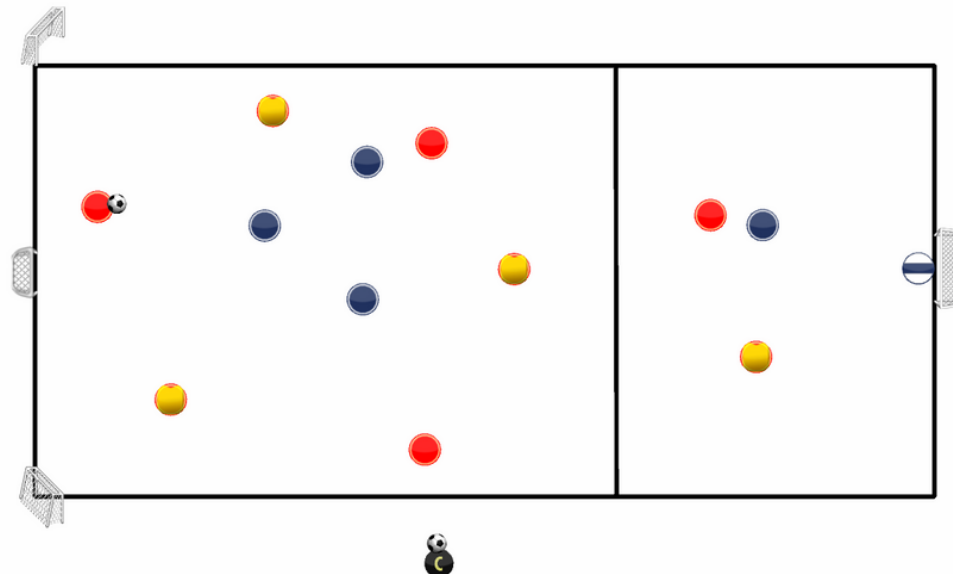
PROGRESSIVE SESSION 1

Playing Forward



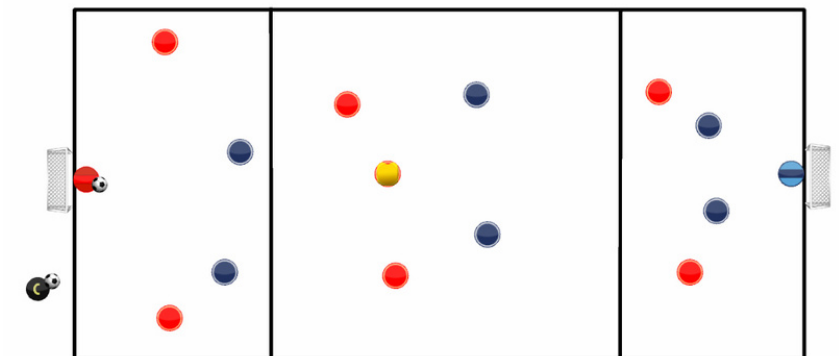
Intro

4v4 Plus 3



Main Body

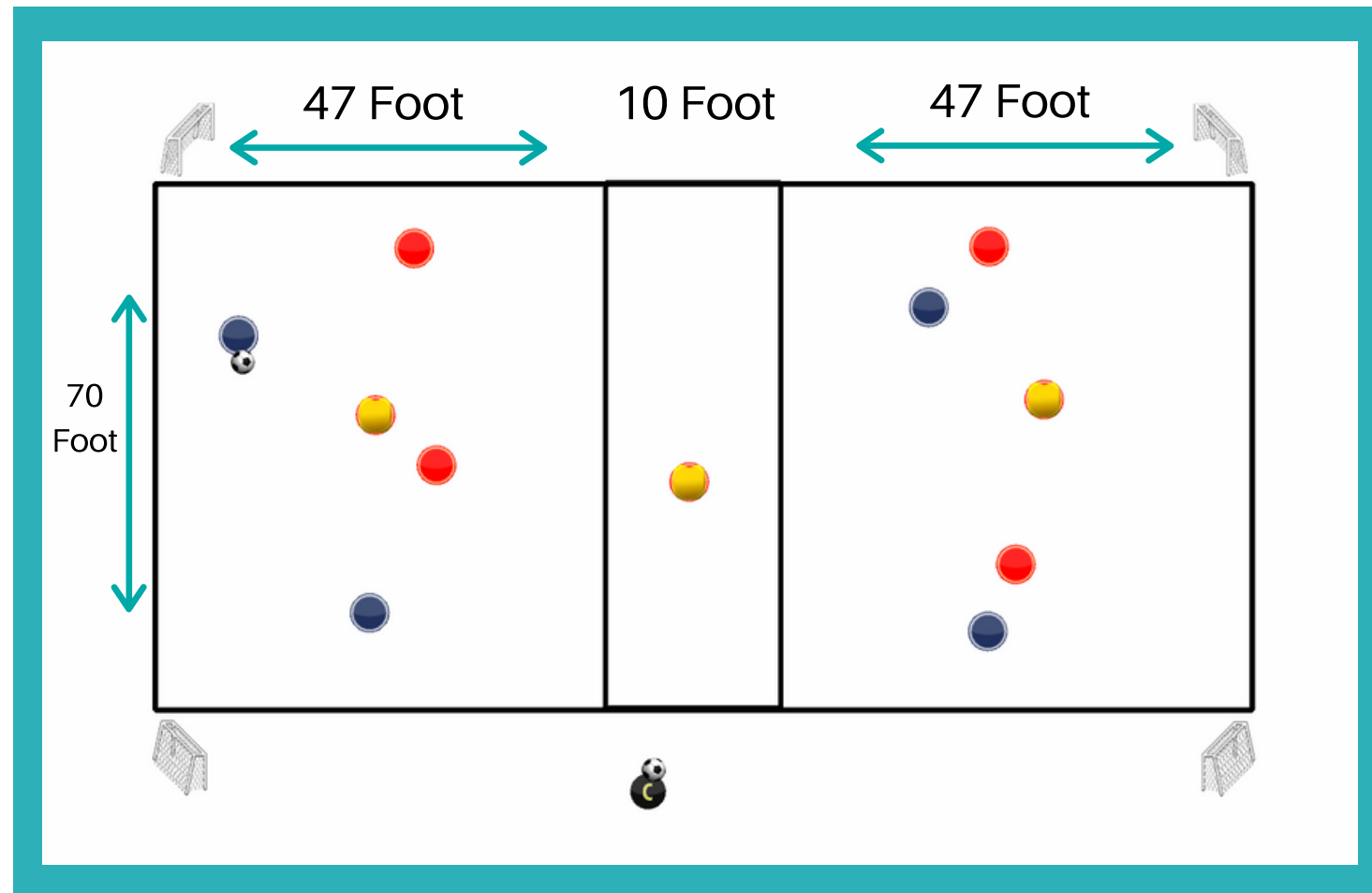
8v5 Phase of Play



Game

7v7 Plus 1

Session 1
PLAYING FORWARD
4v4 Plus 3



1

NUMBER OF PLAYERS

11 Players

2

DIMENSIONS

34yd x 23yd

104 Foot Length x 70 Foot Width

3

RULES

All players are restricted to their zones.

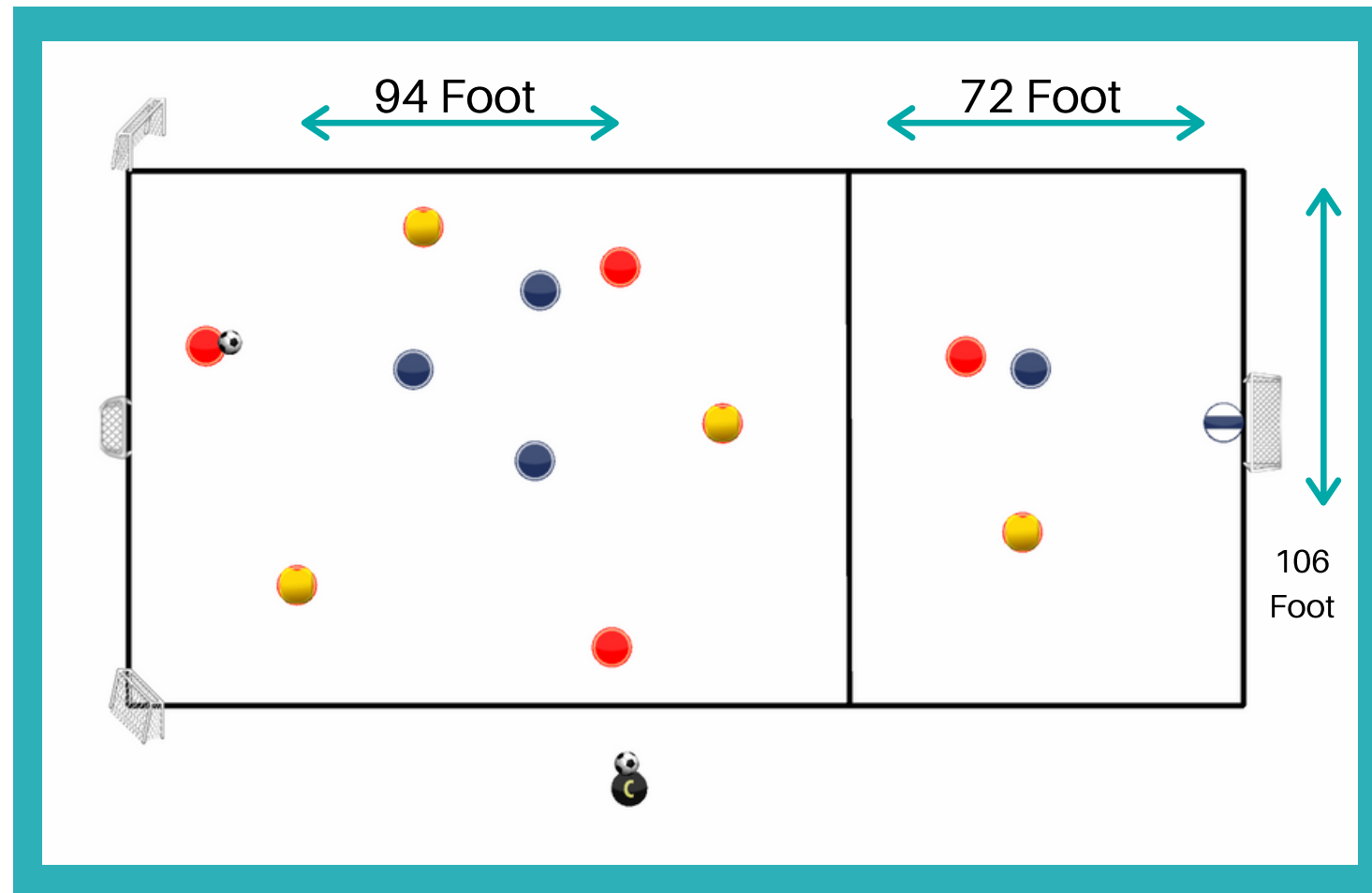
4

OBJECTIVE

The blue team will attempt to retain possession of the ball. The red team attempts to win the ball and score in any four target goals in order to reverse team roles. Yellow neutral players work with the team in possession.

POSSESSION WITH PURPOSE

Session 2
PLAYING FORWARD
8v5 Phase of Play



1

NUMBER OF PLAYERS

13 Players

2

DIMENSIONS

55yd x 35yd

166 Foot Length x 106 Foot Width

3

RULES

All players are restricted to their zones.

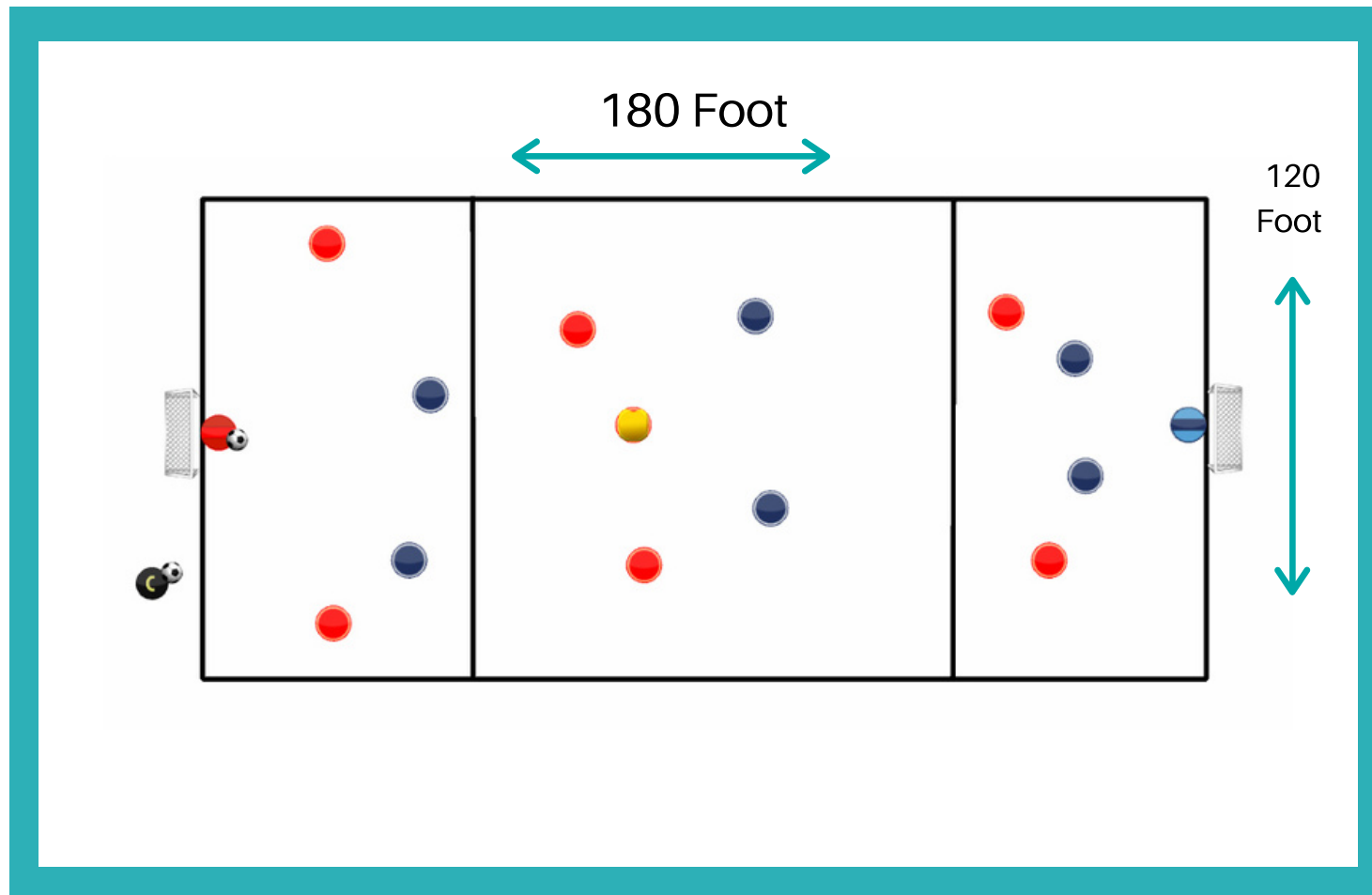
4

OBJECTIVE

Two teams work together in an attempt to score goals. The team defending must win possession and score in one of two target goals in order to reverse roles with the team who lost possession.

POSSESSION WITH PURPOSE

Session 3
PLAYING FORWARD
7v7 Plus 1



1

NUMBER OF PLAYERS

15 Players

2

DIMENSIONS

60yd x 40yd

180 Foot Length x 120 Foot Width

3

RULES

All players are restricted to their zones with the exception of the neutral player.

The neutral player is free to move between zones.

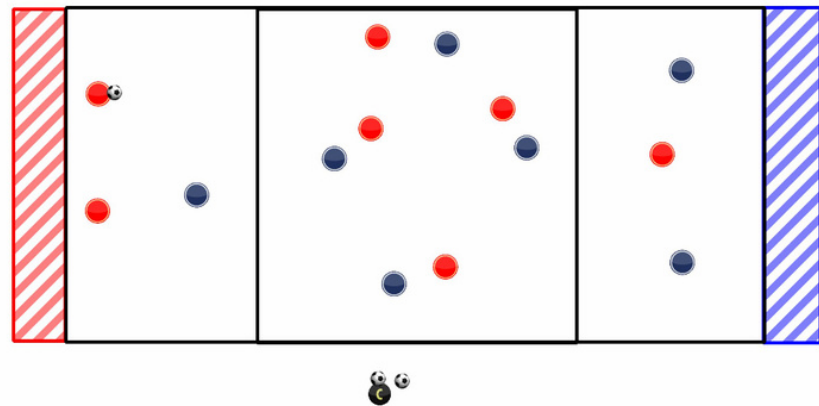
4

OBJECTIVE

Teams will attempt to work the ball through the zones in order to score in their opponents goal. The yellow neutral player will work with the team in possession.

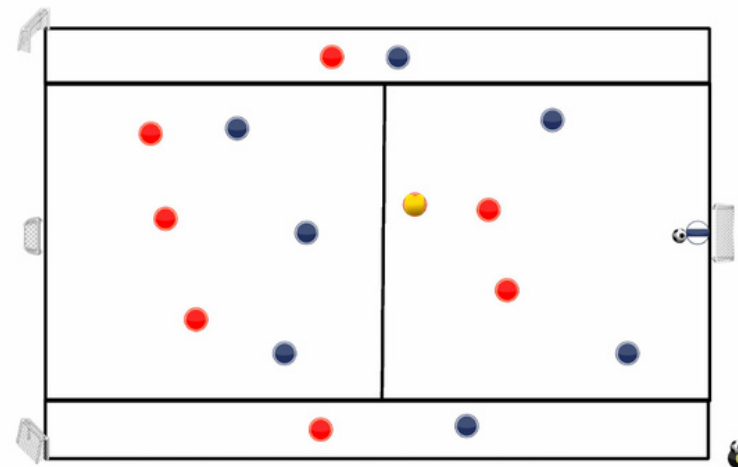
PROGRESSIVE SESSION 2

Build Up Play



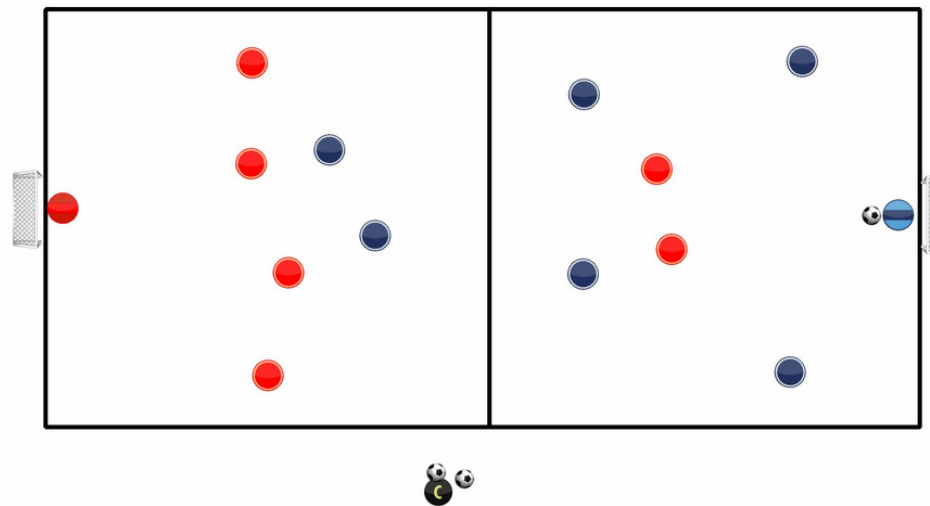
Intro

7v7



Main Body

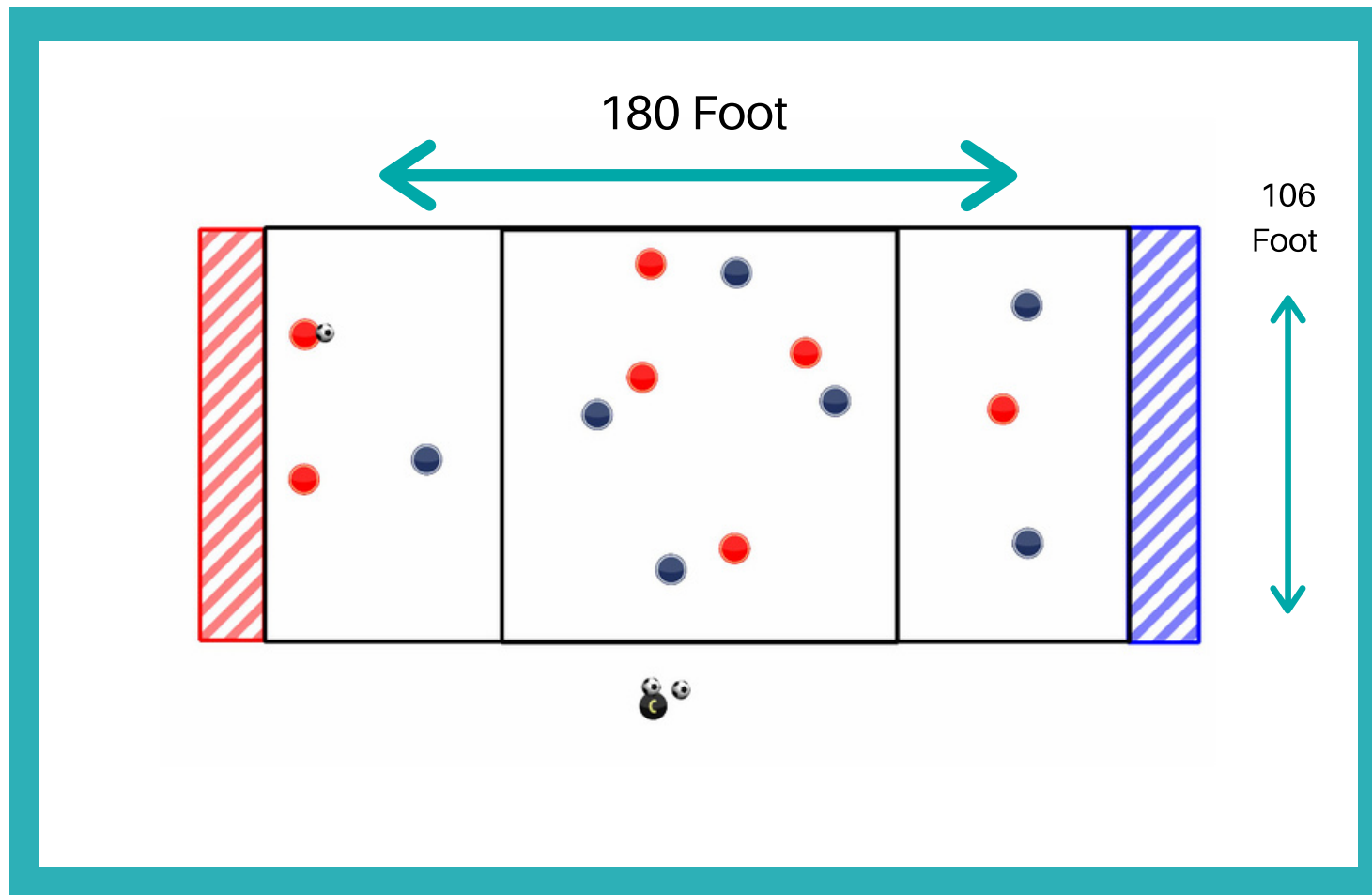
8v7 Plus 1



Game

7v7

Session 4
Build up Play
7v7



1

NUMBER OF PLAYERS

14 Players

2

DIMENSIONS

60yd x 35yd

180 Foot Length x 106 Foot Width

3

RULES

One player from each zone is permitted to progress into the next zone following a forward pass or dribble.

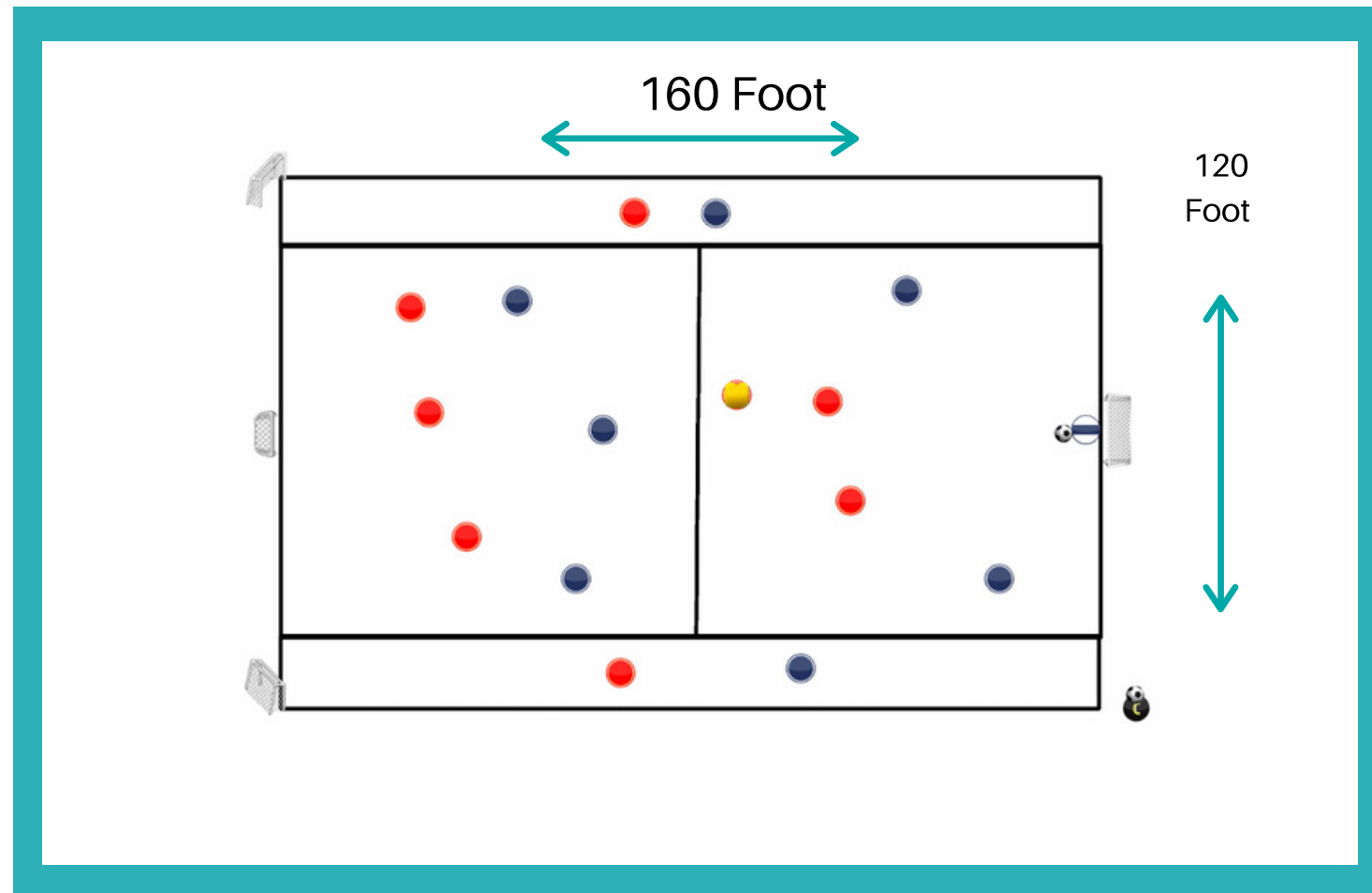
4

OBJECTIVE

Teams will attempt to work the ball through the zones with the aim of stopping the ball in the opponent's end zone to score points.

POSSESSION WITH PURPOSE

Session 5
Build up Play
8v7 Plus 1



1

NUMBER OF PLAYERS

16 Players

2

DIMENSIONS

53yd x 40yd

160 Foot Length x 120 Foot Width

3

RULES

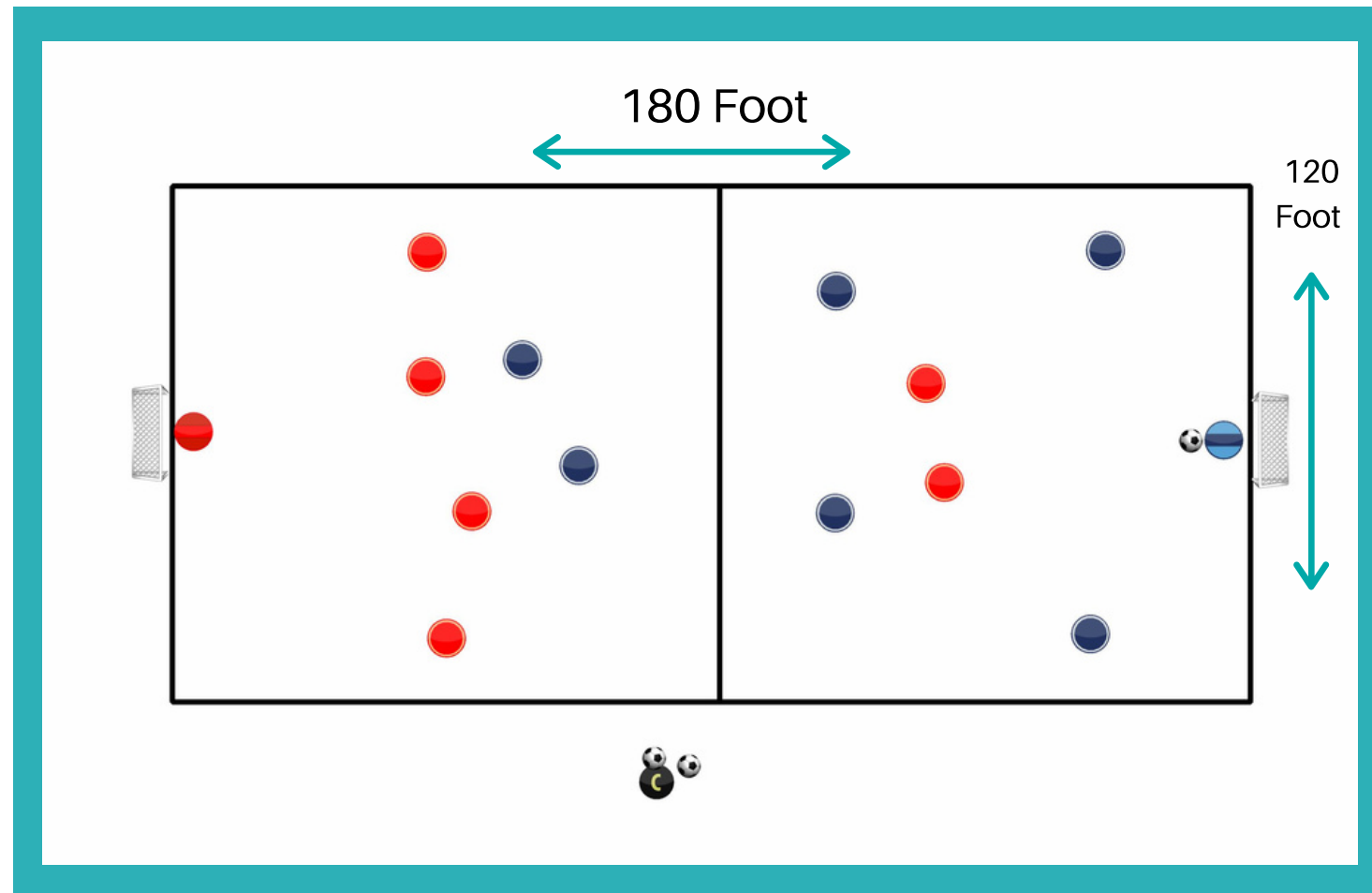
All players are restricted to their zones with the exception of the yellow neutral player who is free to move between zones.

4

OBJECTIVE

One team will build from the back in an attempt to score in any of the three target goals. The opposite team will attempt to win possession and score in the occupied goal in order to reverse team roles.

Session 6
Build up Play
7v7



1

NUMBER OF PLAYERS

14 Players

2

DIMENSIONS

60yd x 40yd

180 Foot Length x 120 Foot Width

3

RULES

Two players from each zone are permitted to progress into the next zone following a forward pass or dribble.

4

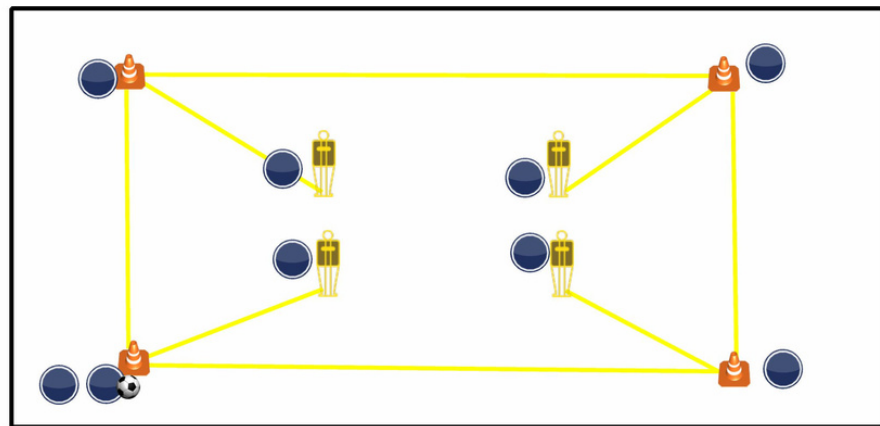
OBJECTIVE

Teams attempt to score goals whilst being limited to a maximum of four players permitted in the opposition half following a forward dribble or pass.

POSSESSION WITH PURPOSE

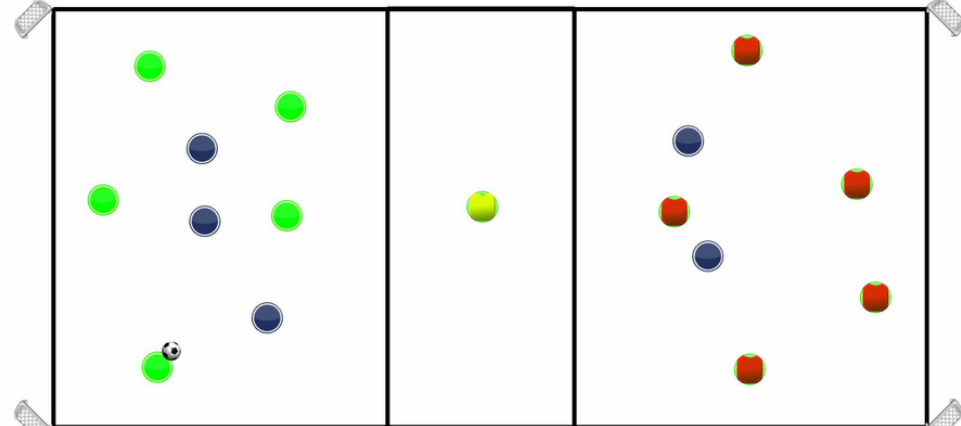
PROGRESSIVE SESSION 3

Between Lines



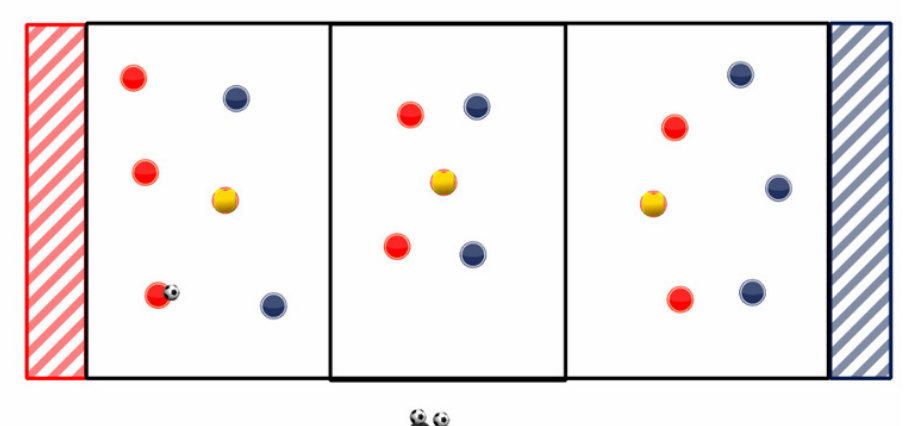
Intro

Combination Set Up



Main Body

10v5 Plus 1



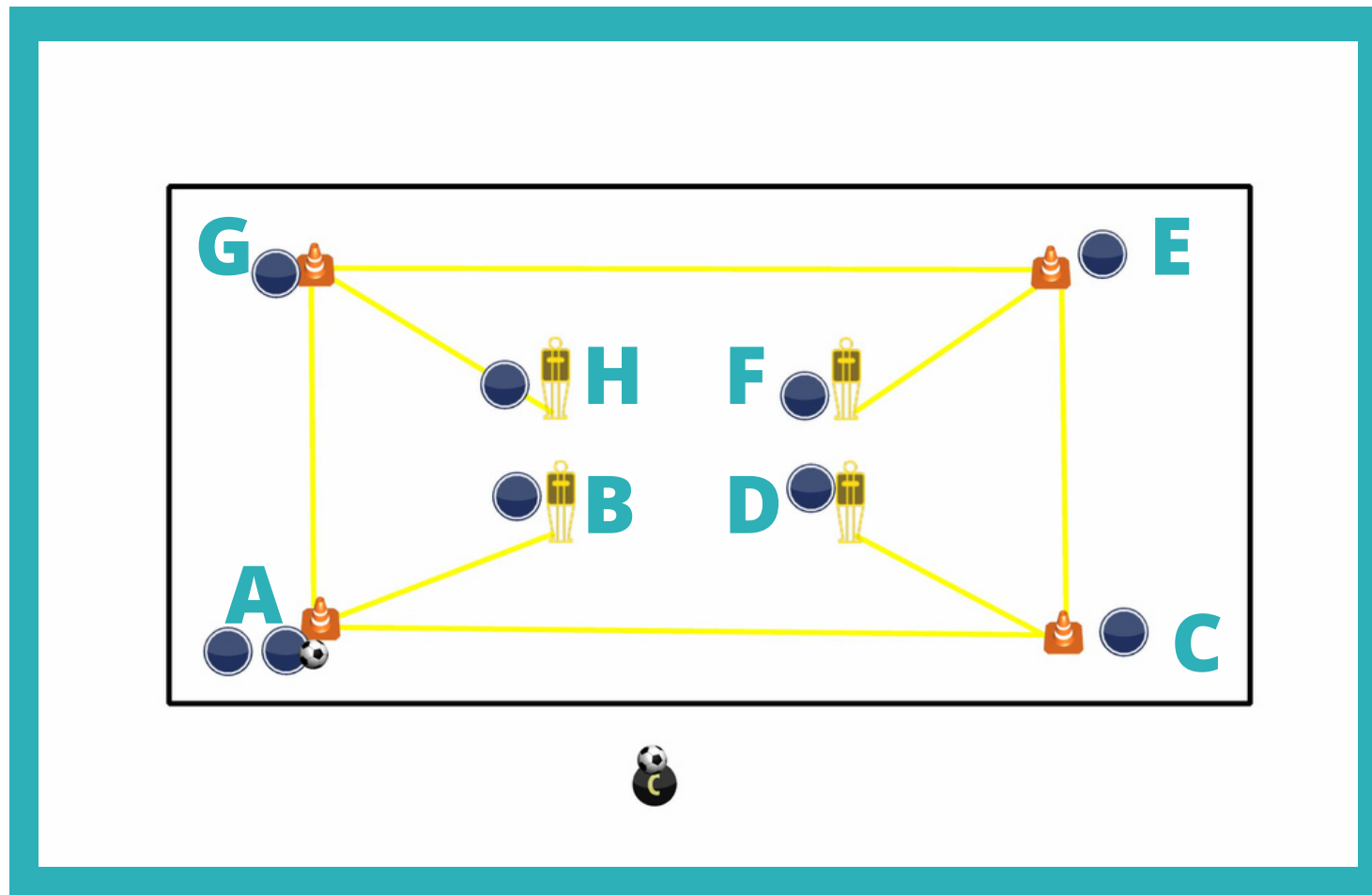
Game

7v7 Plus 3

Session 7

Between Lines

Combination Set Up



1

NUMBER OF PLAYERS

9 Players

2

DIMENSIONS

Varied

3

RULES

Players will follow the set playing pattern.

4

SEQUENCE

STEP 1: A will play a one two pass with B. A will then pass to C.

(A will move to station B, B will move to station C)

Step 2: C will play a one two pass with D. C will then pass to E.

(C will move to station D, D will move to station E)

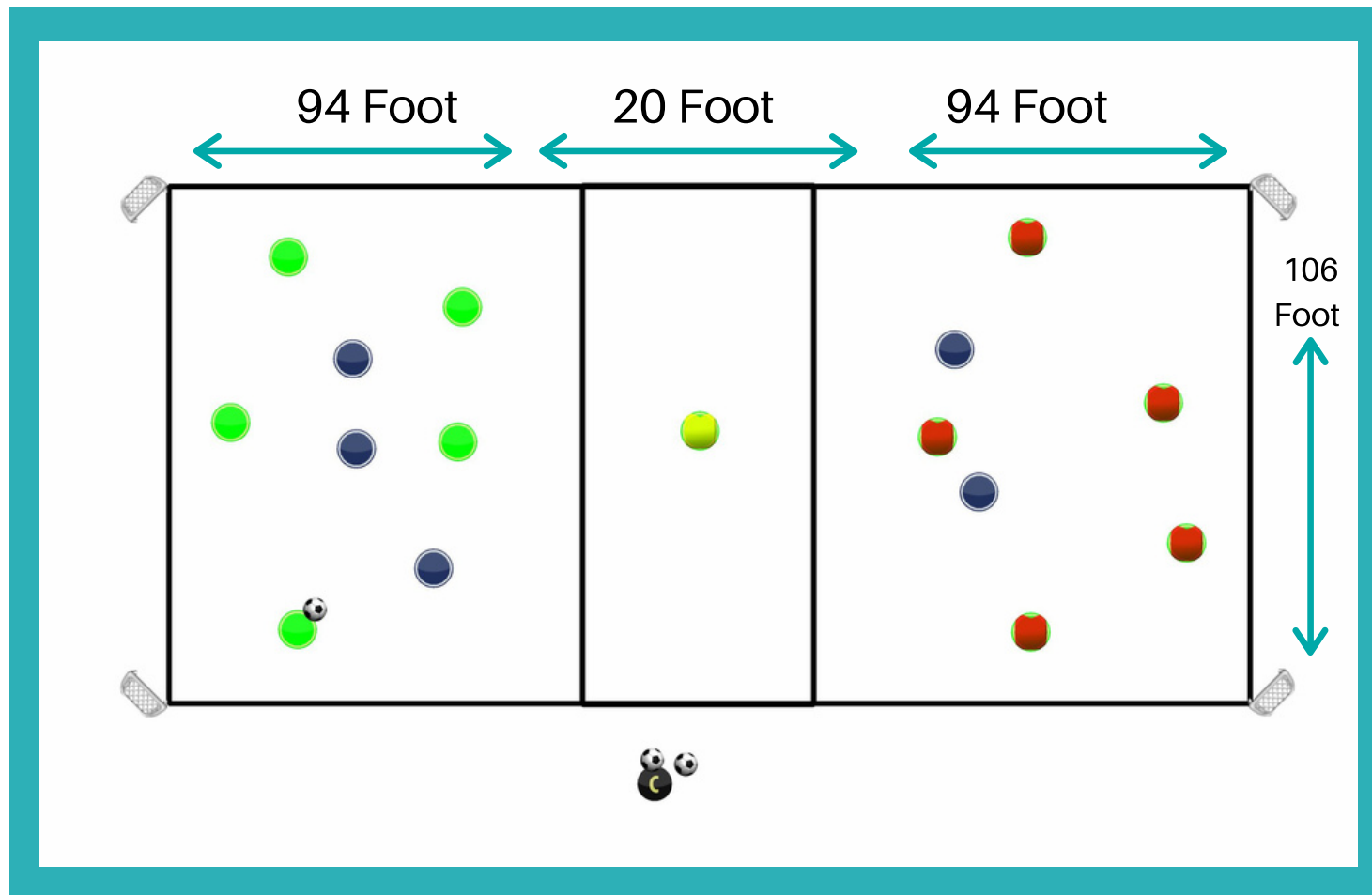
Step 3: E will play a one two pass with F. E will then pass to G.

(E will move to station F, F will move to station G)

Step 4: G will play a one two pass with H. G will then pass to A.

(G will move to station H, H will move to station A)

Session 8
Between Lines
10v5 Plus 1



1

NUMBER OF PLAYERS

16 Players

2

DIMENSIONS

69yd x 35yd

208 Foot Length x 106 Foot Width

3

RULES

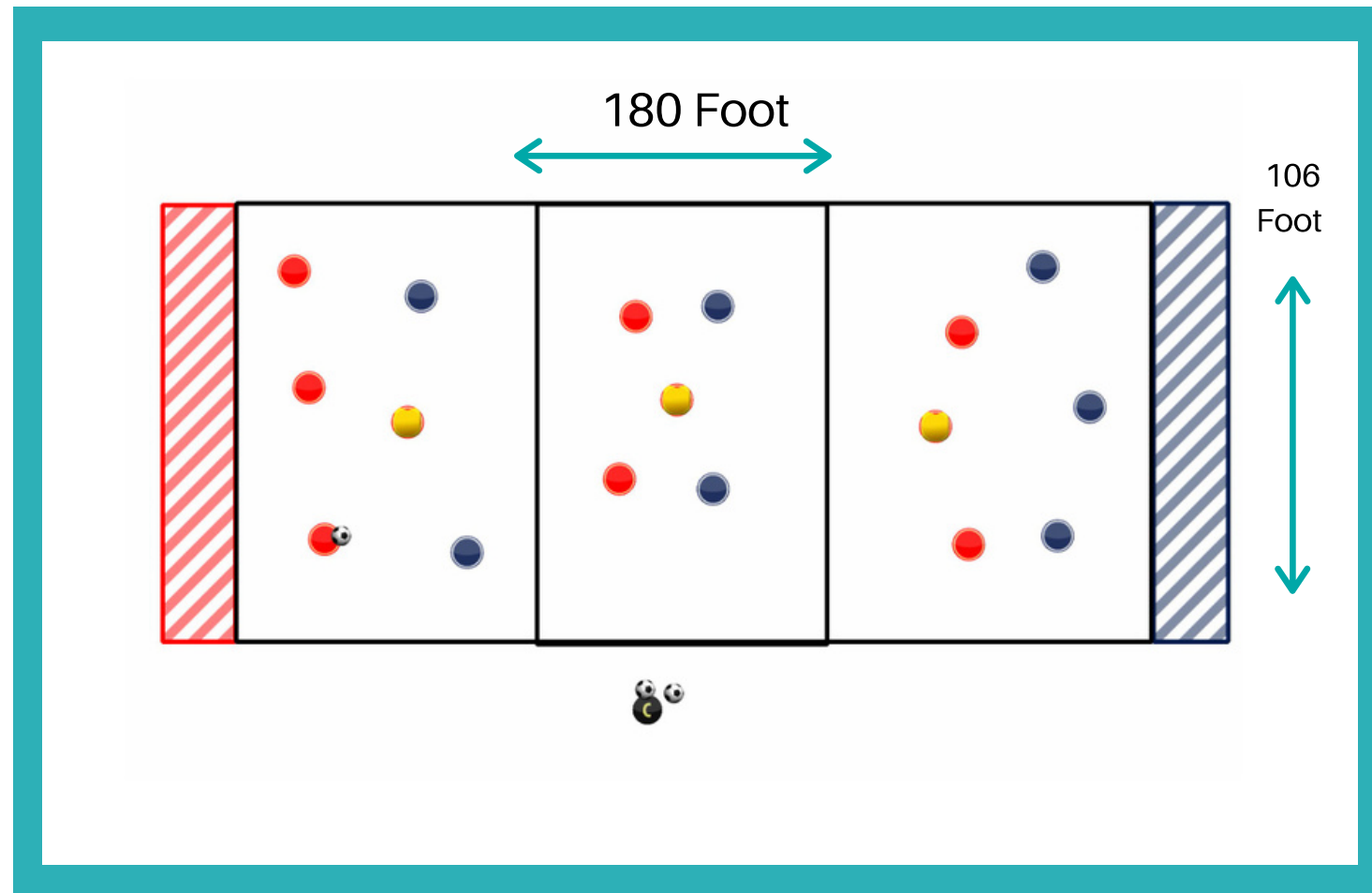
The team who is chasing possession will send three players into the active zone. Two players will remain in the opposite zone. The neutral player is restricted to the central zone.

4

OBJECTIVE

Teams in possession will attempt to work the ball into the opposing zonal area directly or via the neutral player. The team who is pressing attempt to win the ball and score in any of the four target goals in order to reverse team roles.

Session 9
Between Lines
7v7 Plus 3



1

NUMBER OF PLAYERS

17 Players

2

DIMENSIONS

60yd x 35yd

180 Foot Length x 106 Foot Width

3

RULES

All players are restricted to their playing zones. The three neutral players will work with the team in possession.

4

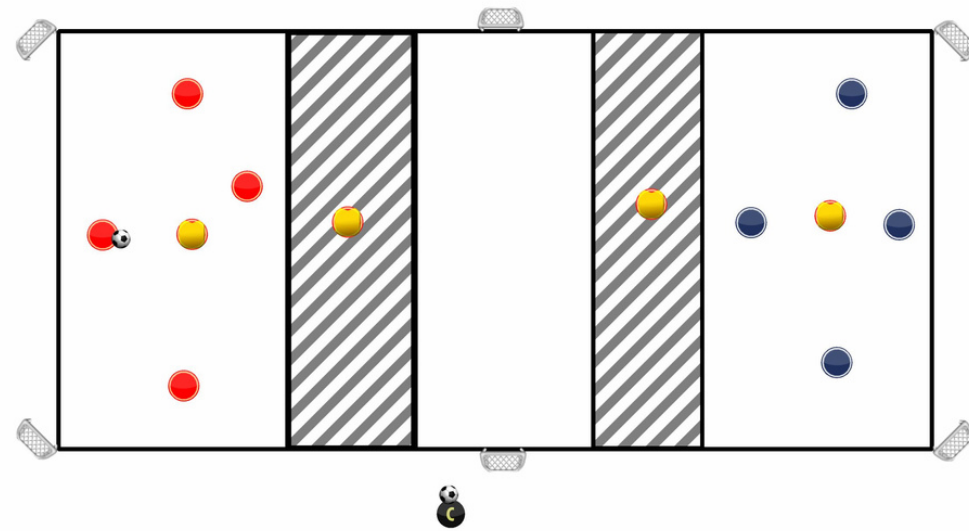
OBJECTIVE

Teams will attempt to work the ball through the zones with the aim of stopping the ball in the opponent's end zone to score points.

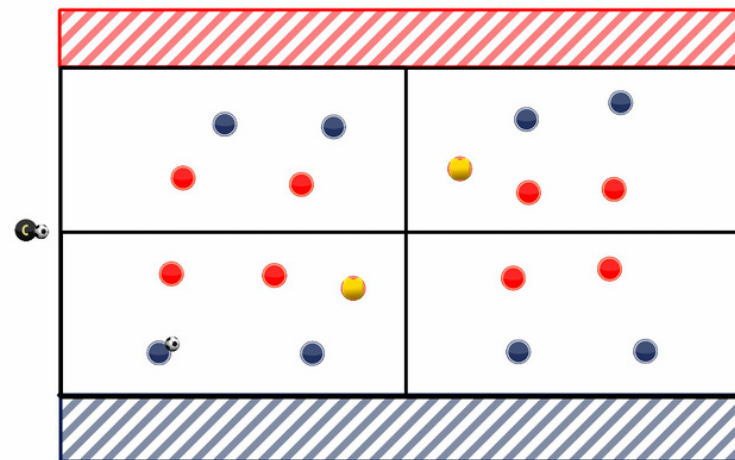
POSSESSION WITH PURPOSE

PROGRESSIVE SESSION 4

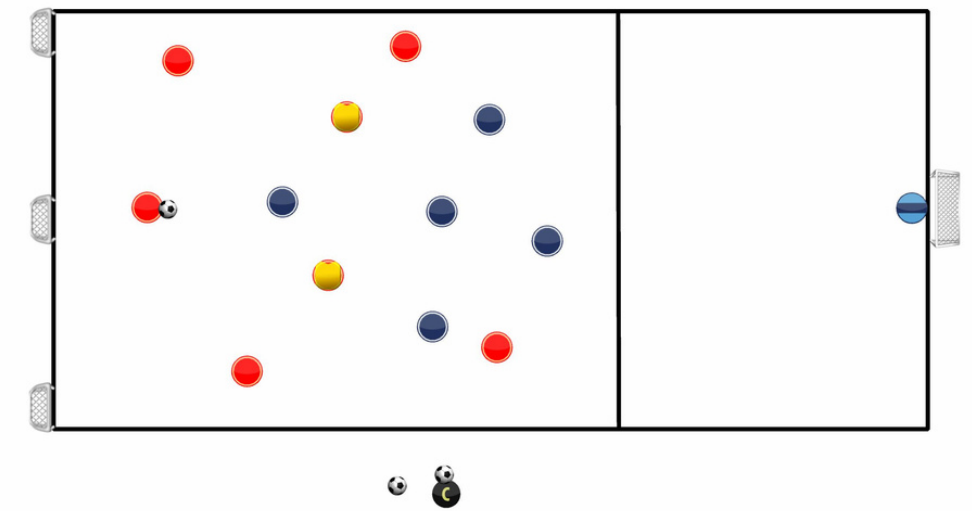
Timing of Runs



Intro
4v4v4

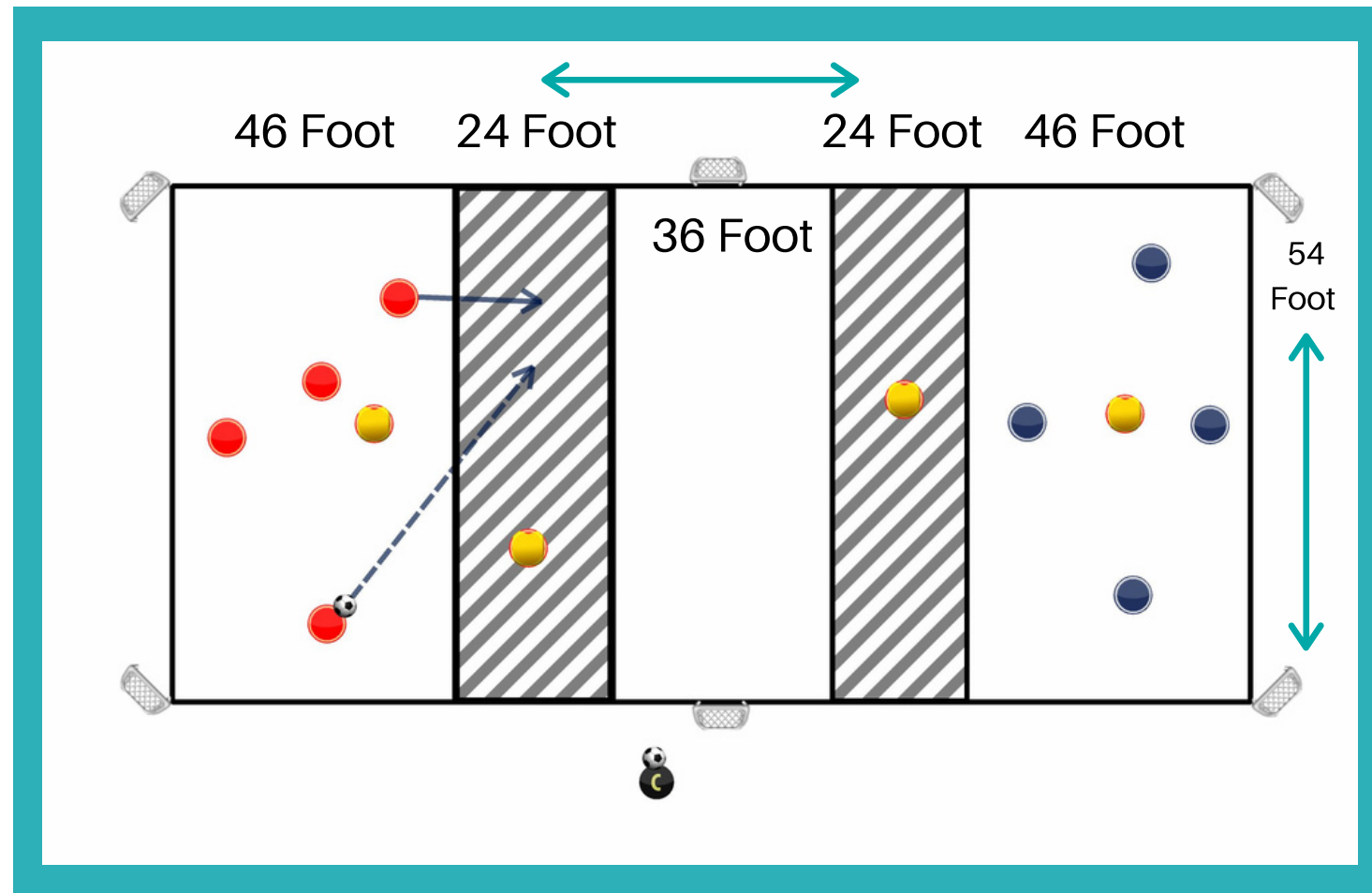


Main Body
8v8 Plus 2



Game
5v6 Plus 2

Session 10
Timing of Runs
4v4v4



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

58yd x 18yd

176 Foot Length x 54 Foot Width

3

RULES

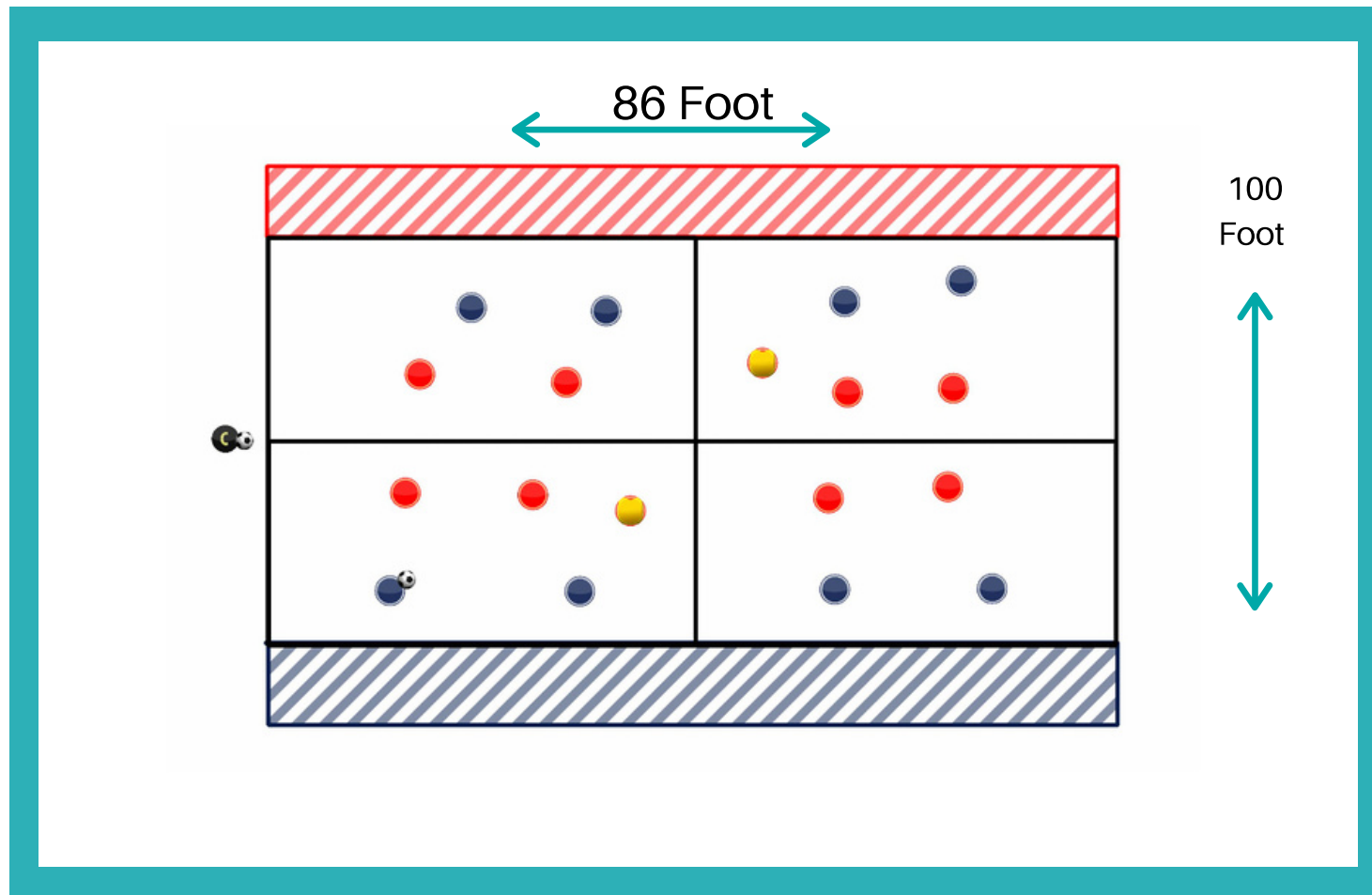
Players are restricted to their zones except when they are receiving between the lines.

4

OBJECTIVE

The team in possession will attempt to transfer the ball into the opposite zonal area by timing a pass and run between the lines in order to play forward. The yellow team pressing will attempt to win or intercept the ball and score in any of six target goals in order to reverse team roles.

Session 11
Timing of Runs
8v8 Plus 2



1

NUMBER OF PLAYERS

18 Players

2

DIMENSIONS

28yd x 33yd

86 Foot Length x 100 Foot Width

3

RULES

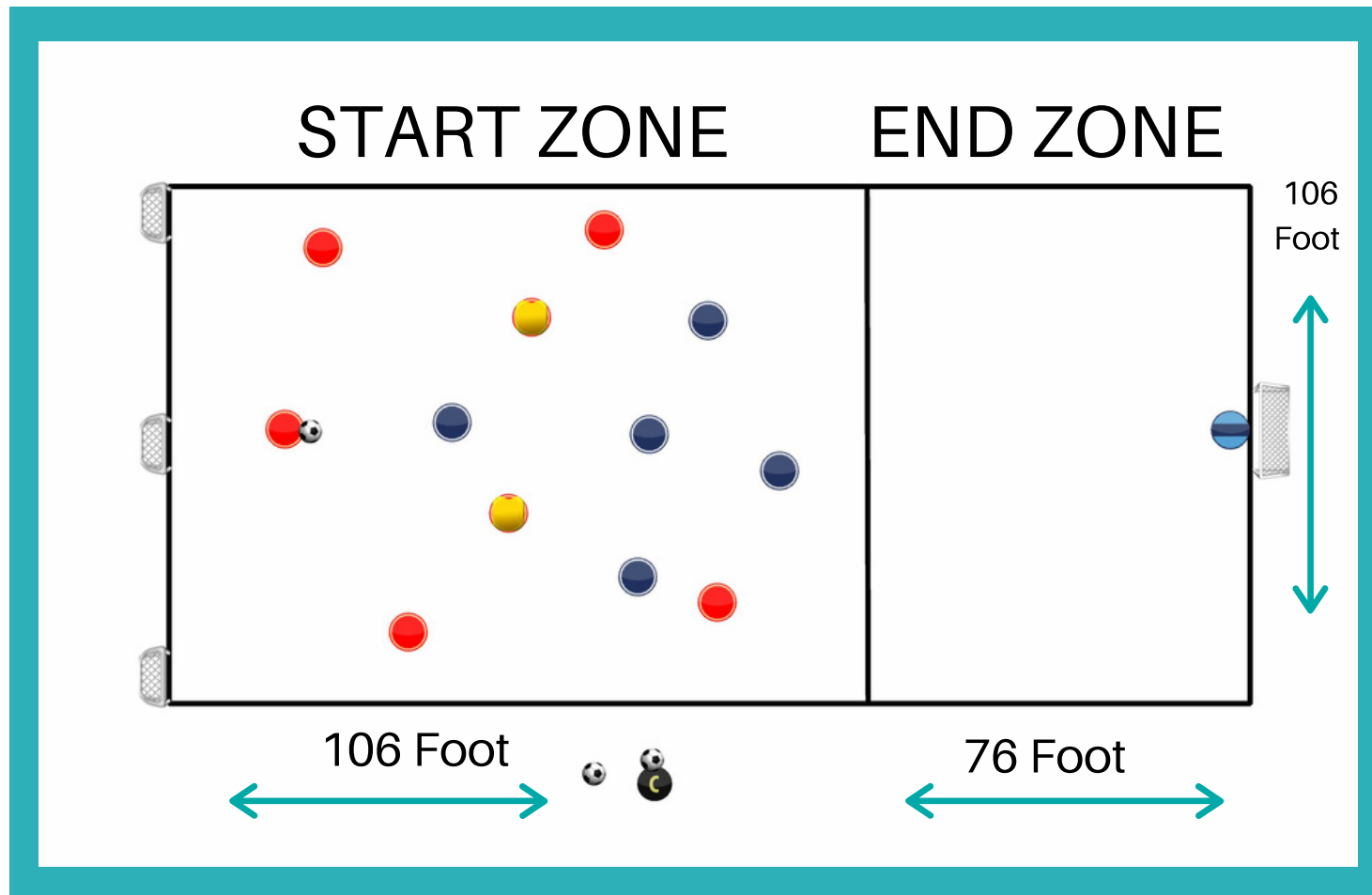
Players are restricted to their zones with the exception of the two yellow neutral players. Offside rule is in play at the end zones.

4

OBJECTIVE

Teams will attempt to work the ball into the opposition's end zone to score points. The yellow neutral players will work with the team in possession by helping to create overloads. Emphasis on timing of runs to stay onside when receiving the ball in the end zone.

Session 12
Timing of Runs
5v6 Plus 2



1

NUMBER OF PLAYERS

13 Players

2

DIMENSIONS

1/3 Pitch

3

RULES

Players are restricted to the start zone until a forward pass is made in the end zone (The offside rule is in play). Yellow neutral players work with the team in possession.

4

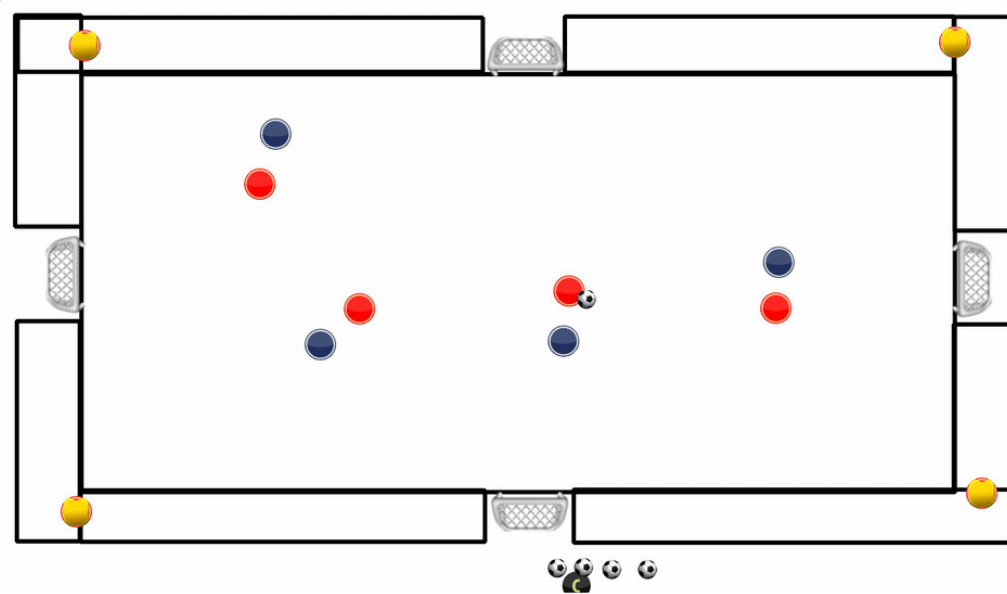
OBJECTIVE

The team in possession will attempt to play a forward pass into the end zone in order to advanced on goal. The defending team will attempt to win possession and score in any of three target goals in order to reverse team roles.

POSSESSION WITH PURPOSE

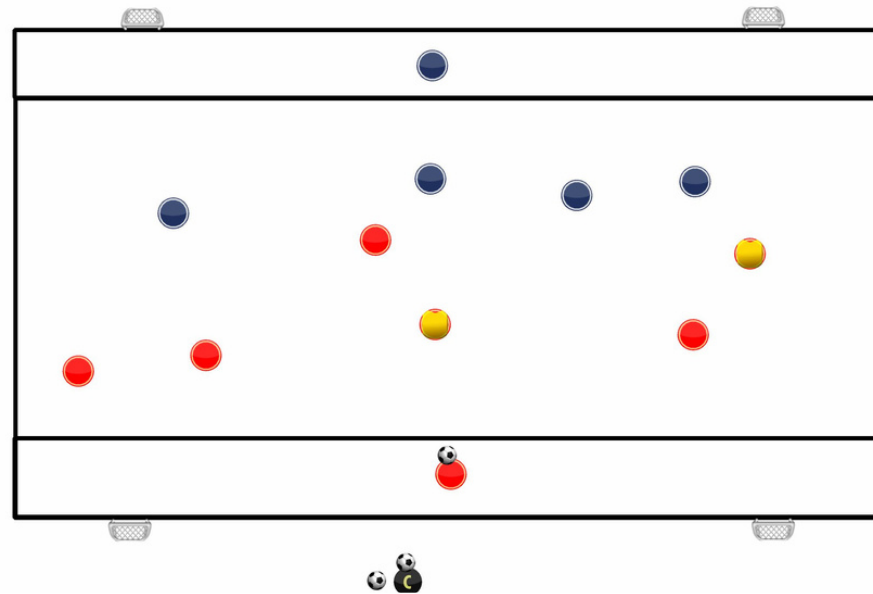
PROGRESSIVE SESSION 5

Exploiting Space



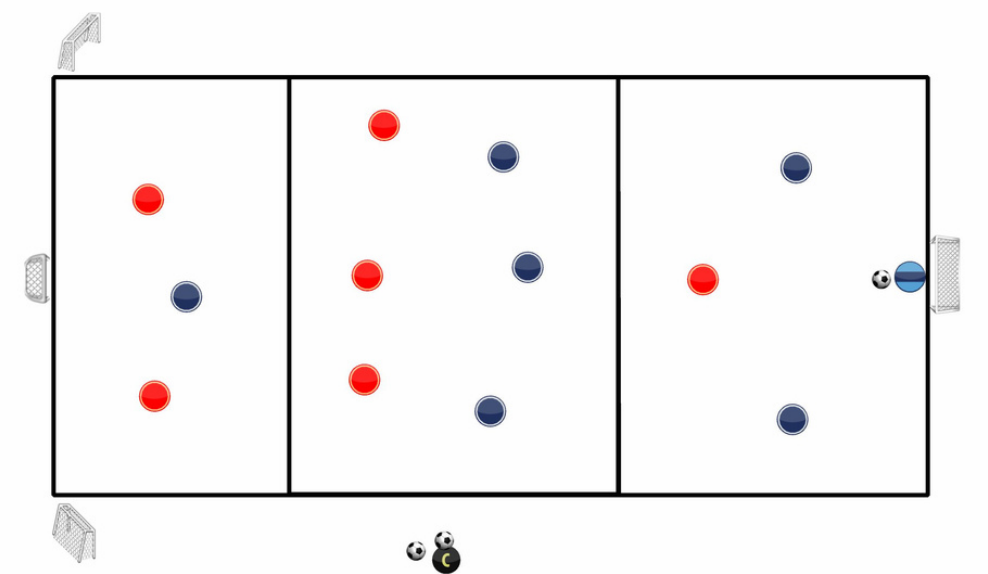
Intro

4v4 Plus 4



Main Body

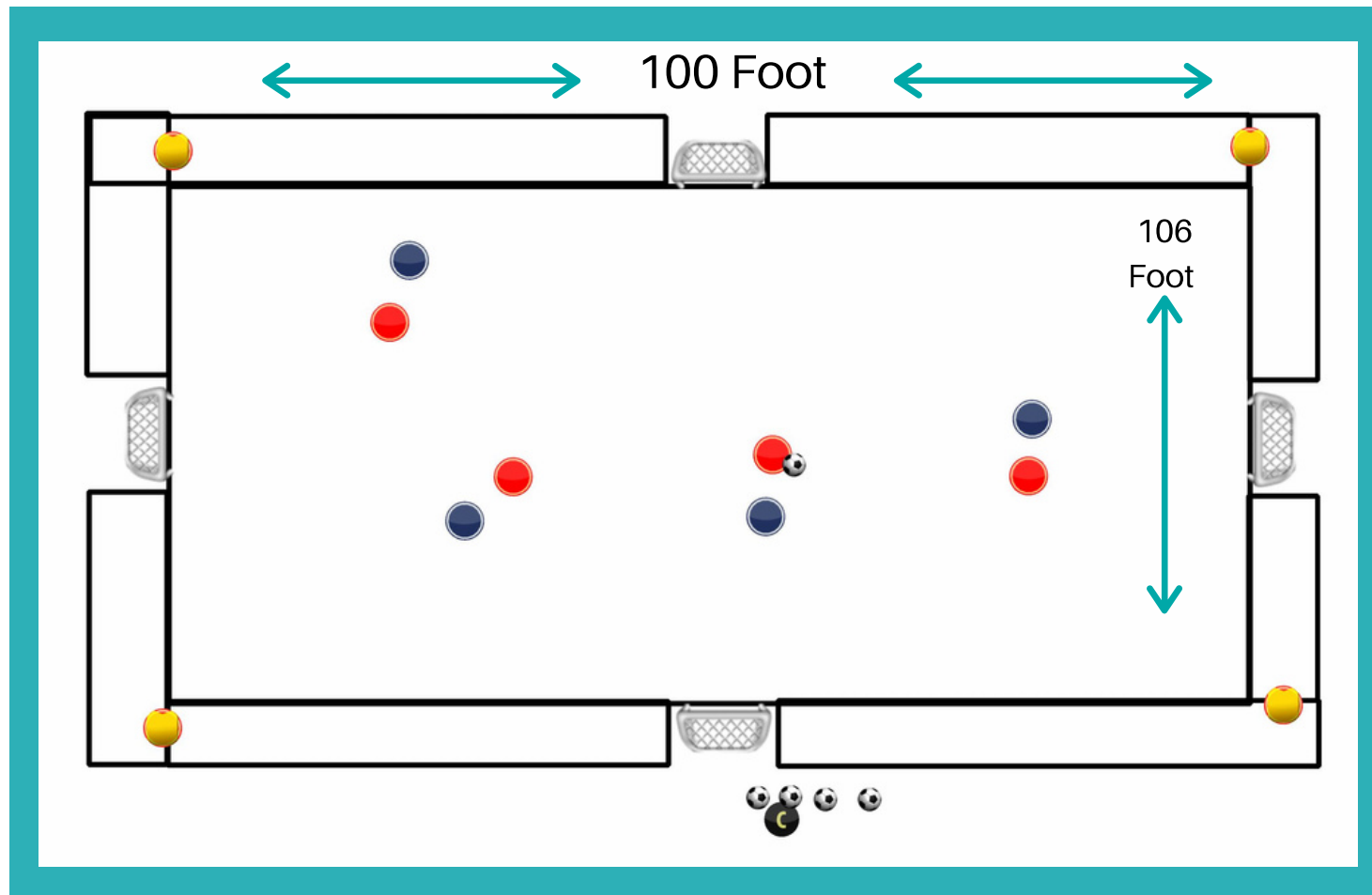
5v5 Plus 2



Game

7v6

Session 13
Exploiting Space
4v4 Plus 4



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

33yd x 35yd

100 Foot Length x 106 Foot Width

3

RULES

One team is placed around the outside at designated stations. Outside players are free to move within their zone, but they are restricted to one touch. Two teams compete in the main playing area.

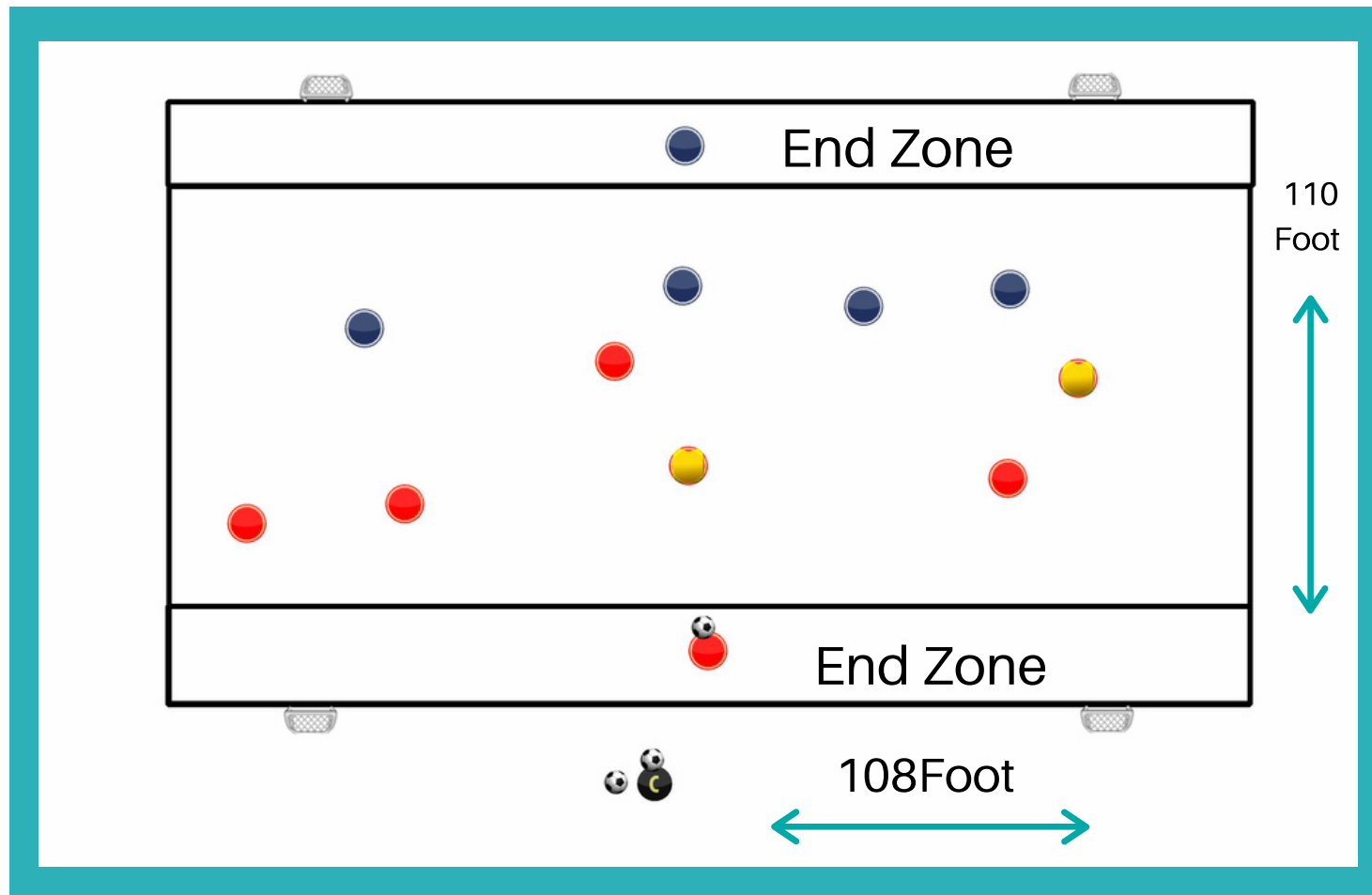
4

OBJECTIVE

The team placed around the outside will work with the team in possession. Two teams will compete in the main zone attempting to score in any of the four target goals that are placed around the zone.

POSSESSION WITH PURPOSE

Session 14
Exploiting Space
5v5 Plus 2



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

36yd x 36yd

108 Foot Length x 110 Foot Width

3

RULES

One player from each team must be positioned in the end zone. 4v4 plus 2 in the central zone. Both neutral players work with the team in possession.

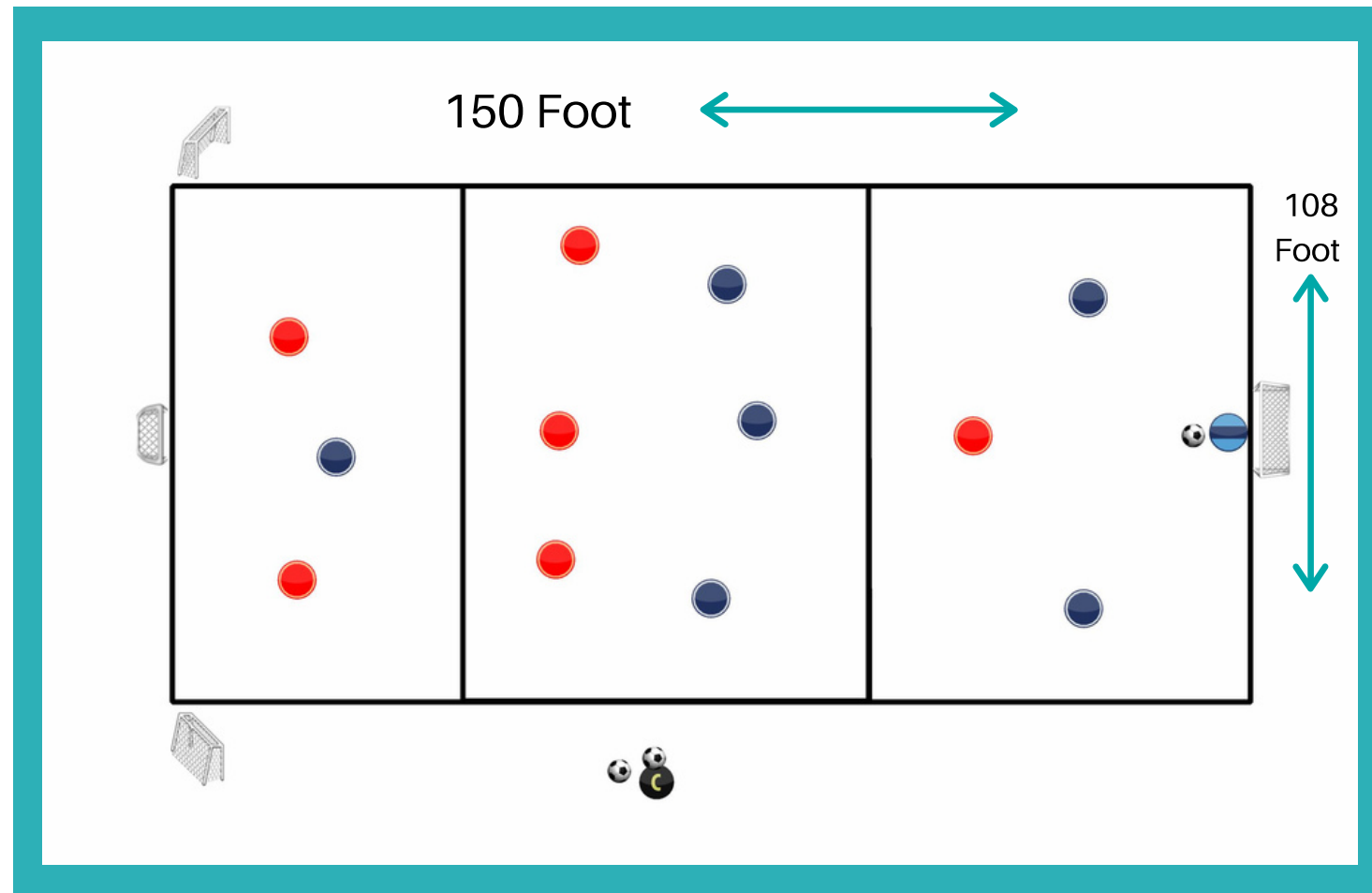
4

OBJECTIVE

Teams will attempt to score in any of two opposition target goals. The players in the end zone may intercept attempts on goal and also work with their teammates to retain possession of the ball.

POSSESSION WITH PURPOSE

Session 15
Exploiting Space
7v6



1

NUMBER OF PLAYERS

13 Players

2

DIMENSIONS

50yd x 36yd

150 Foot Length x 108 Foot Width

3

RULES

One player from each team may advance to the next zone following a forward pass or dribble. Players are restricted to their zones at all other times.

4

OBJECTIVE

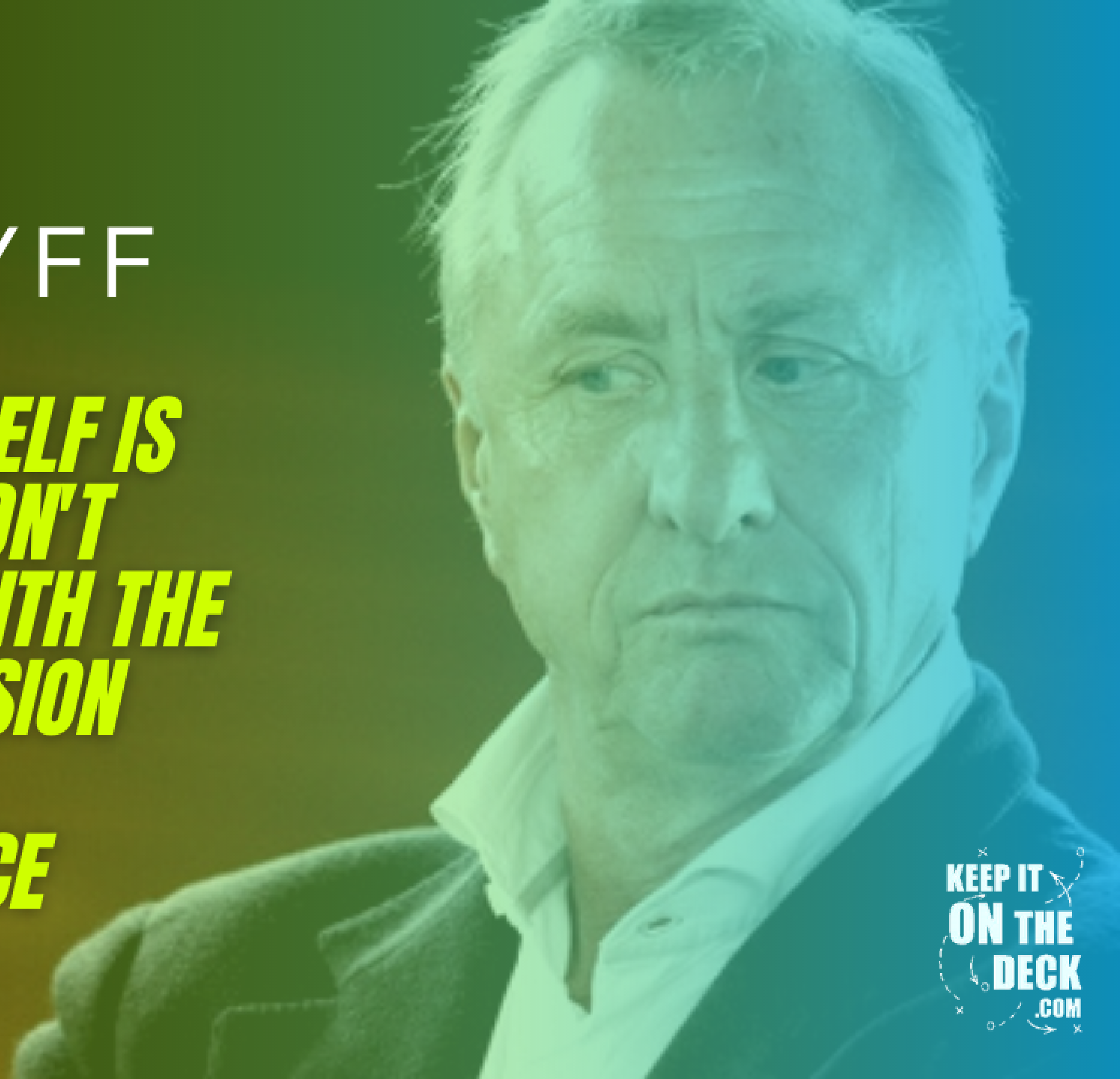
One team made up of six players will work with the goalkeeper and attempt to score in any of three target goals. The opposition side will attempt to win possession and score in the main goal in order to reverse team roles.

POSSESSION WITH PURPOSE

”

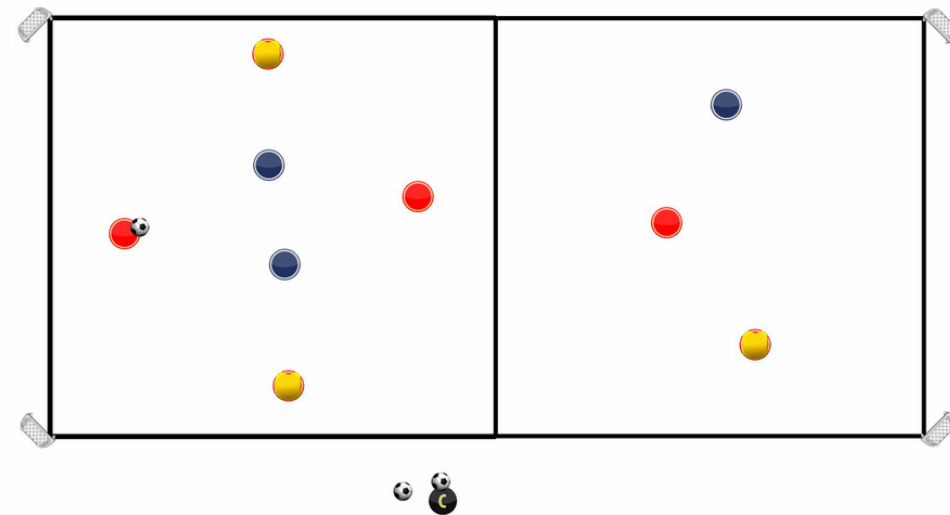
JOHAN CRUYFF

***"POSSESSION FOR ITSELF IS
WORTHLESS IF YOU DON'T
KNOW WHAT TO DO WITH THE
BALL LATER. POSSESSION
CREATES SPACE, BUT
UNDERSTANDING SPACE
CREATES PURPOSE"***

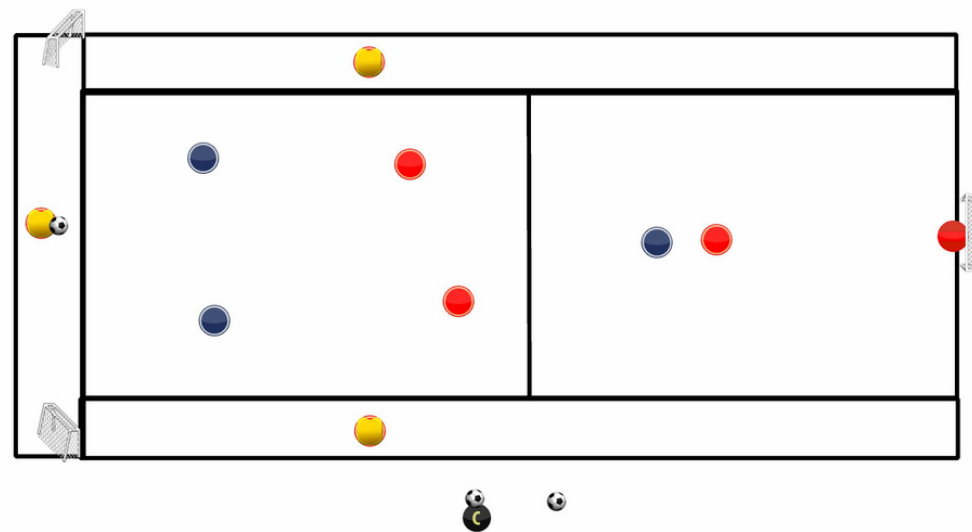


PROGRESSIVE SESSION 6

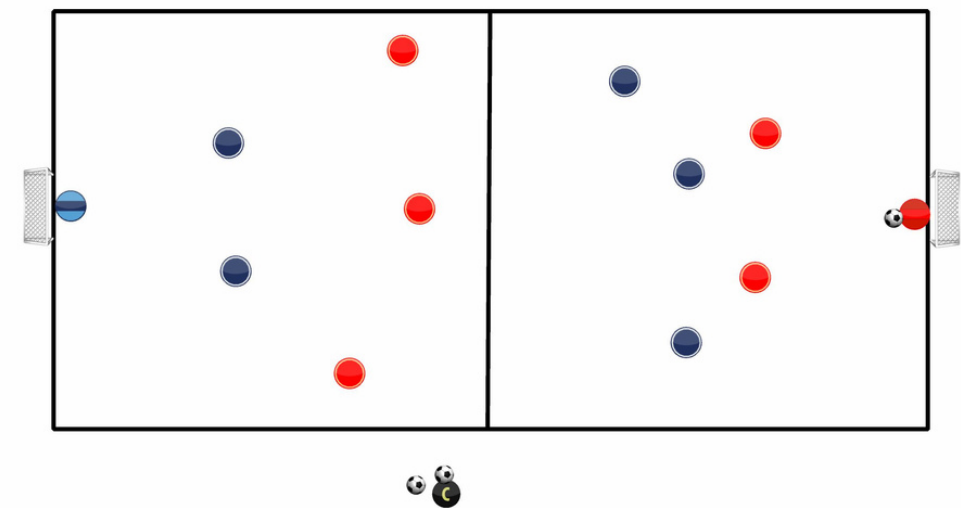
Exploiting Overloads



Intro
6v3

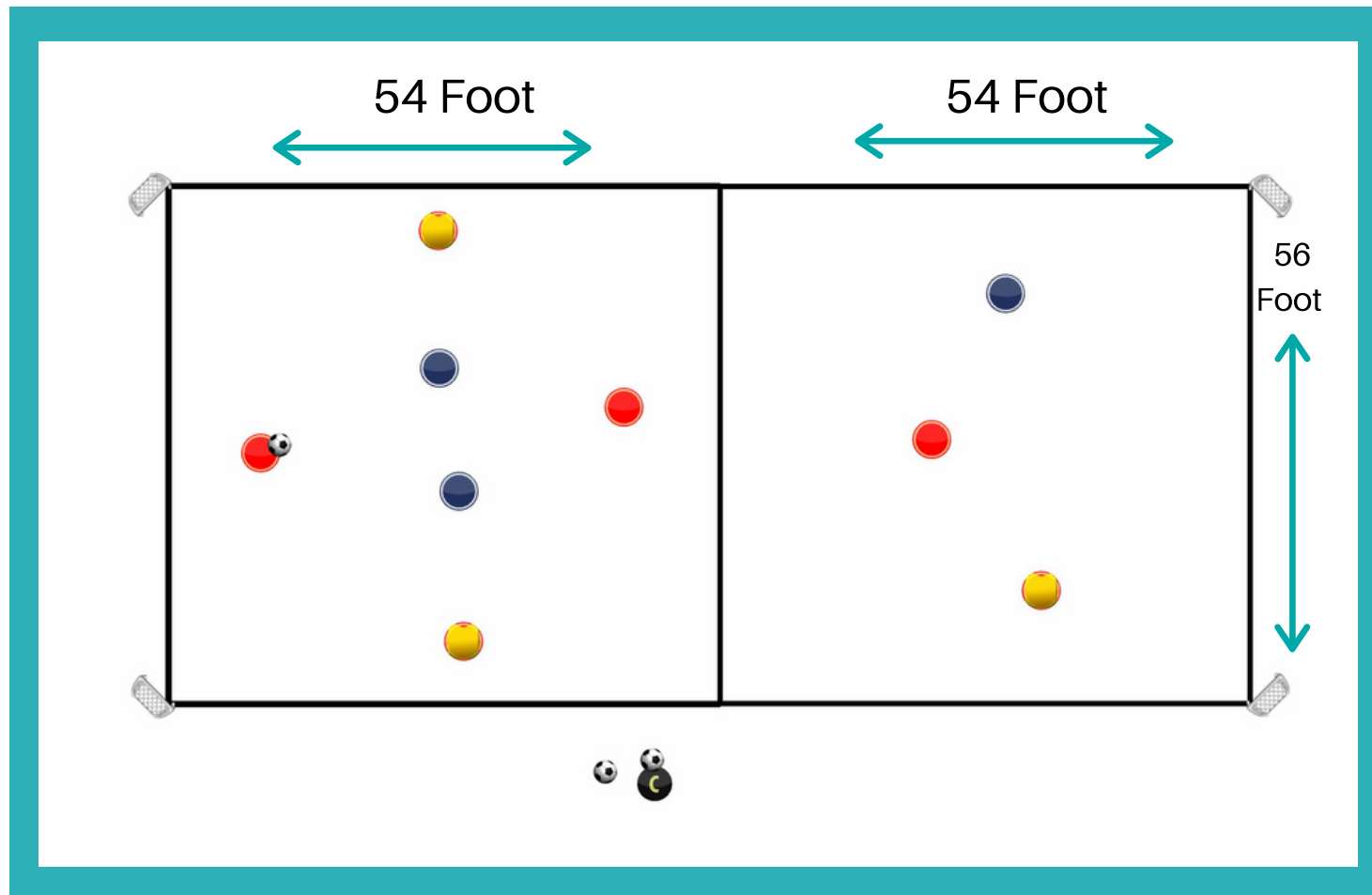


Main Body
3v4 Plus 3



Game
6v6

Session 16
Exploiting Overloads
6v3



1

NUMBER OF PLAYERS

9 Players

2

DIMENSIONS

36yd x 18yd

108 Foot Length x 56 Foot Width

3

RULES

There will always be a 4v2 within the active zone. The team pressing must score in any of the four target goals in order to reverse team roles.

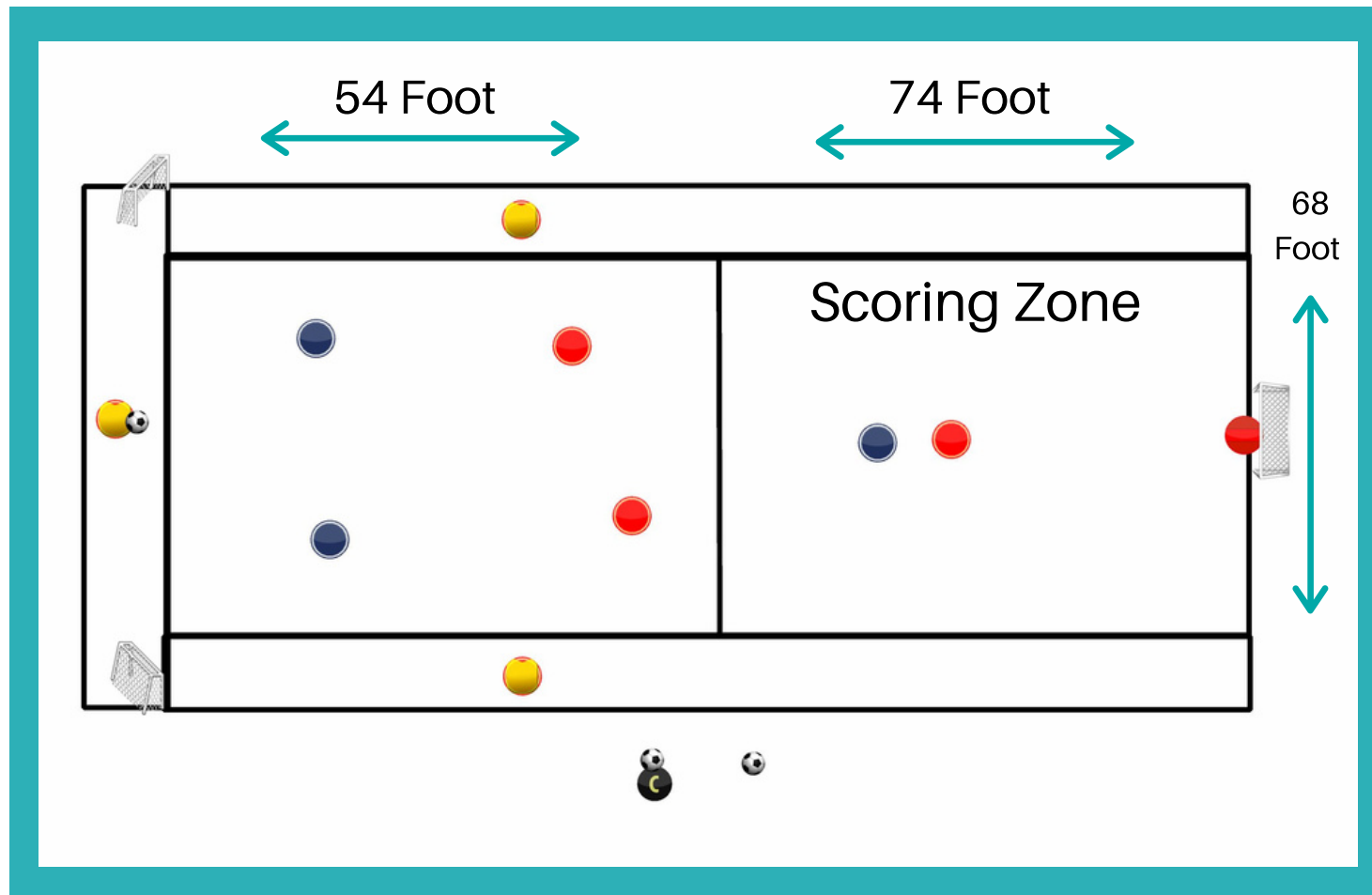
4

OBJECTIVE

Two teams work together and attempt to retain the ball. Following a switch of play from one zone to the other one player from each team will follow the pass. The defending team attempts to win possession and score in any of four target goals in order to reverse roles with the team who lost possession.

POSSESSION WITH PURPOSE

Session 17
Exploiting Overloads
3v4 Plus 3



1

NUMBER OF PLAYERS

10 Players

2

DIMENSIONS

42yd x 22yd

128 Foot Length x 68 Foot Width

3

RULES

Players are restricted to their zones with the exception of when a forward pass or dribble into the end scoring zone is made. Yellow neutral players work with the team in possession.

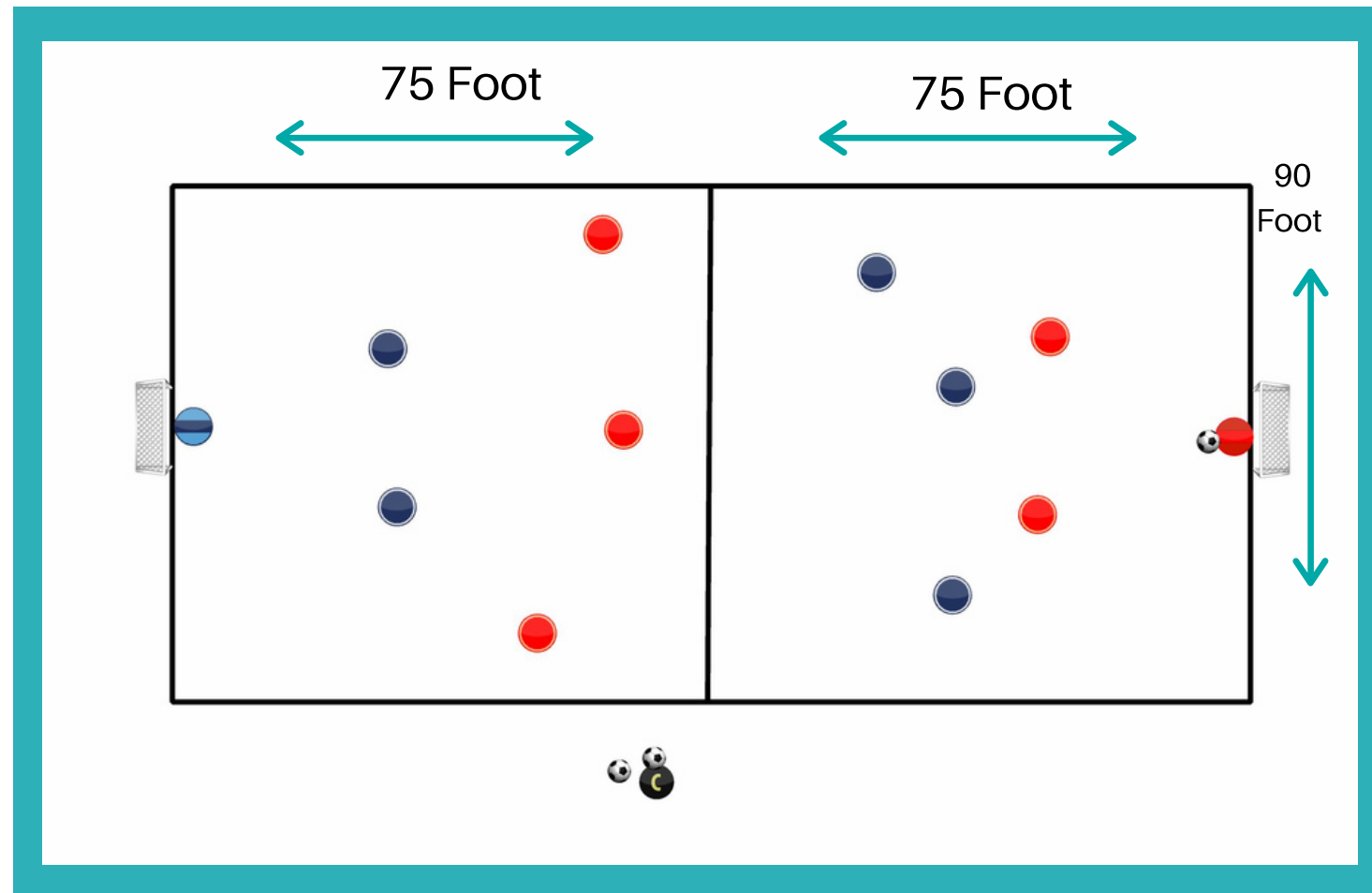
4

OBJECTIVE

One team attempts to work the ball into the scoring zone in order to score goals. The team attacking the main goal is permitted to allow one player to join into the scoring zone following a forward pass or dribble. The defending team attempts to win possession and score in any of two target goals in order to reverse team roles.

POSSESSION WITH PURPOSE

Session 18
Exploiting Overloads
6v6



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

50yd x 30yd

150 Foot Length x 90 Foot Width

3

RULES

Players are restricted to their half in a 3v2 overload.

4

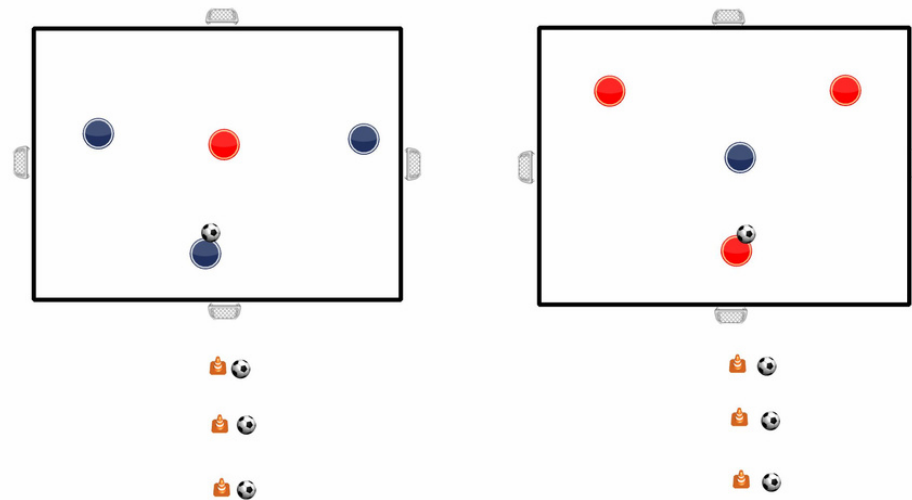
OBJECTIVE

Teams will play 6v6 in restricted zones.
Both teams will attempt to score in their opponents goals.

POSSESSION WITH PURPOSE

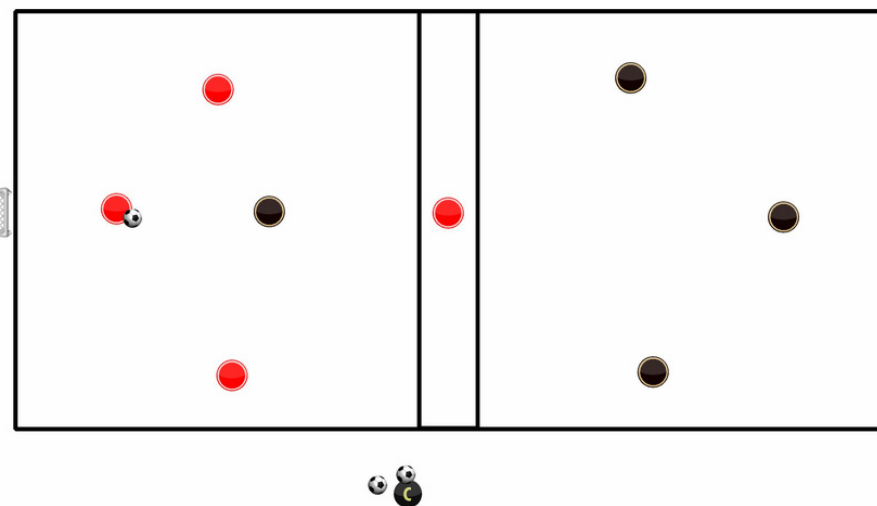
PROGRESSIVE SESSION 7

Angles of Support



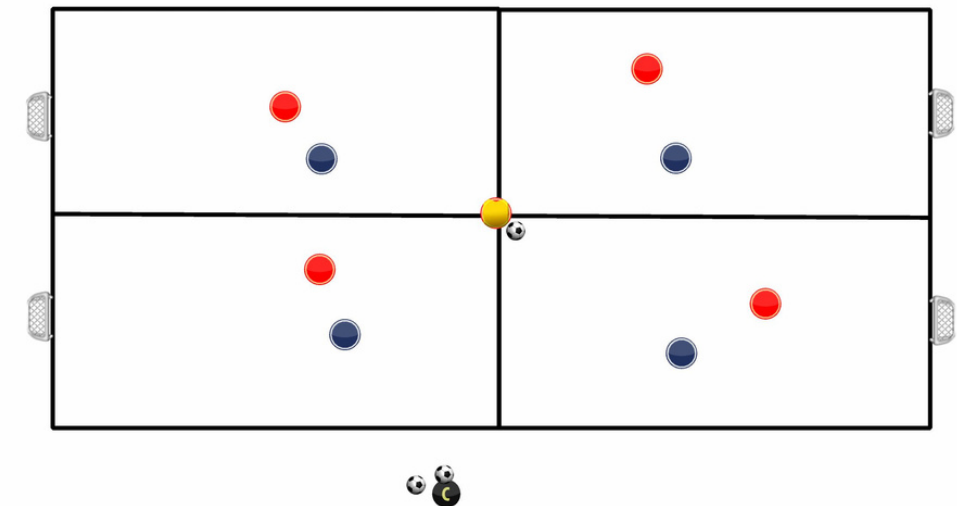
Intro

4v4 Competition Rondo



Main Body

4v4



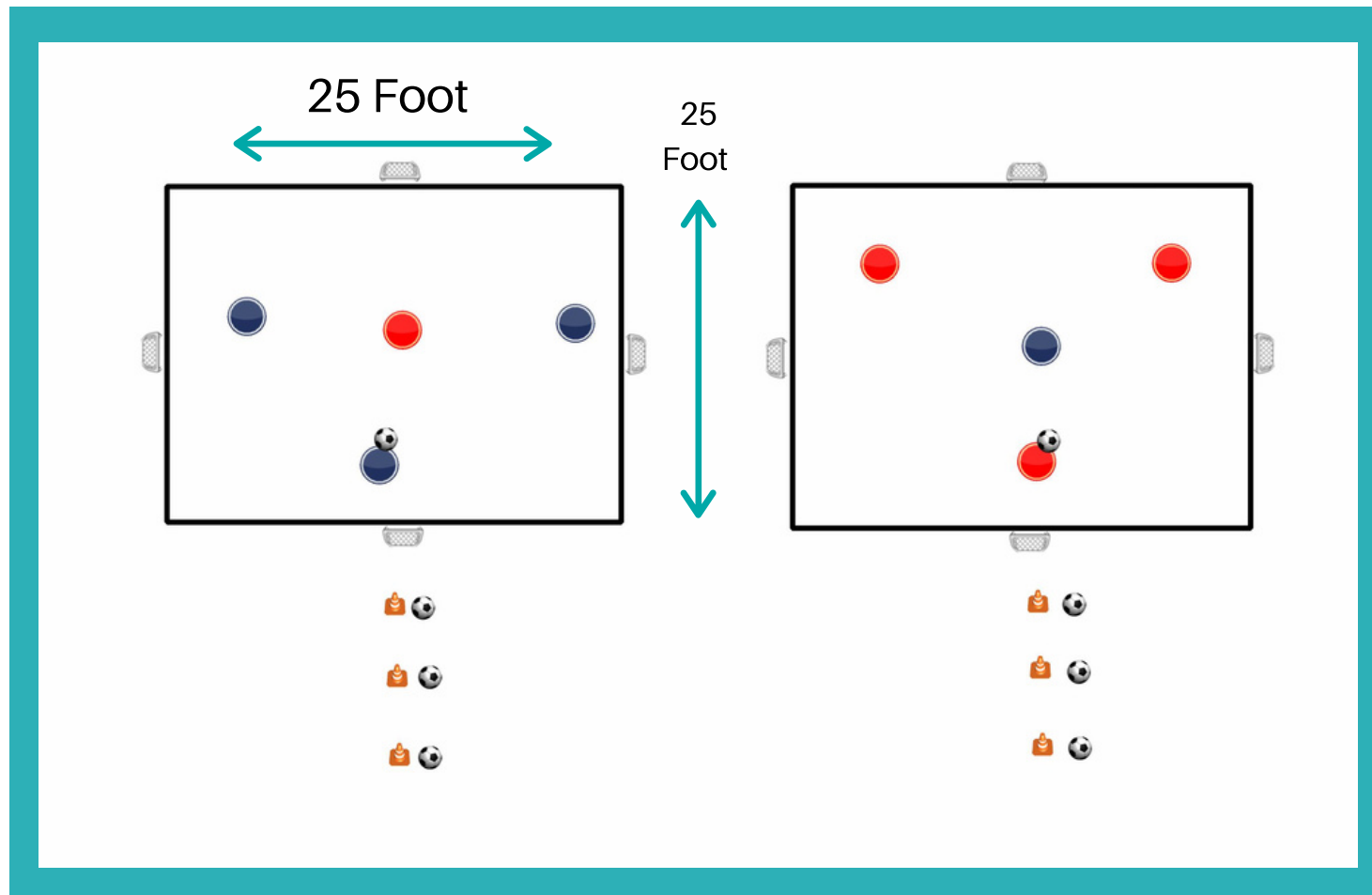
Game

4v4 Plus 1

Session 19

Angles of Support

4v4 Competition Rondo (3v1 zones)



Coaching Note

By introducing the rule that the player who loses possession must sprint to get another football the aim is to encourage a demanding environment. Players will demand quality and standards from one another naturally in order to retain the ball. As a coach be attentive to change the rule should one player continuously lose possession and his or her confidence becomes effected!

1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

8yd x 8yd

25 Foot Length x 25 Foot Width (Box)

3

RULES

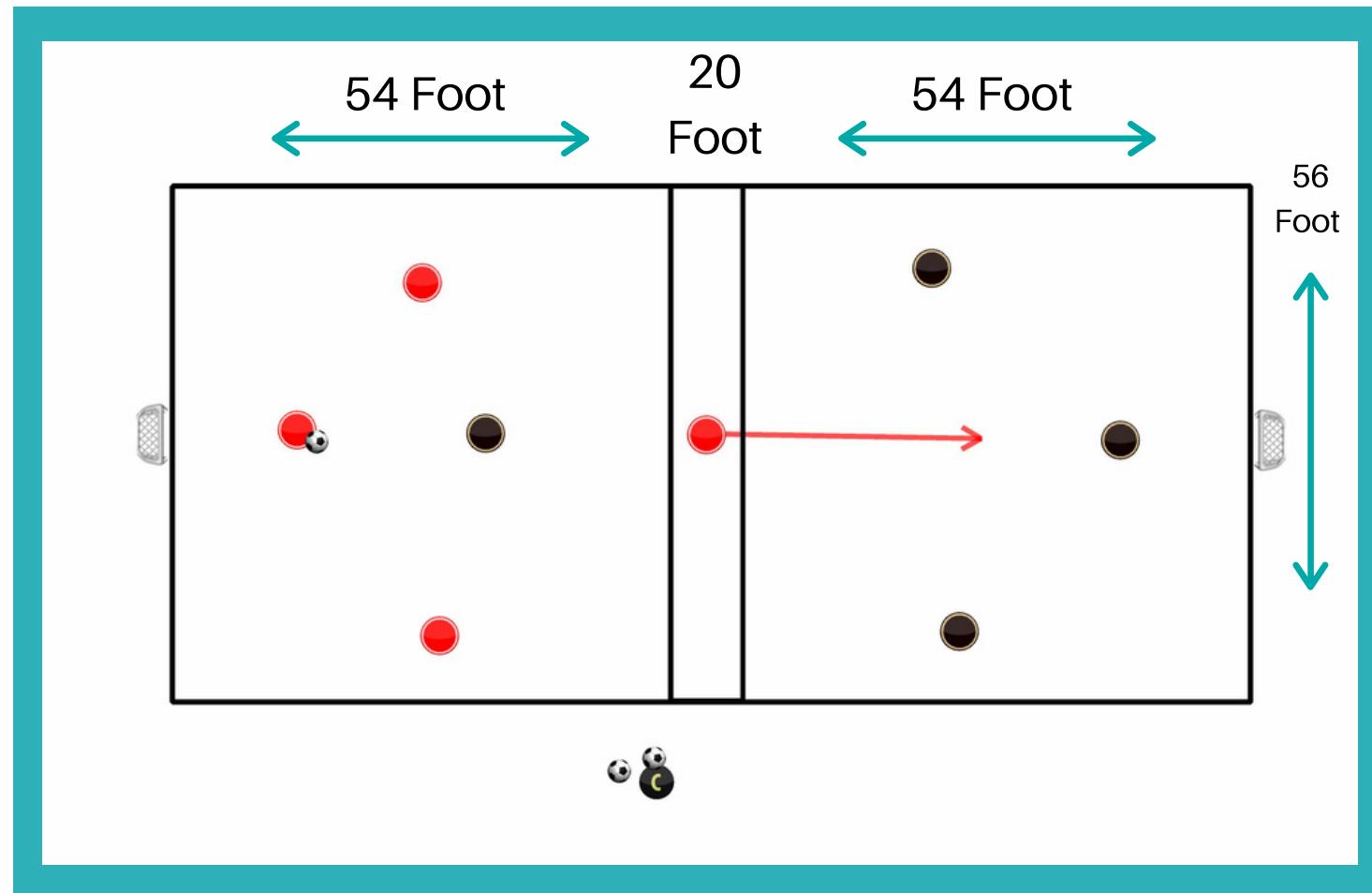
The player who loses possession must sprint to collect another football before a sequence of passes can continue.

4

OBJECTIVE

Teams will attempt to retain possession as a 3v1 rondo with the aim of achieving thirty passes before the opposite playing zone achieves that total of passes. If the pressing player wins the ball they will attempt to score in any of four target goals to detract ten passes from the current total of passes.

Session 20
Angles of Support
4v4



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

42yd x 14yd

128 Foot Length x 56 Foot Width

3

RULES

3v1 in the active zone at all times. One player from the team in possession must remain in the centre zone until a forward pass is made into the opposition half.

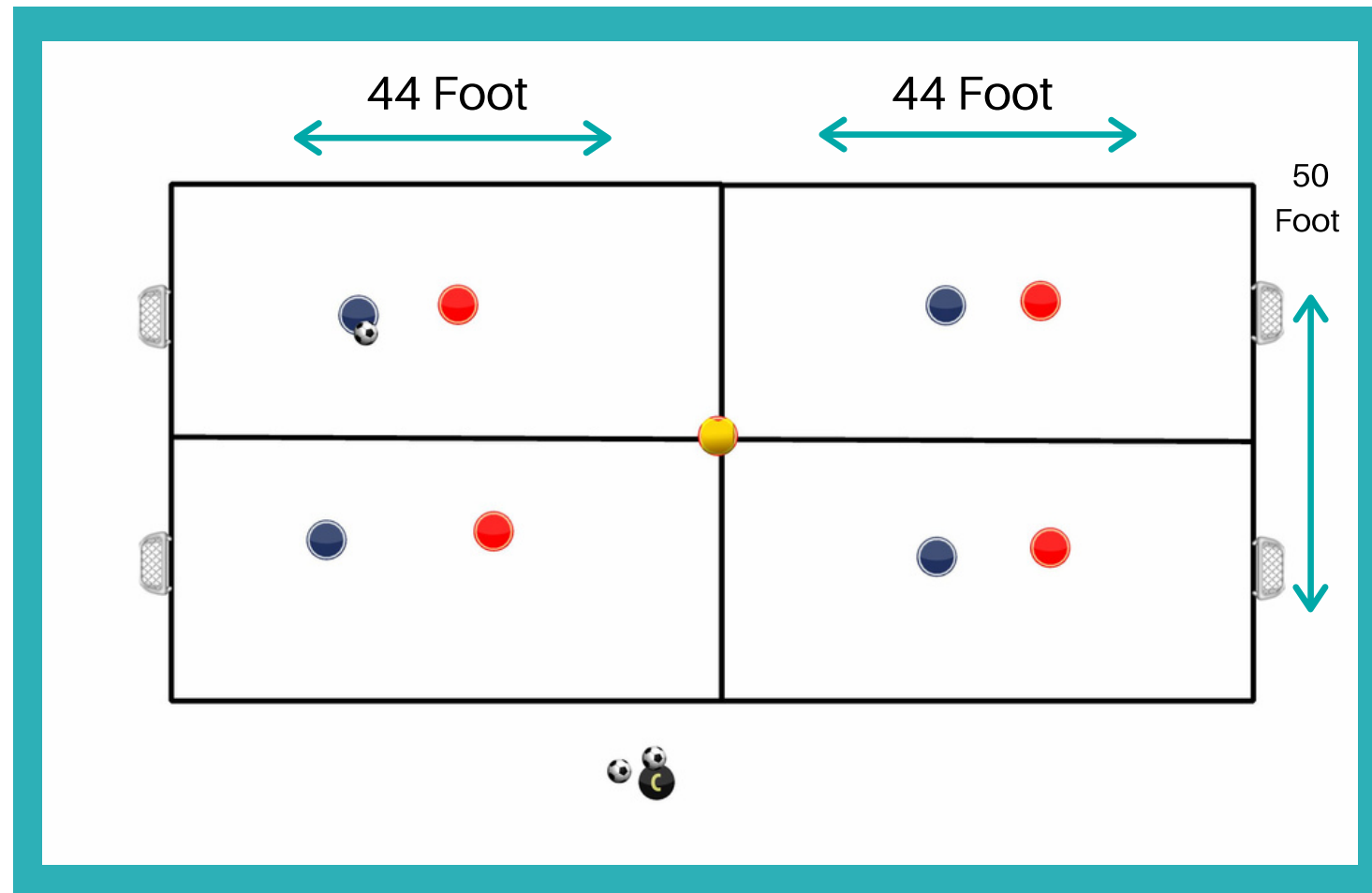
4

OBJECTIVE

Teams in possession will attempt to pass into the opposition half following five passes or more. The forward pass can be made directly or by linking with the teammate in the centre zone. If the pressing player wins possession they will attempt to score in the target goal.

POSSESSION WITH PURPOSE

Session 21
Angles of Support
4v4 Plus 1



1

NUMBER OF PLAYERS

9 Players

2

DIMENSIONS

32yd x 16yd

88 Foot Length x 50 Foot Width

3

RULES

Players are restricted to their zones with the exception of the neutral player who is free to move to any zone. The neutral player is limited to one touch only.

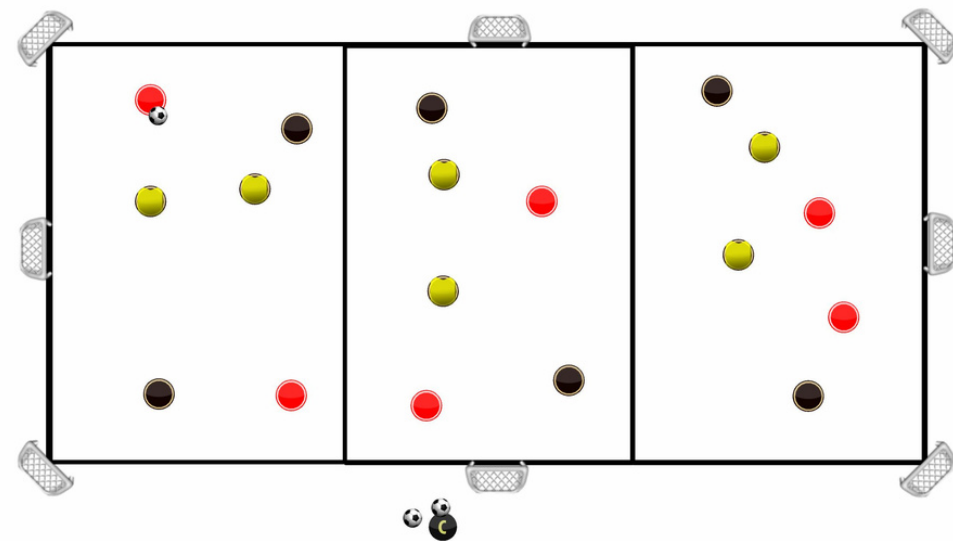
4

OBJECTIVE

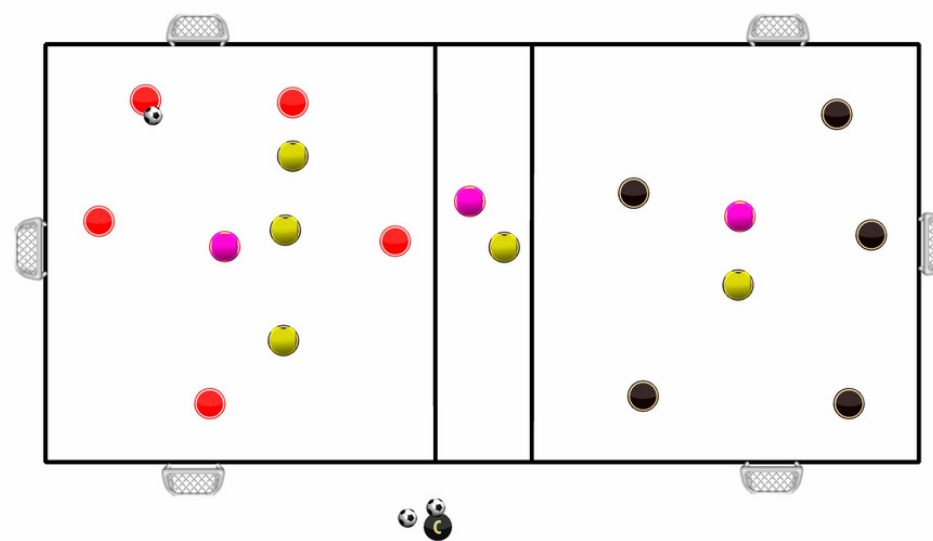
Teams will attempt to score in any of two opposing goals.

PROGRESSIVE SESSION 8

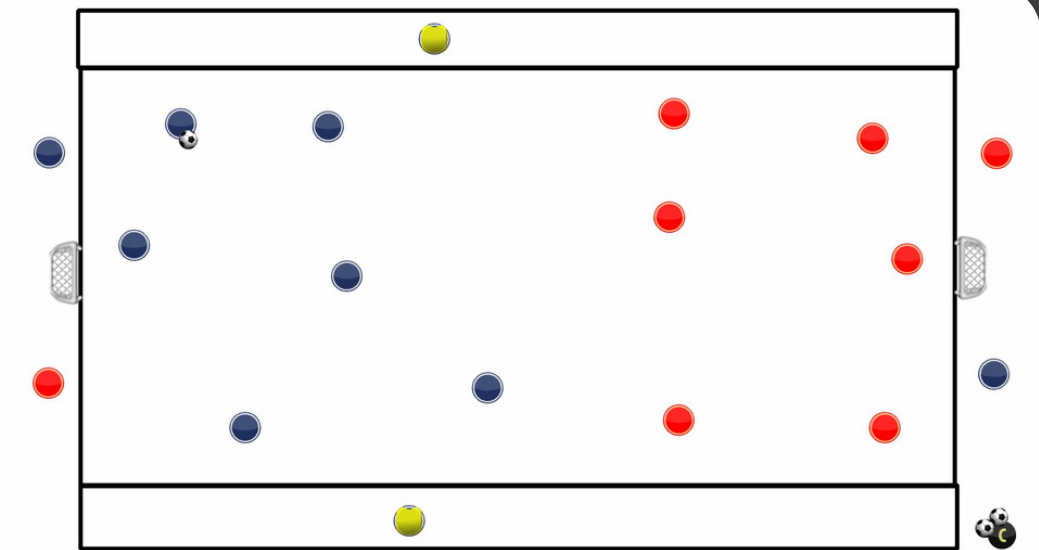
Counter Pressing



Intro
12v6

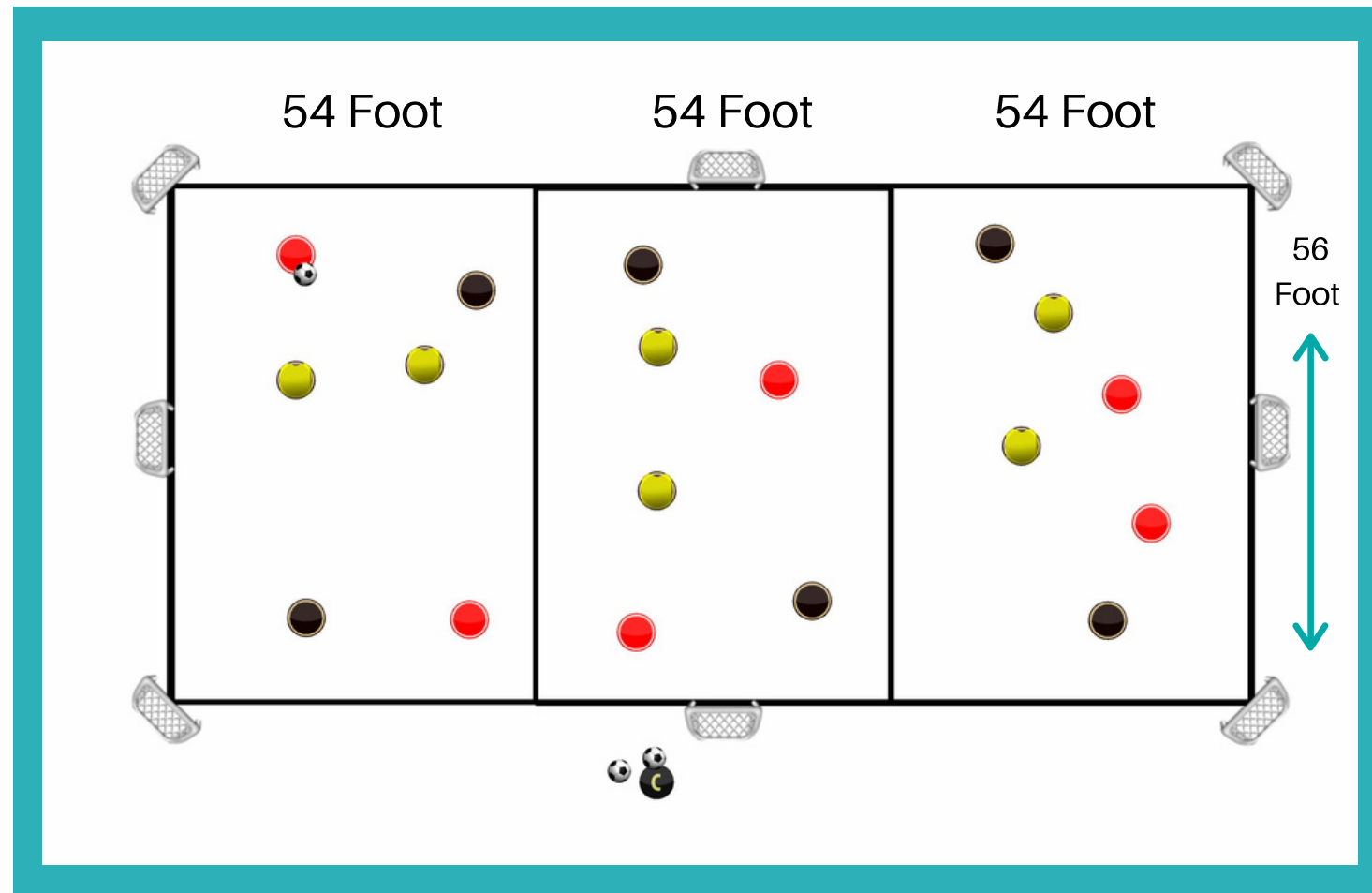


Main Body
10v5 Plus 3



Game
8v8 Plus 2

Session 22
Counter Pressing
12v6



1

NUMBER OF PLAYERS

18 Players

2

DIMENSIONS

54 yards x 18 yards

162 Foot Length x 56 Foot Width

3

RULES

All players are restricted to their zones.

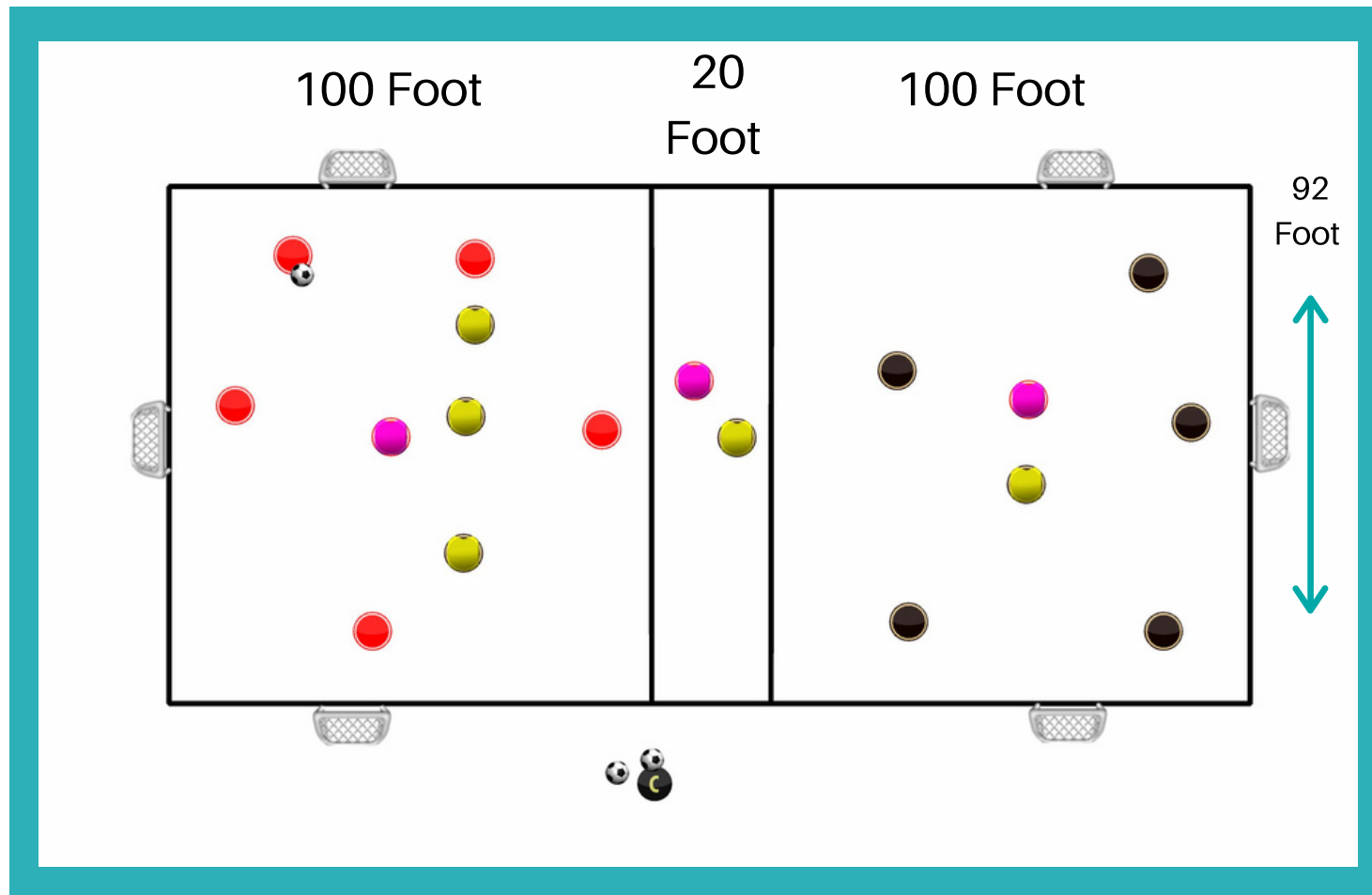
4

OBJECTIVE

The team pressing will attempt to win the ball and score in any of eight target goals in order to reverse roles with the team who lost possession. Teams in possession will attempt to retain the ball.

Emphasis on quick counter pressing when possession is lost to avoid goals being scored.

Session 23
Counter Pressing
10v5 Plus 3



1

NUMBER OF PLAYERS

18 Players

2

DIMENSIONS

40 yards x 30 yards

120 Foot Length x 92 Foot Width

3

RULES

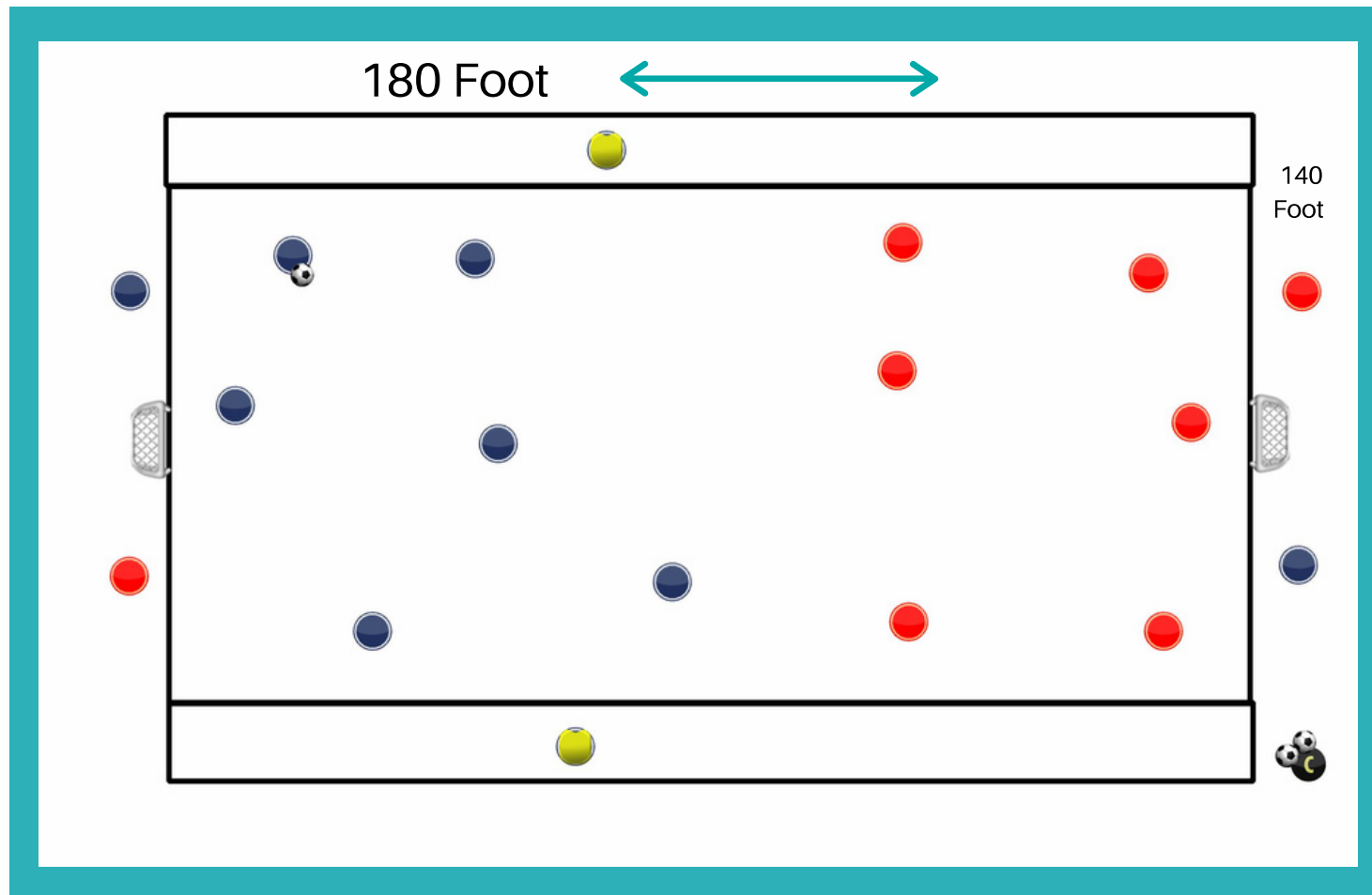
Players are restricted to their zones with the exception of the team pressing. The team pressing will send three players into the active zone whilst keeping one player in the opposite zone and one player in the centre zone. Neutral players will work with the team in possession.

4

OBJECTIVE

The team pressing will attempt to win the ball and score in any of six target goals in order to reverse roles with the team who lost possession. Teams in possession will attempt to retain the ball or counter press quickly when possession is lost.

Session 24
Counter Pressing
8v8 Plus 2



1

NUMBER OF PLAYERS

18 Players

2

DIMENSIONS

60 yards x 46 yards

180 Foot Length x 140 Foot Width

3

RULES

Players that are placed around the outside of the playing area are restricted to their zones. Players placed around the outside are restricted to one touch. The yellow neutral players work with the team in possession.

4

OBJECTIVE

Teams will attempt to score in their opponents goal. In possession teams will have a 10 vs 6 overload. Emphasis will be on quick counter pressing when possession is lost.

POSSESSION WITH PURPOSE

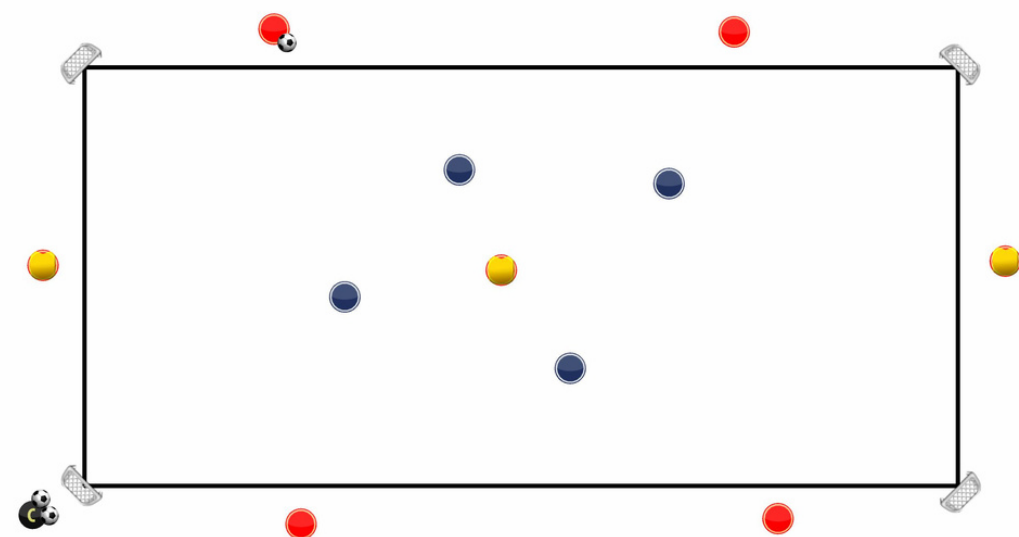
JORDI CRUYFF

"MY FATHER, EVERYDAY WOULD BE POSSESSION GAMES. FOUR VERSUS FOUR WITH THREE JOKERS. ALL HIS POSSESSION GAMES HAD TO DO WITH ANGLES AND CREATING THEM"



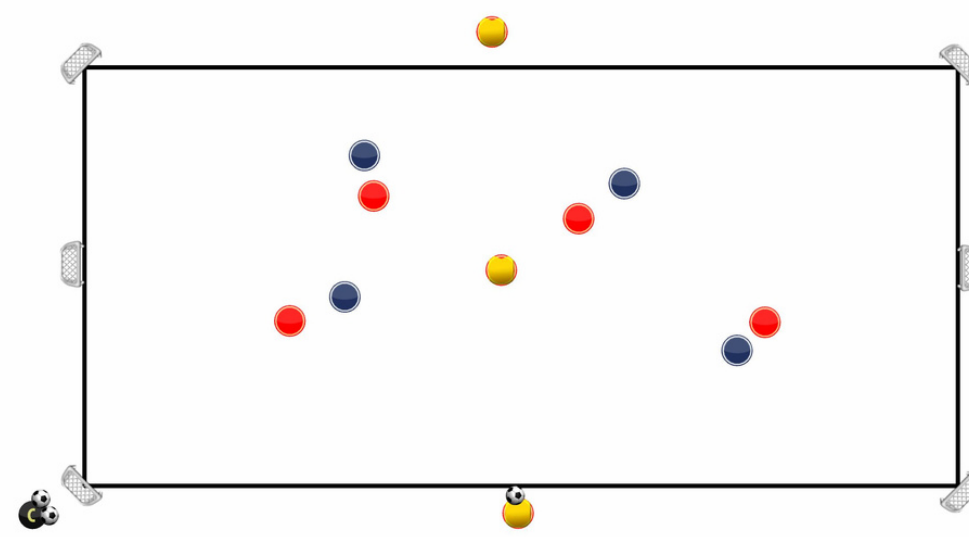
PROGRESSIVE SESSION 9

4v4 Plus 3 LA Masia



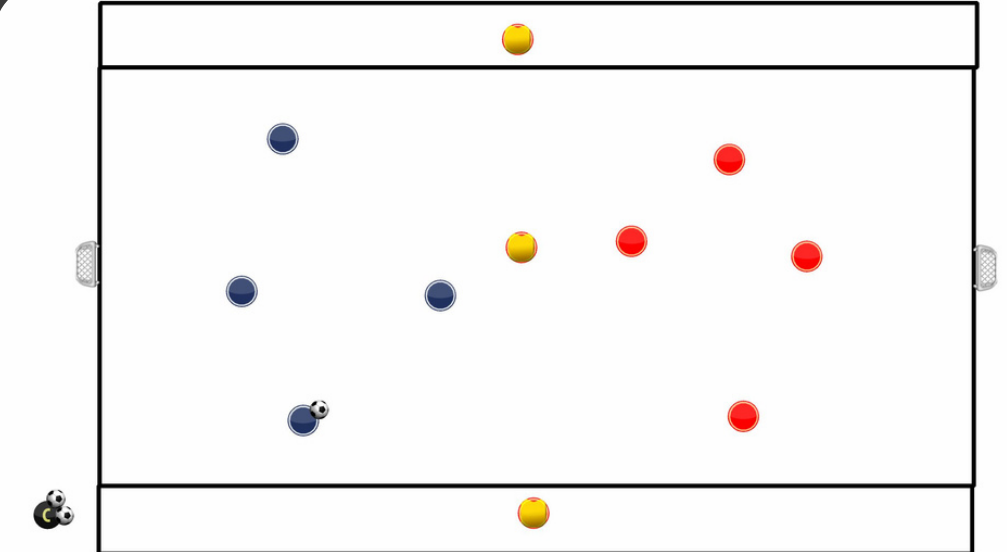
Intro

4v4 Plus 3



Main Body

4v4 Plus 3

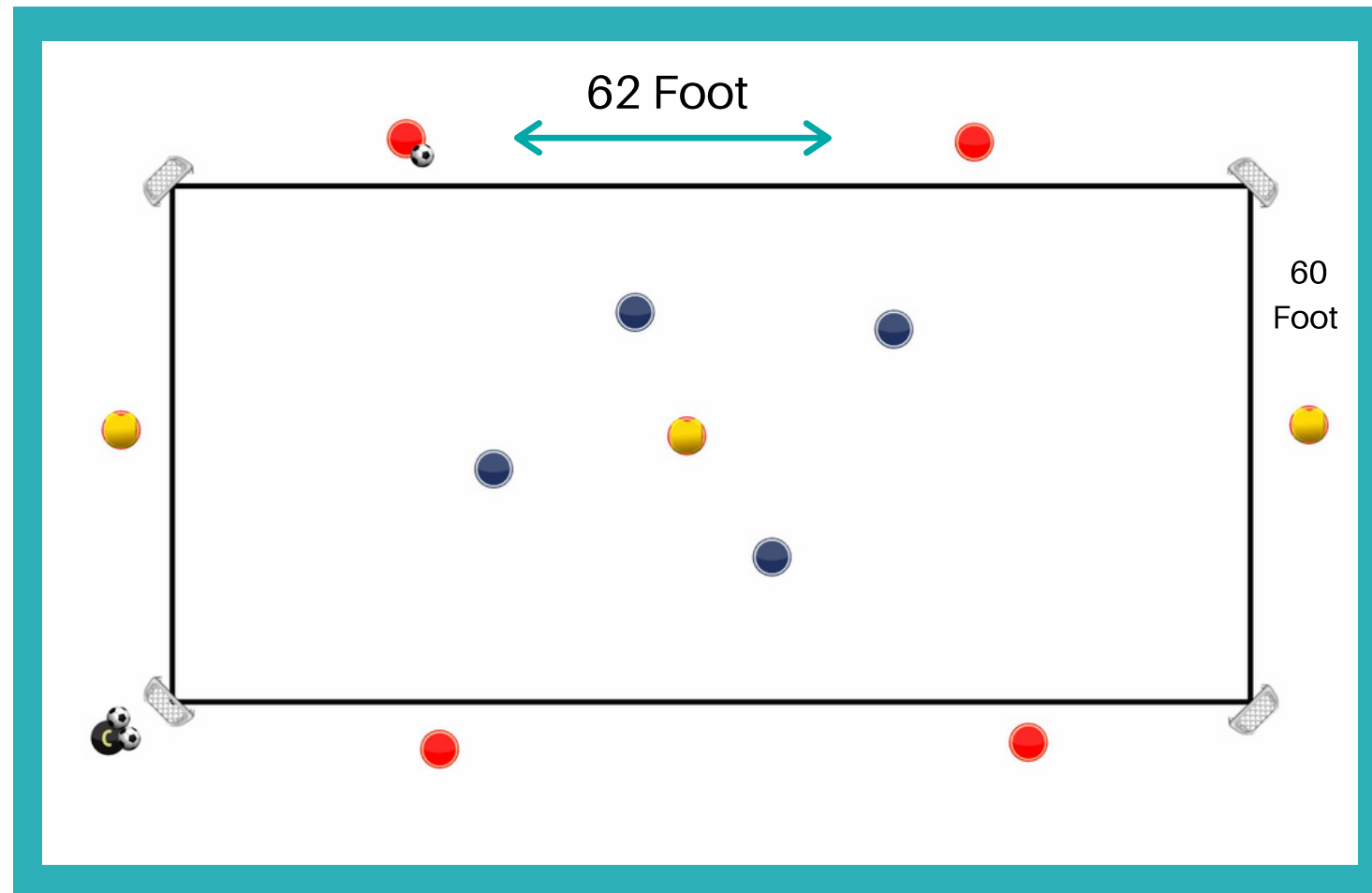


Game

4v4 Plus 3

Session 25

4v4 Plus 3 La Masia



1

NUMBER OF PLAYERS

11 Players

2

DIMENSIONS

20 yards x 20 yards

62 Foot Length x 60 Foot Width

3

RULES

The team in possession is positioned at designated points around the playing zone. The three neutral players will work with the team in possession.

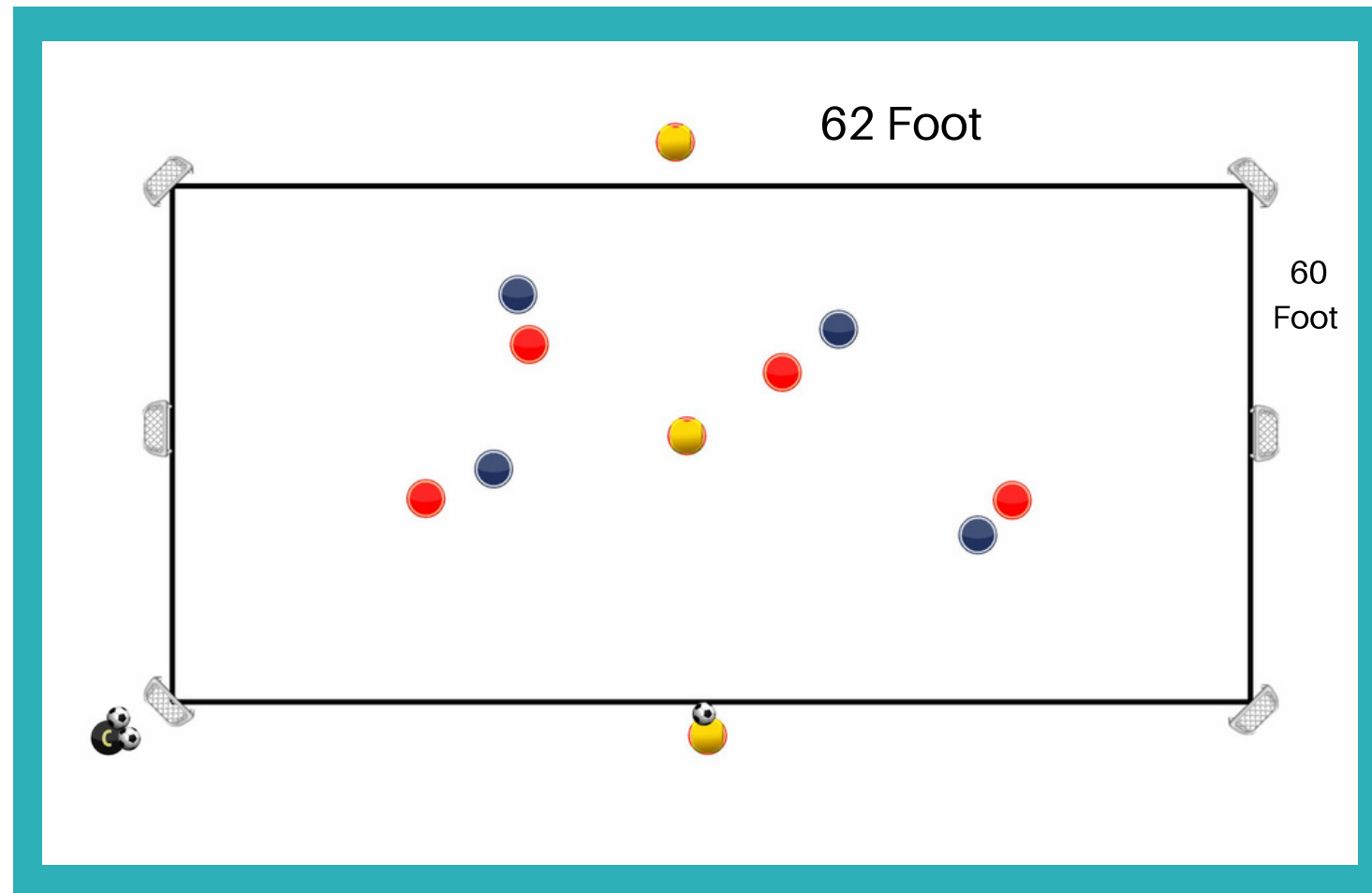
4

OBJECTIVE

The team in possession will attempt to retain the ball. The team pressing attempt to win the ball and score in any of four target goals in order to reverse team roles.

Session 26

4v4 Plus 3 La Masia



1

NUMBER OF PLAYERS

11 Players

2

DIMENSIONS

20 yards x 20 yards

62 Foot Length x 60 Foot Width

3

RULES

Two neutral players are positioned at either side of the playing zone, a third neutral player is positioned in the main playing area. Neutral players will work with the team in possession.

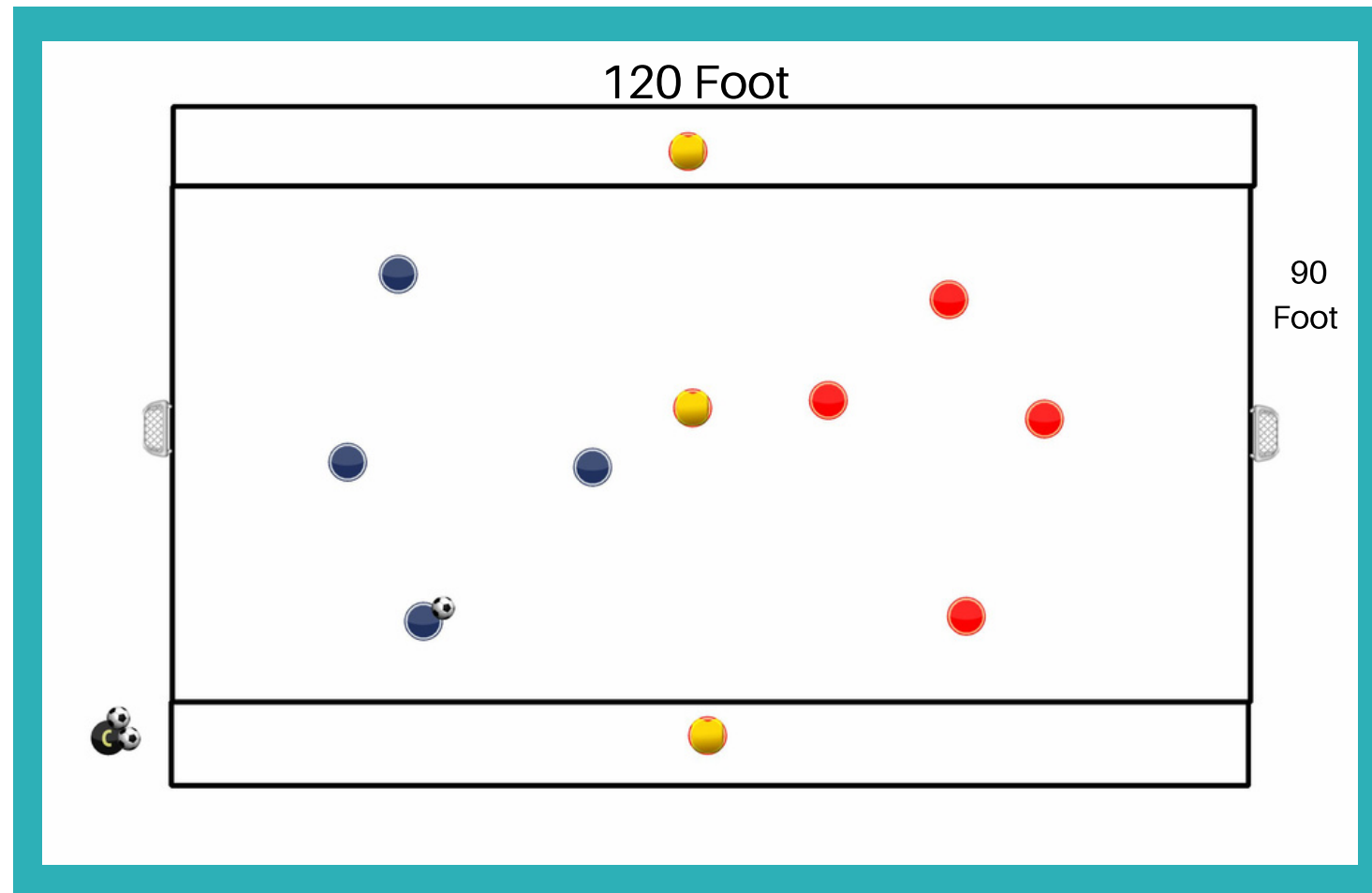
4

OBJECTIVE

The team in possession will attempt to retain the ball. The team pressing attempt to win the ball and score in any of four target goals in order to reverse team roles.

Session 27

4v4 Plus 3 La Masia



1

NUMBER OF PLAYERS

11 Players

2

DIMENSIONS

40 yards x 30 yards

120 Foot Length x 90 Foot Width

3

RULES

Two neutral players are positioned at either side of the playing zone, a third neutral player is positioned in the main playing area. Neutral players will work with the team in possession.

4

OBJECTIVE

Teams will play a small sided game attempting to score in the opposing goal.

POSSESSION WITH PURPOSE

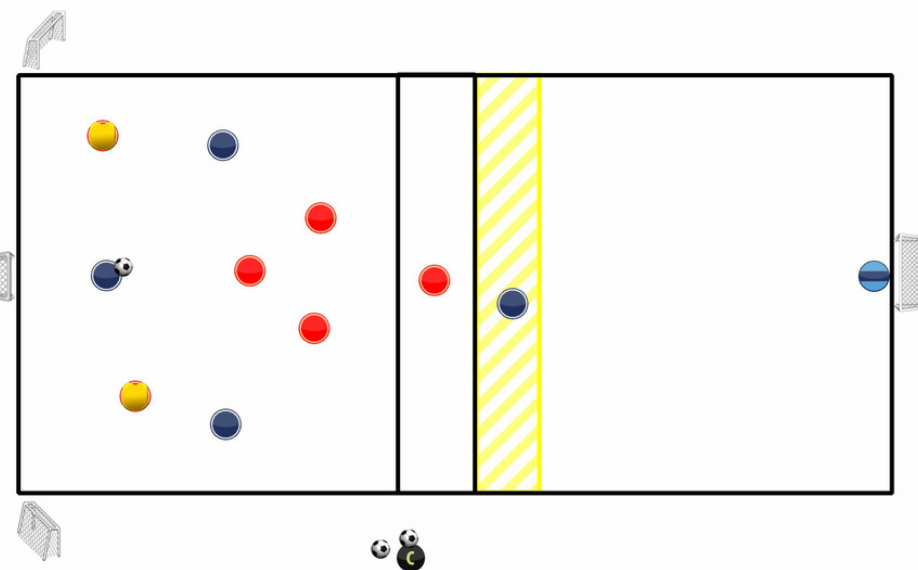
LOUIS VAN GAAL

***"THE MOST IMPORTANT
DIFFERENCE IS THAT I
AM TRAINING THE
PLAYERS, NOT IN THE
LEGS, BUT IN THE BRAIN"***



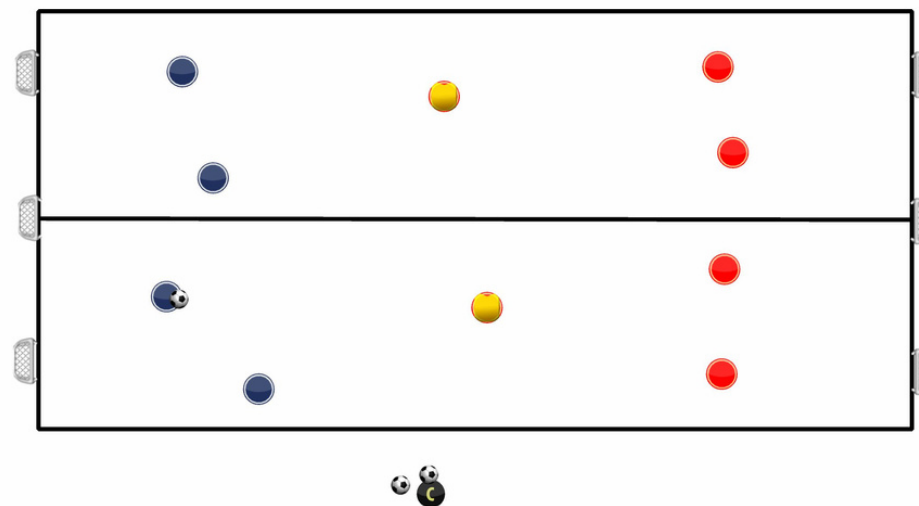
PROGRESSIVE SESSION 10

Moving the Opposition



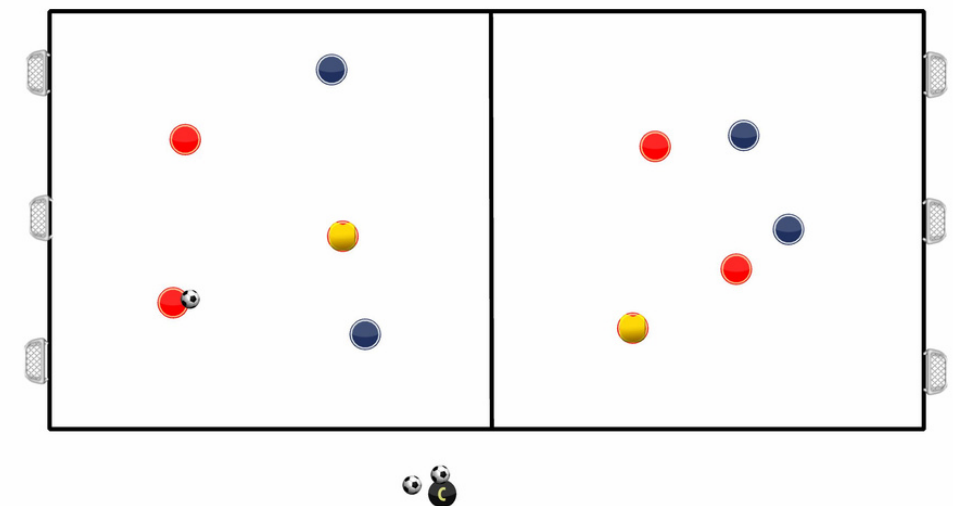
Intro

4v5 Plus 2



Main Body

4v4 Plus 2



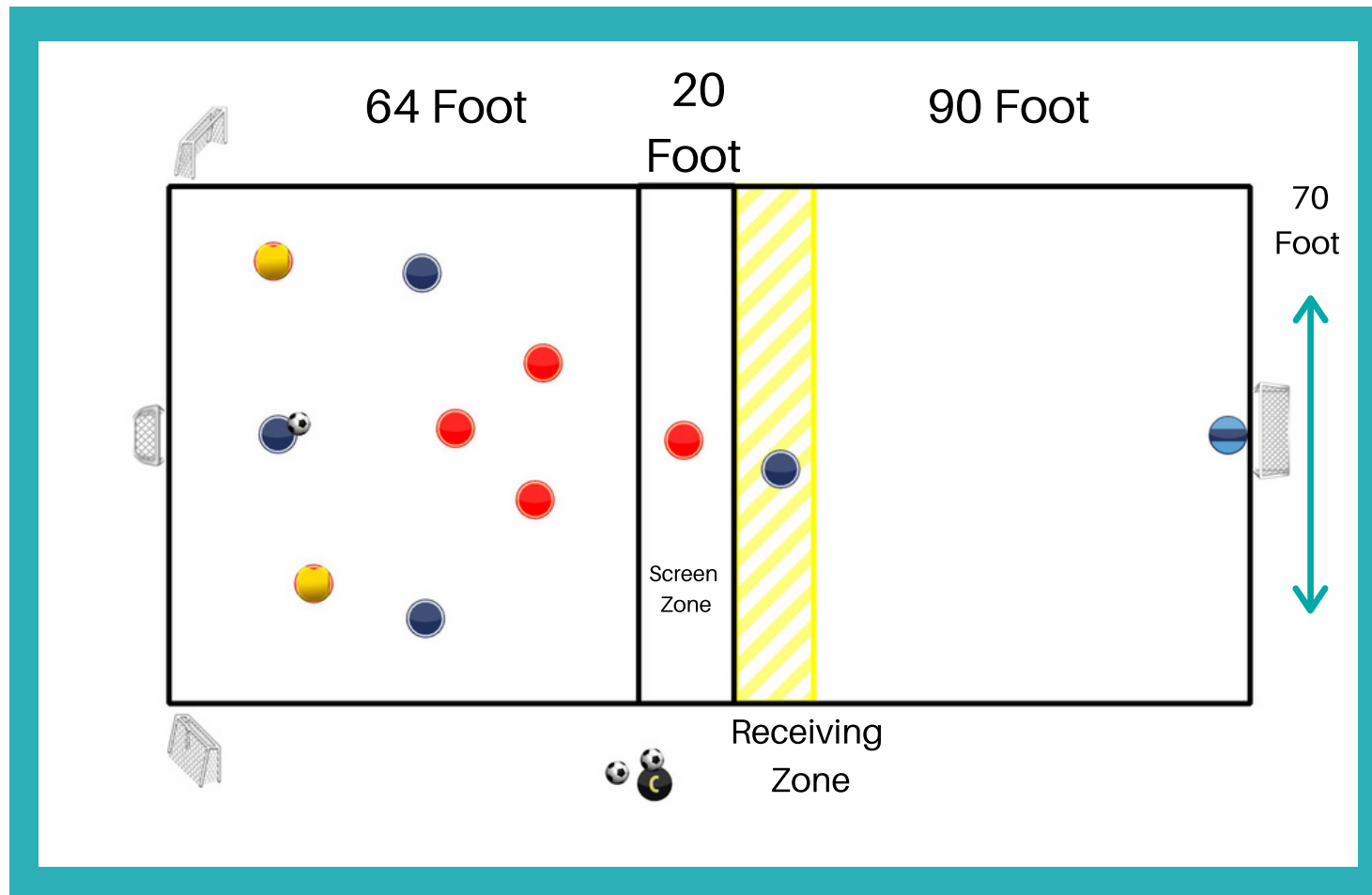
Game

4v4 Plus 2

Session 28

Moving The Opposition

4v5 Plus 2



1

NUMBER OF PLAYERS

11 Players

2

DIMENSIONS

58 yards x 23 yards

174 Foot Length x 70 Foot Width

3

RULES

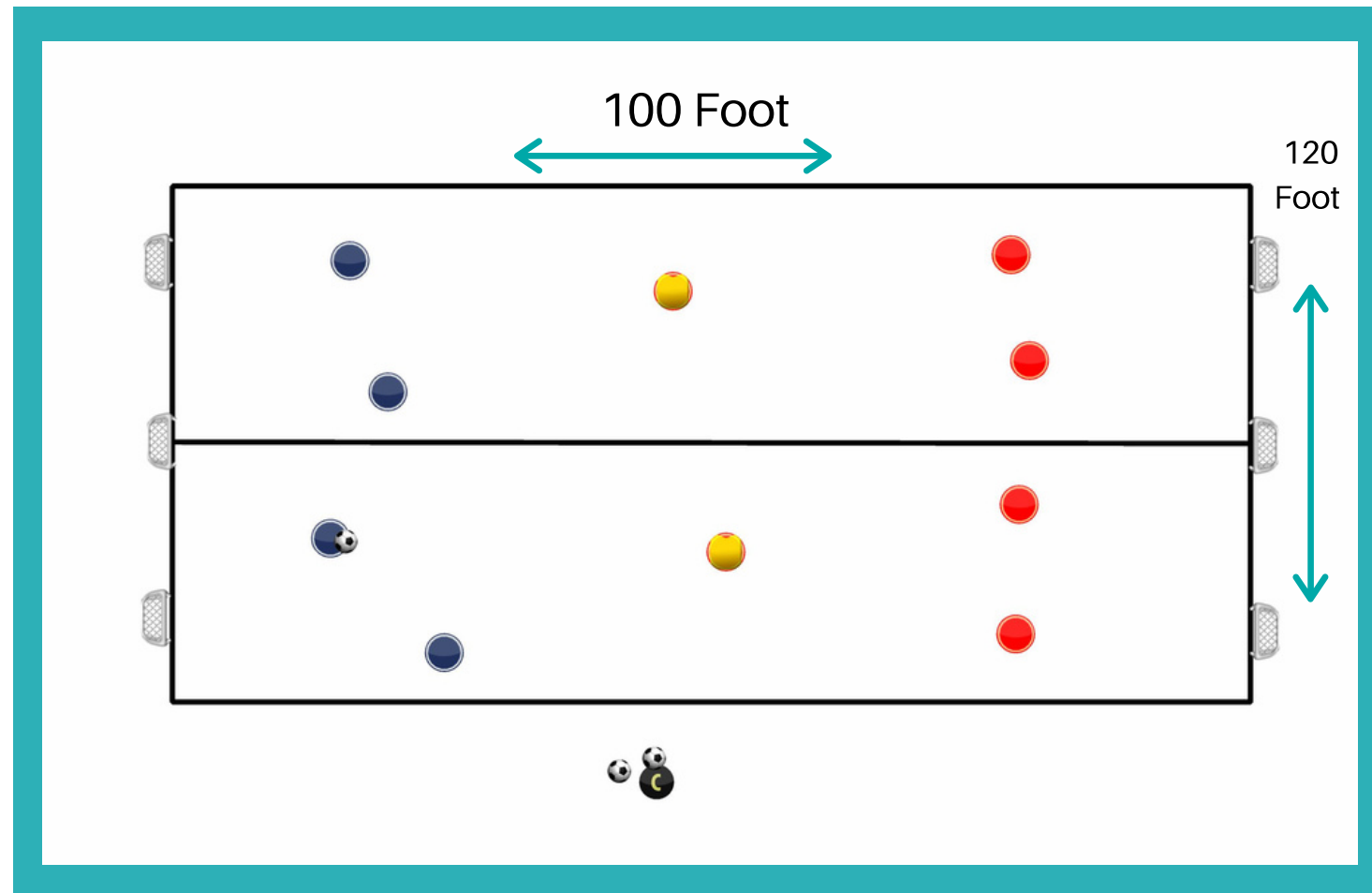
Players are restricted to their zones with the exception of the players inside the screen and receiving zones. The players in those zones are free to move from their zone when a forward pass is made.

4

OBJECTIVE

The team in possession will attempt to work the ball into their teammate in the receiving zone. The player who receives in the receiving zone will advance on goal in an attempt to score whilst being chased by one defender from the screen zone. The objective of the defending team is to win the ball and score in any of three target goals in order to reverse team roles.

Session 29
Moving The Opposition
4v4 Plus 2



1

NUMBER OF PLAYERS

10 Players

2

DIMENSIONS

33 yards x 40 yards

100 Foot Length x 120 Foot Width

3

RULES

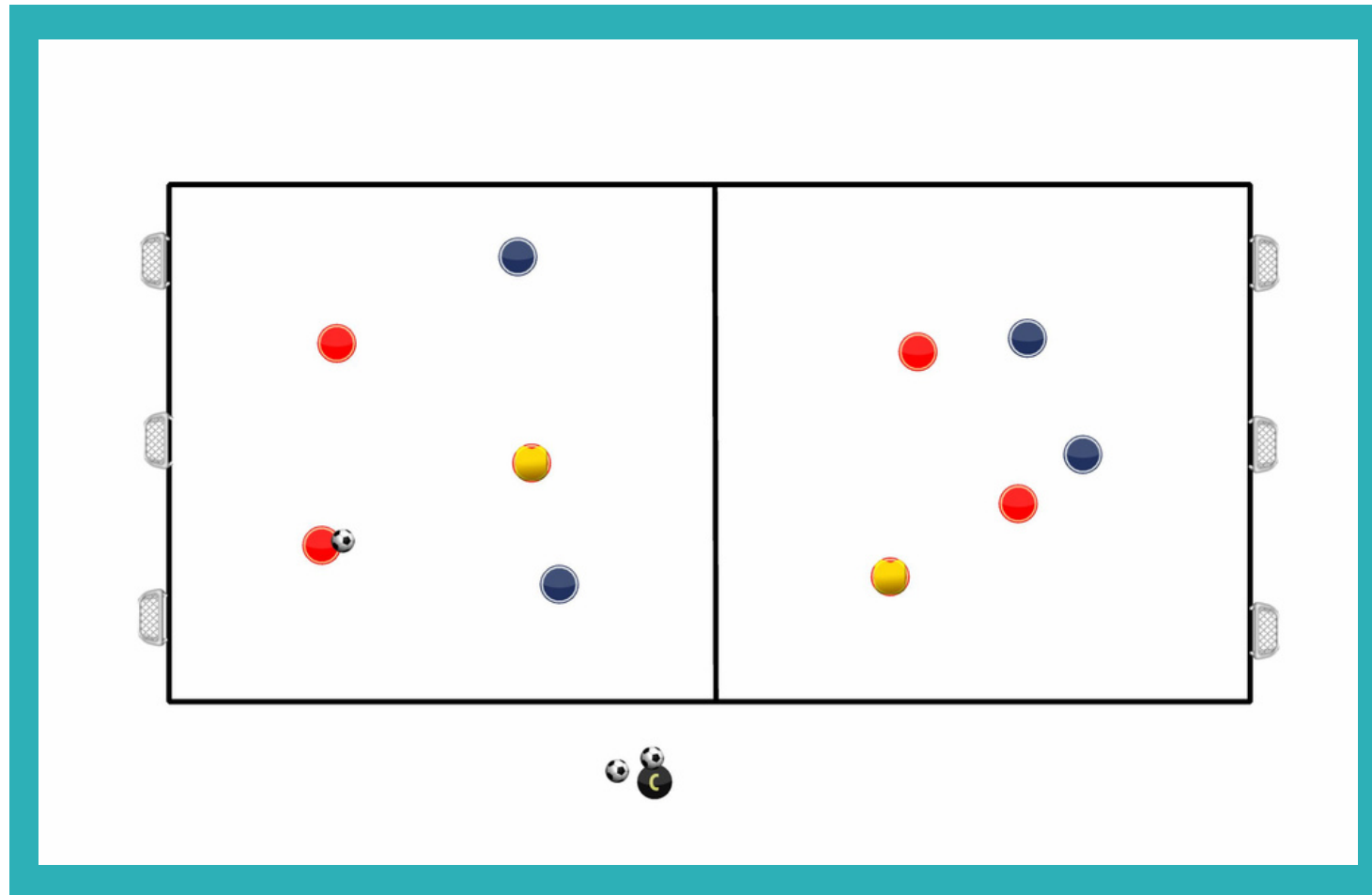
All players are restricted to their half of the playing zone. The two neutral players will work with the team in possession.

4

OBJECTIVE

Teams will attempt to score in any of the three opposition target goals.

Session 30
Moving The Opposition
4v4 Plus 2



1

NUMBER OF PLAYERS

10 Players

2

DIMENSIONS

19 yards x 23 yards

58 Foot Length x 70 Foot Width

3

RULES

All players are restricted to their half of the playing zone. The two neutral players will work with the team in possession.

4

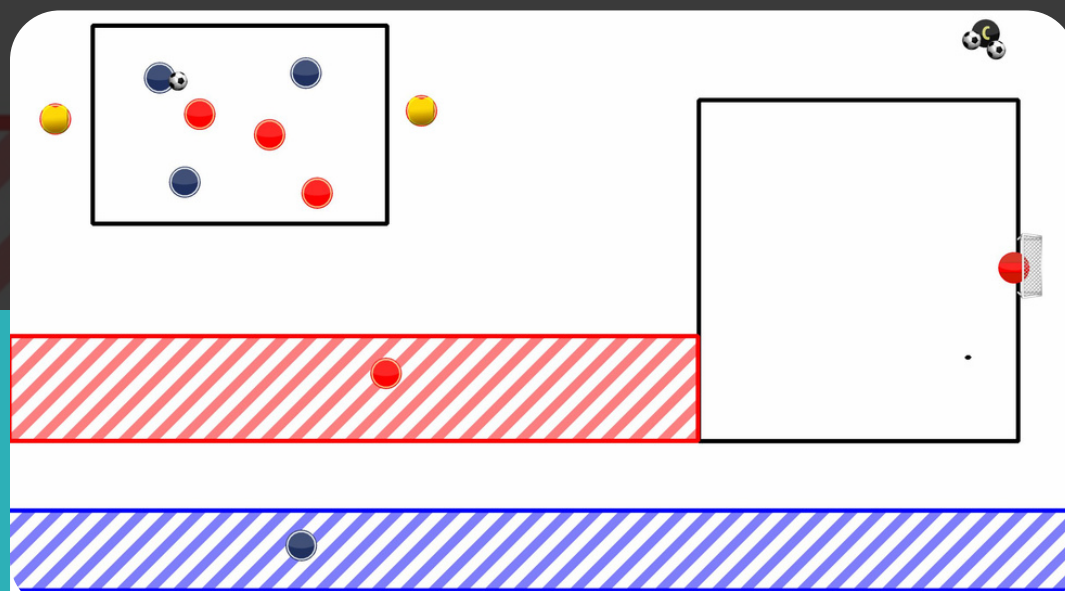
OBJECTIVE

Teams will attempt to score in any of the three opposition target goals.

POSSESSION WITH PURPOSE

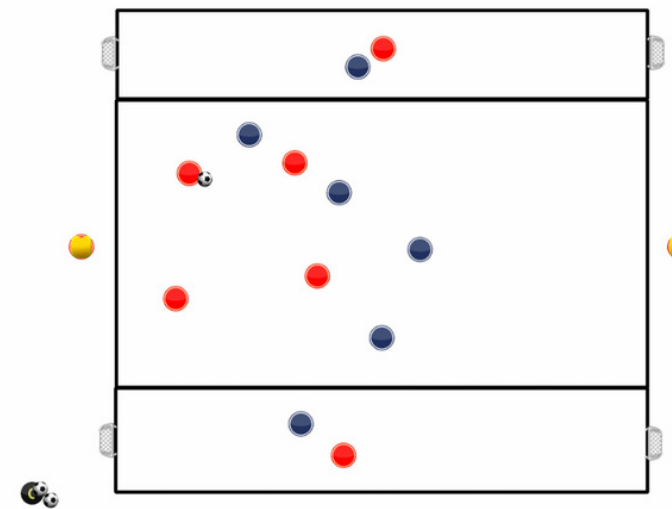
PROGRESSIVE SESSION 11

Switching The Point of Attack



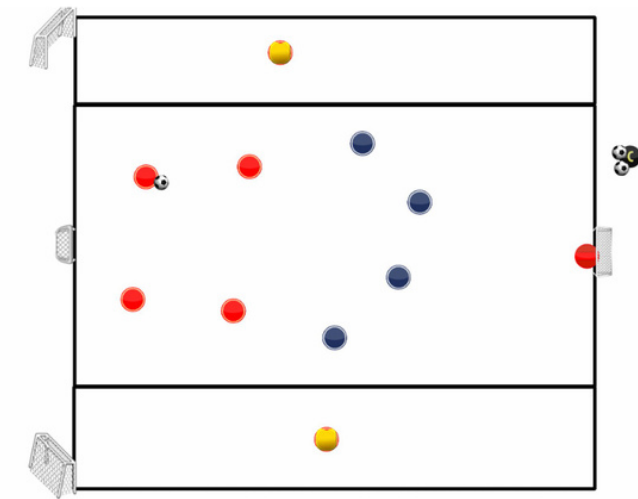
Intro

4v4 Plus 2



Main Body

6v6 Plus 2



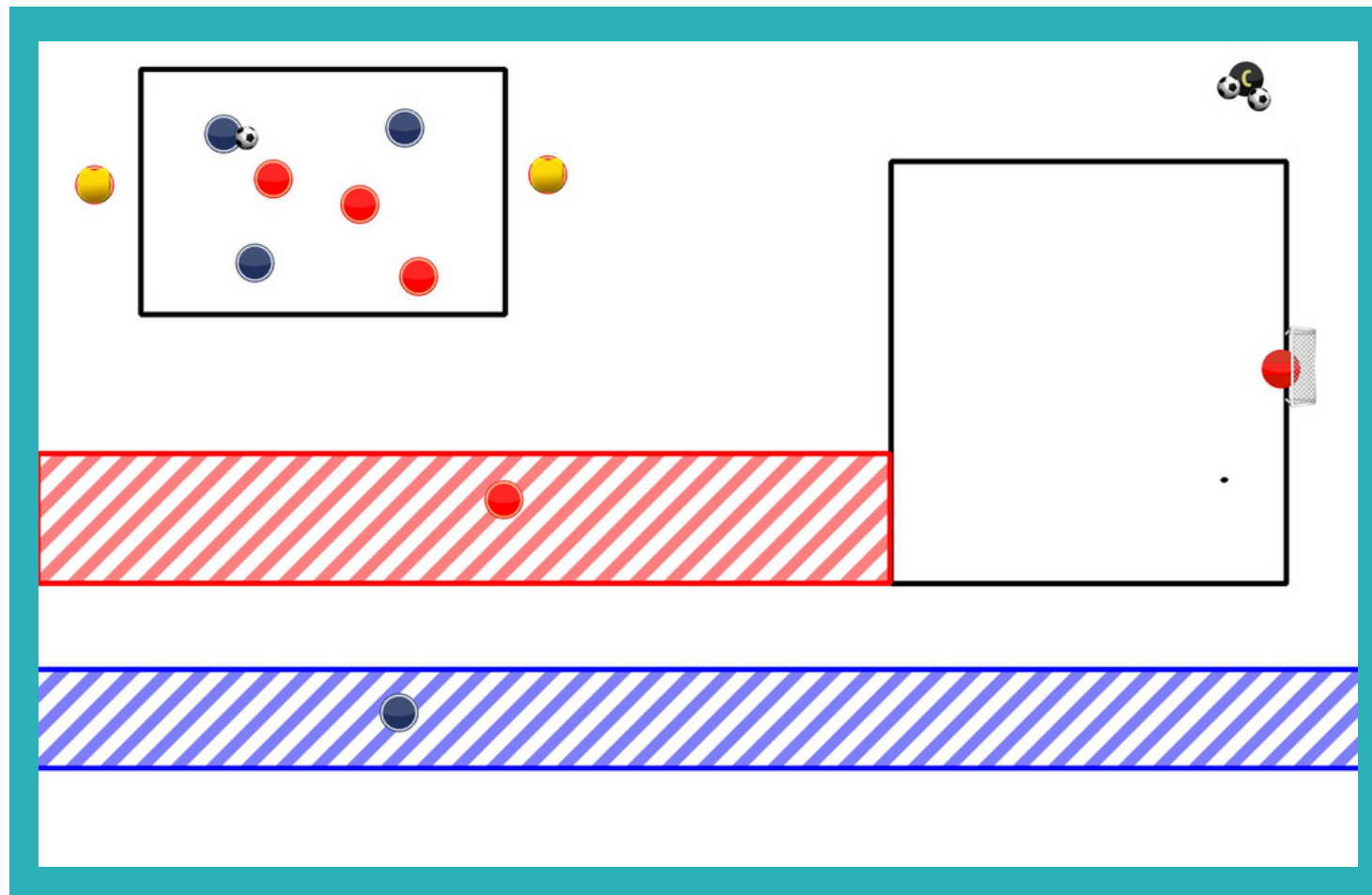
Game

4v5 Plus 2

Session 31

Switching The Point of Attack

4v4 Plus 2



1

NUMBER OF PLAYERS

11 Players

2

DIMENSIONS

1/3 Pitch

3

RULES

Two neutral players will work with the team in possession. Players outside of the rondo zone will begin at designated start points.

4

OBJECTIVE

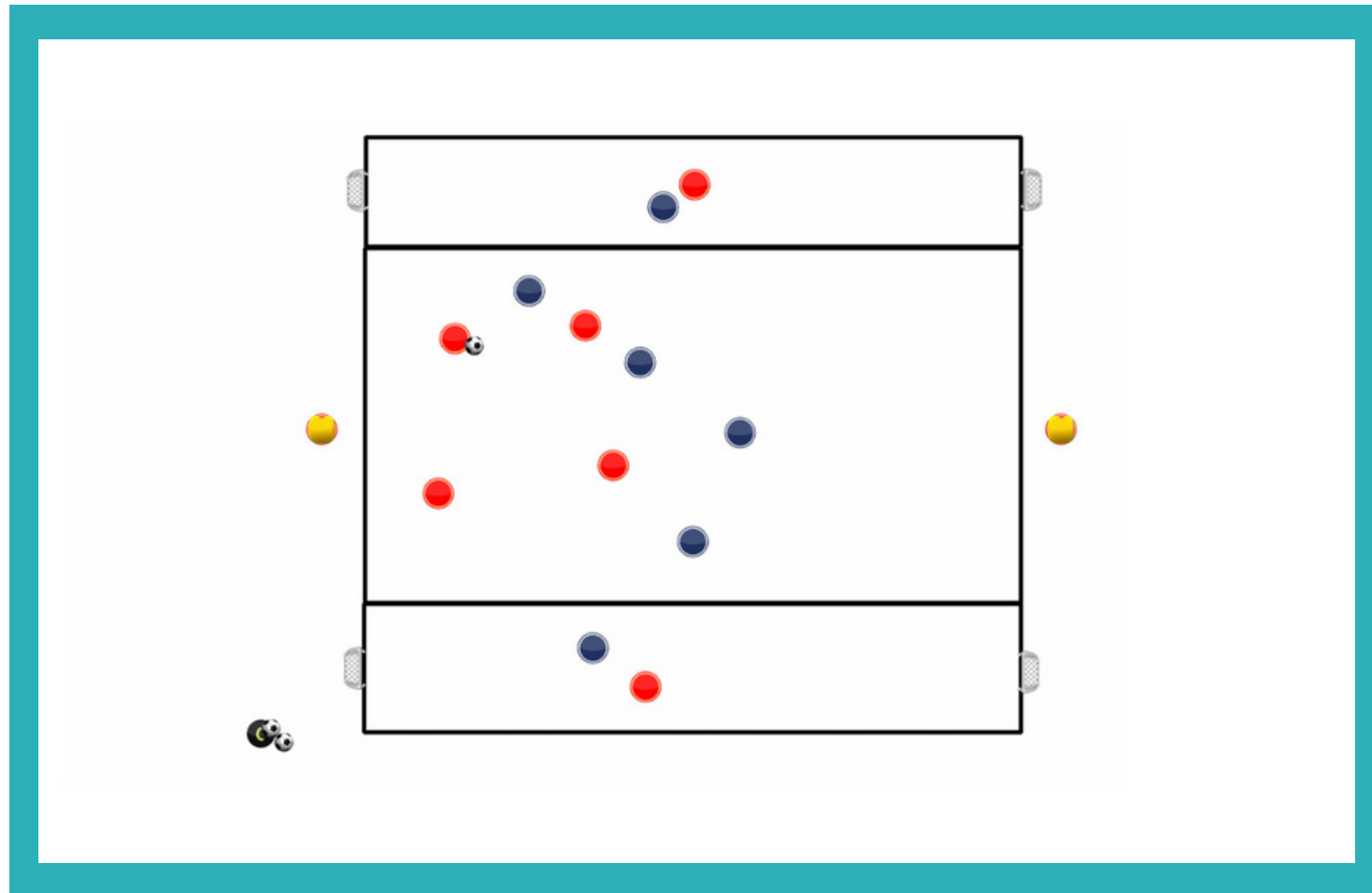
The team in possession will attempt to complete five passes before switching play to their teammate outside of the rondo zone. Play becomes open for all players following a switch of play. The attacking team in possession will attempt to score.

POSSESSION WITH PURPOSE

Session 32

Switching The Point of Attack

6v6 Plus 2



1

NUMBER OF PLAYERS

14 Players

2

DIMENSIONS

27 yards x 30 yards

82 Foot Length x 90 Foot Width

3

RULES

Two yellow neutral players are positioned at either side of the main playing zone. Neutral players will work with the team in possession. All players are restricted to their zones.

4

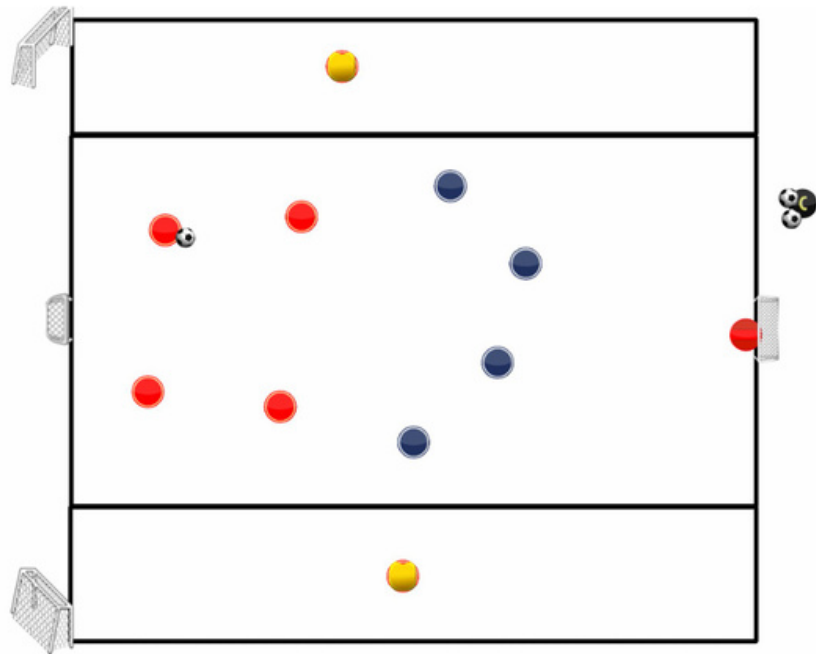
OBJECTIVE

The team in possession will attempt to switch the point of attack to a teammate in either wide zone who will then attempt to score if possible. Players in the wide zones will attempt to score in either of the two target goals located at either end of their zone.

Session 33

Switching The Point of Attack

4v5 Plus 2



1

NUMBER OF PLAYERS

11 Players

2

DIMENSIONS

1/3 Pitch

3

RULES

Two neutral players are positioned at either side of the main playing zone. Neutral players will work with the team in possession. All players are restricted to their zones.

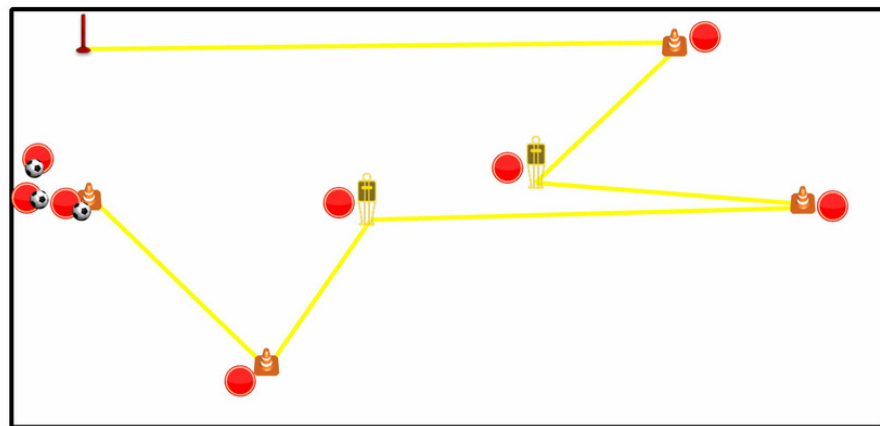
4

OBJECTIVE

The team in possession will attack the main goal in an attempt to score. The team defending will attempt to win possession and score in any of the three target goals in order to reverse team roles.

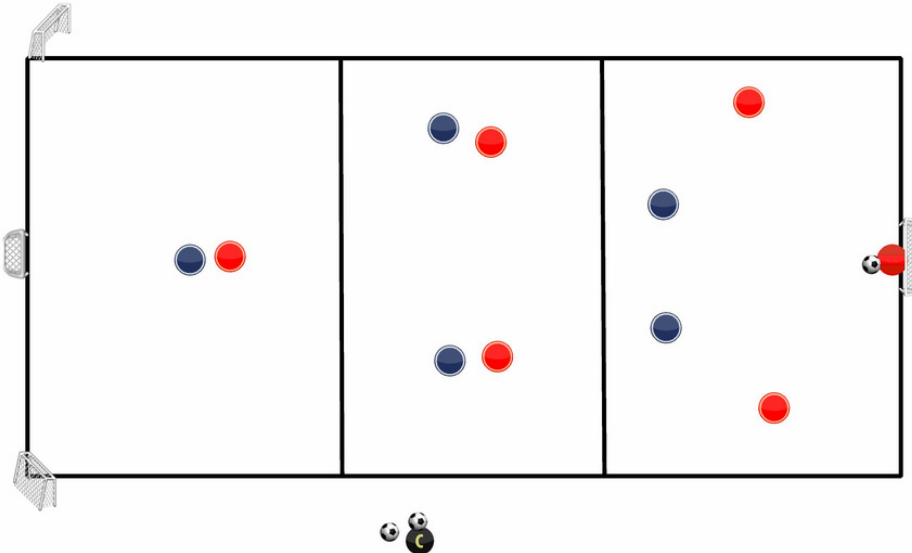
PROGRESSIVE SESSION 12

Build Up Play



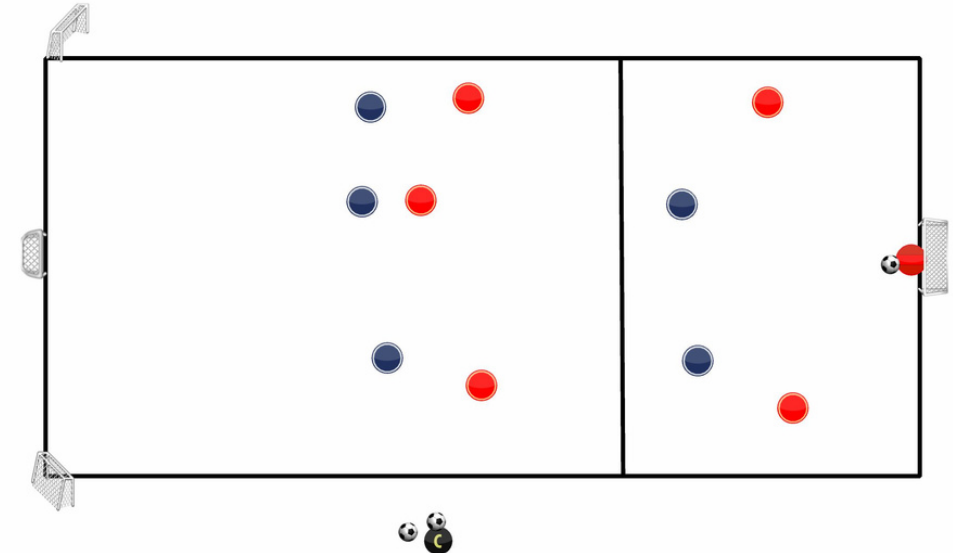
Intro

Combination Set Up



Main Body

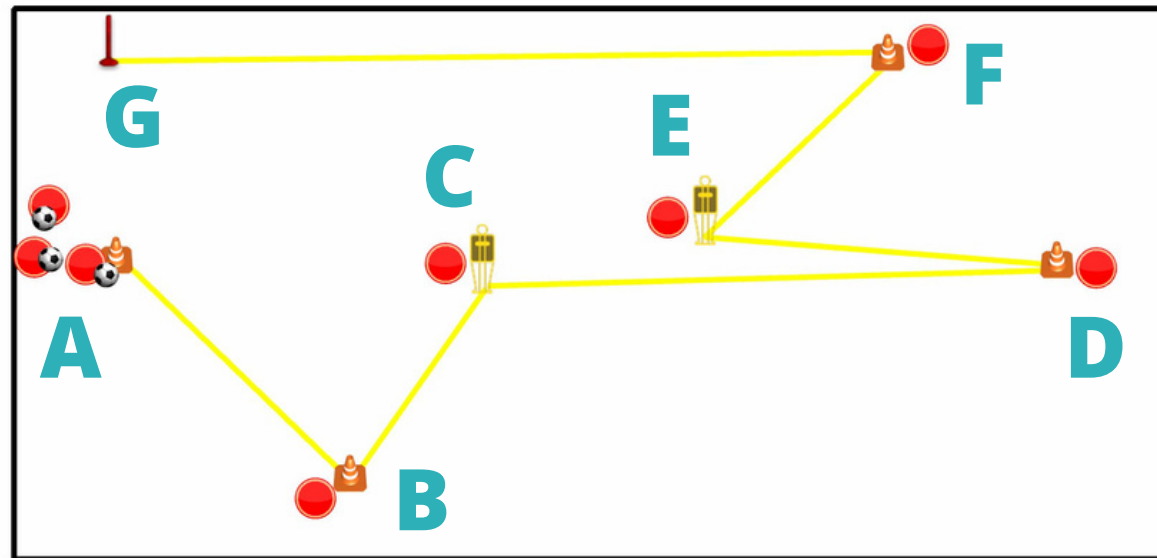
6v5



Game

6v5

Session 34
Build Up Play
Combination Set Up



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

Varied Spaces

3

RULES

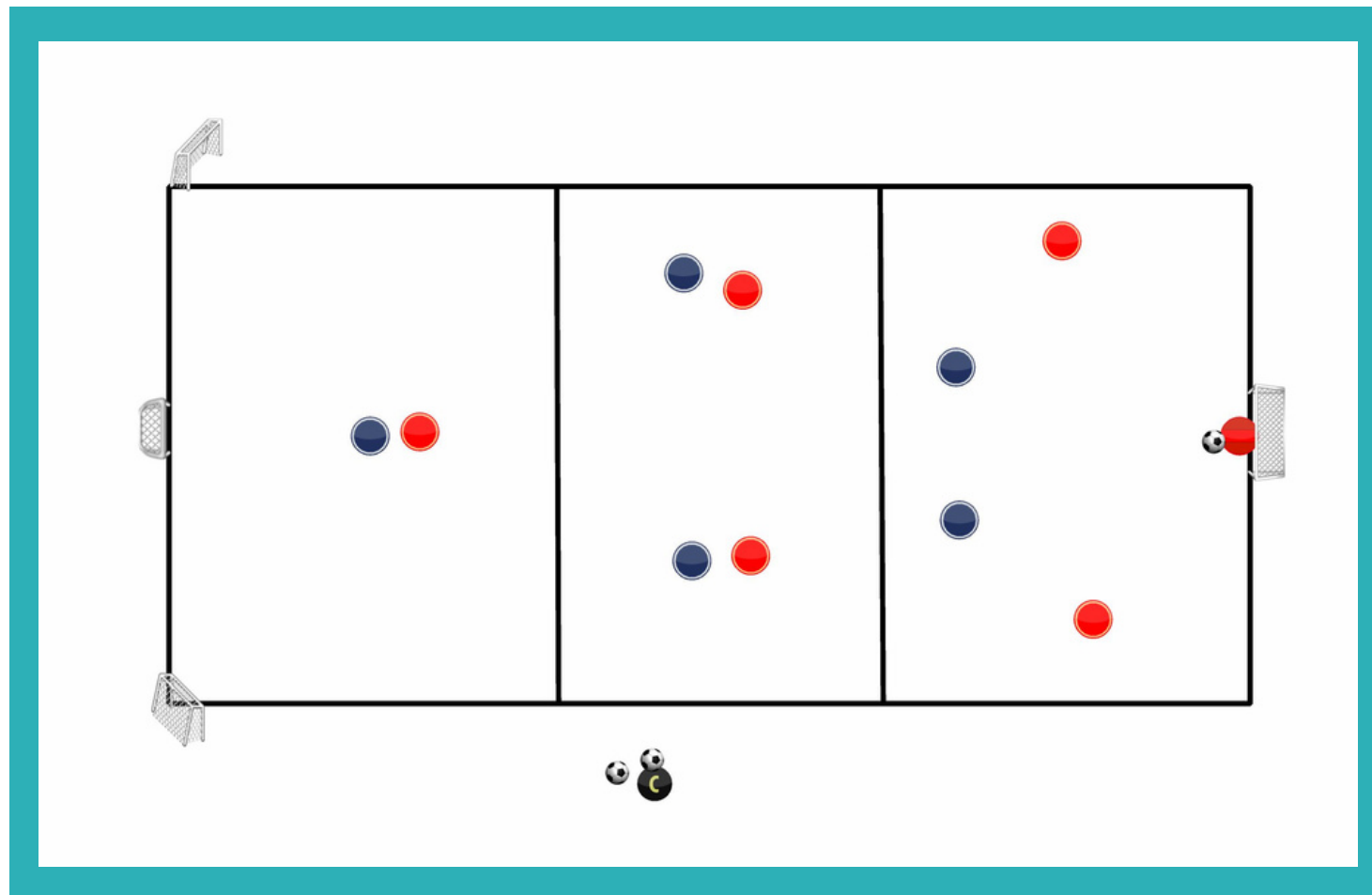
Players will move to the next designated point following their pass.

4

SEQUENCE

The ball is passed from one designated point to the next with emphasis on open body shape from point A,B,C,D,E all the way to point F. At point F the player will dribble at high intensity to point G to complete the sequence.

Session 35
Build Up Play
6v5



1

NUMBER OF PLAYERS

11 Players

2

DIMENSIONS

38 yards x 31 yards

116 Foot Length x 94 Foot Width

3

RULES

All players are restricted to their zone with the exception of when a forward pass or dribble is made. One player may advance to the next zone following a forward pass or dribble.

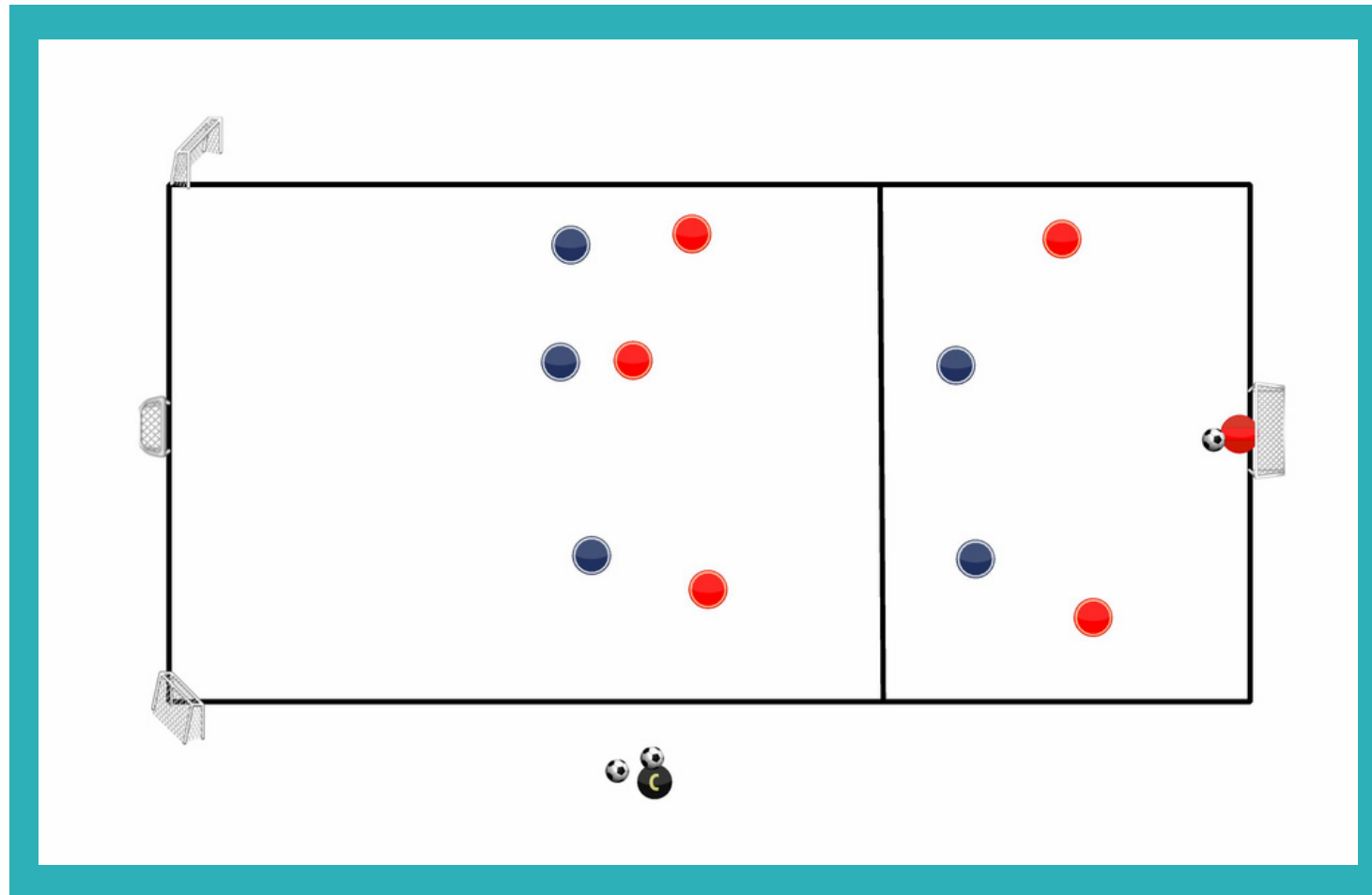
4

OBJECTIVE

The team in possession will play out from the back working the ball through the zones in an attempt to score in any of the three target goals. The team pressing will attempt to win the ball and score in the main goal.

POSSESSION WITH PURPOSE

Session 36
Build Up Play
6v5



1

NUMBER OF PLAYERS

11 Players

2

DIMENSIONS

40 yards x 30 yards

120 Foot Length x 90 Feet Width

3

RULES

All players are restricted to their zone with the exception of when a forward pass or dribble is made. One player may advance to the next zone following a forward pass or dribble.

4

OBJECTIVE

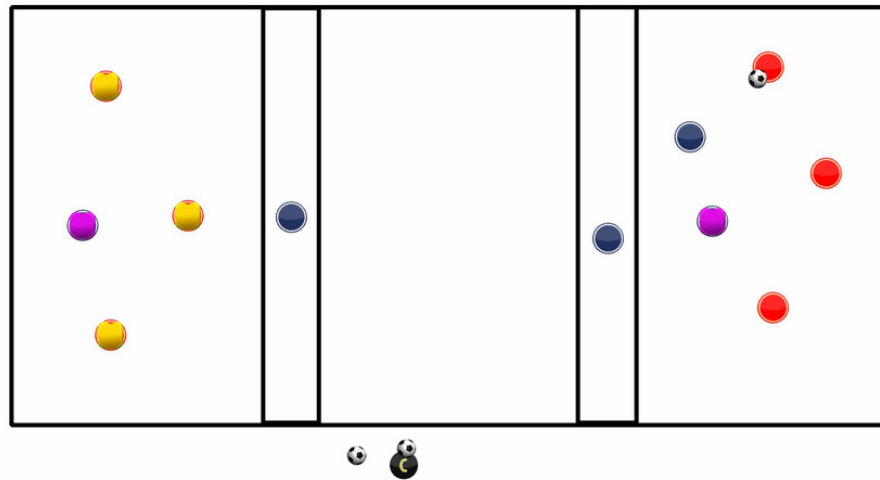
The team in possession will play out from the back working the ball through the zones in an attempt to score in any of the three target goals. The team pressing will attempt to win the ball and score in the main goal.

ARRIGO SACCHI

***"THE VICTORIES
WILL REMAIN IN
THE BOOKS, BUT THE
WAY WE ACHIEVED
IT WILL REMAIN IN
PEOPLE'S HEAD"***

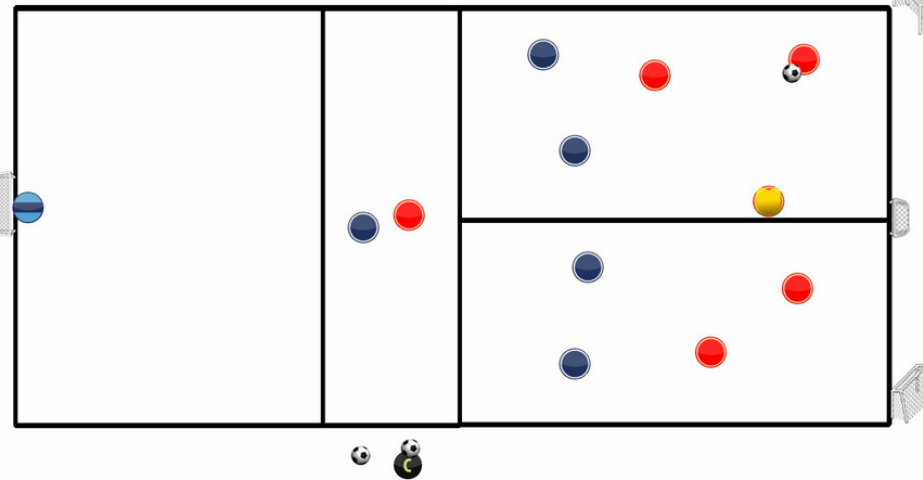
PROGRESSIVE SESSION 13

Vacating and Receiving



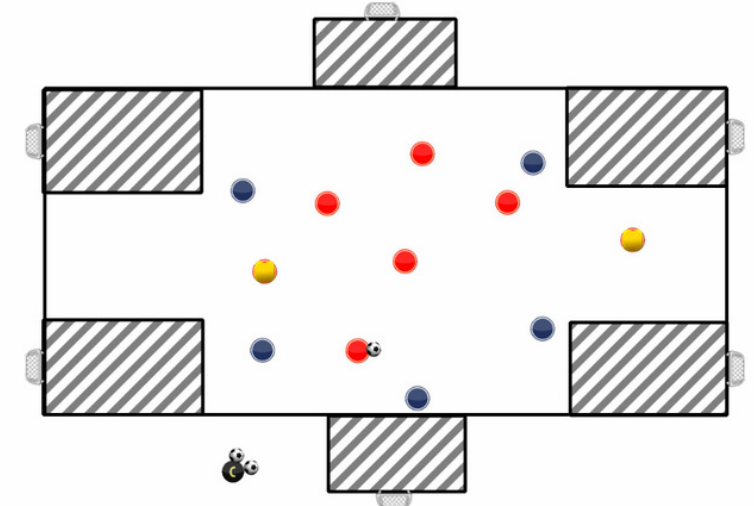
Intro

6v3 Plus 2



Main Body

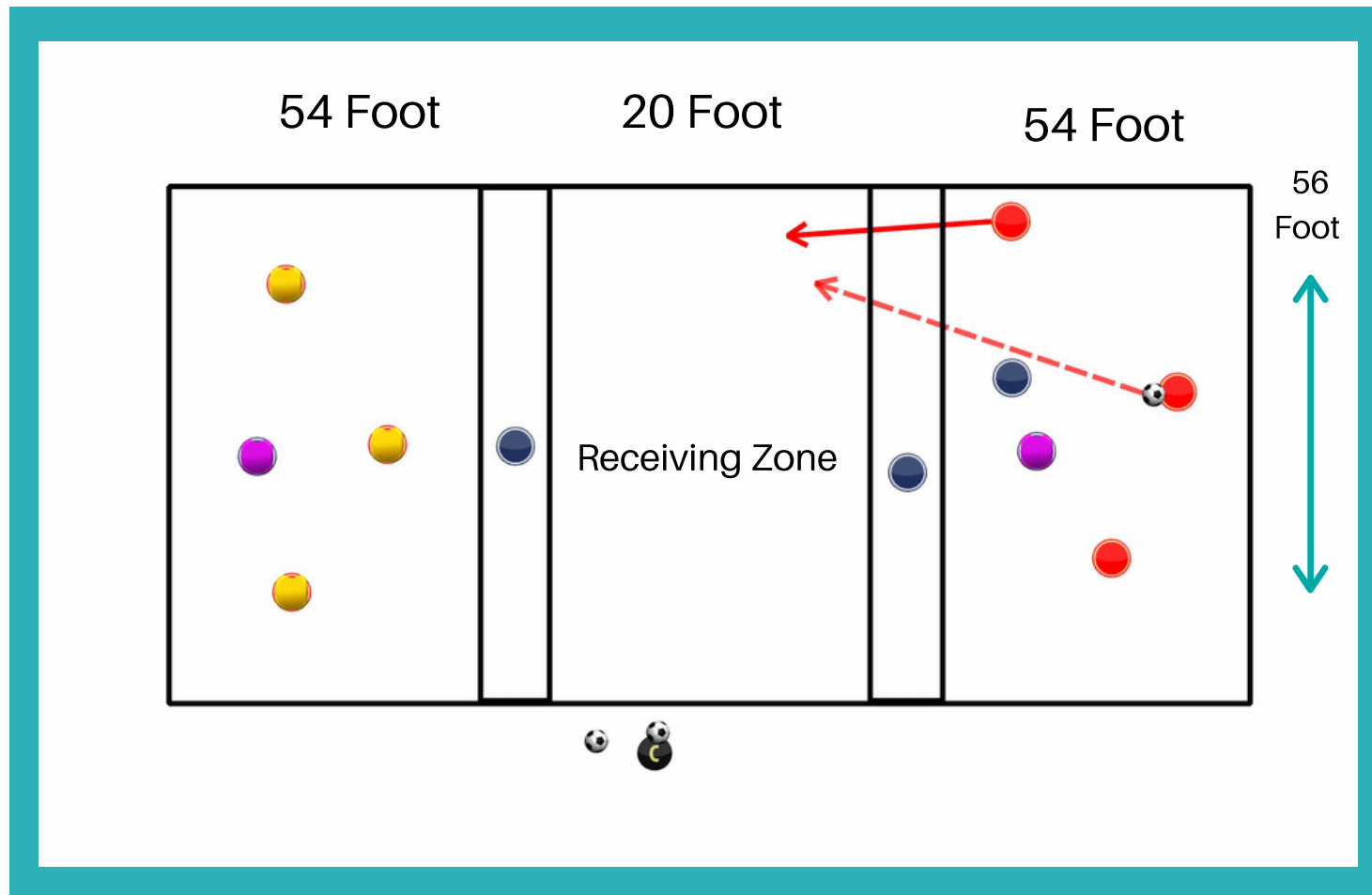
5v6 Plus 1



Game

5v5 Plus 2

Session 37
Vacating and Receiving
6v3 Plus 2



1

NUMBER OF PLAYERS

11 Players

2

DIMENSIONS

30 yards x 18 yards

128 Foot Length x 56 Foot Width

3

RULES

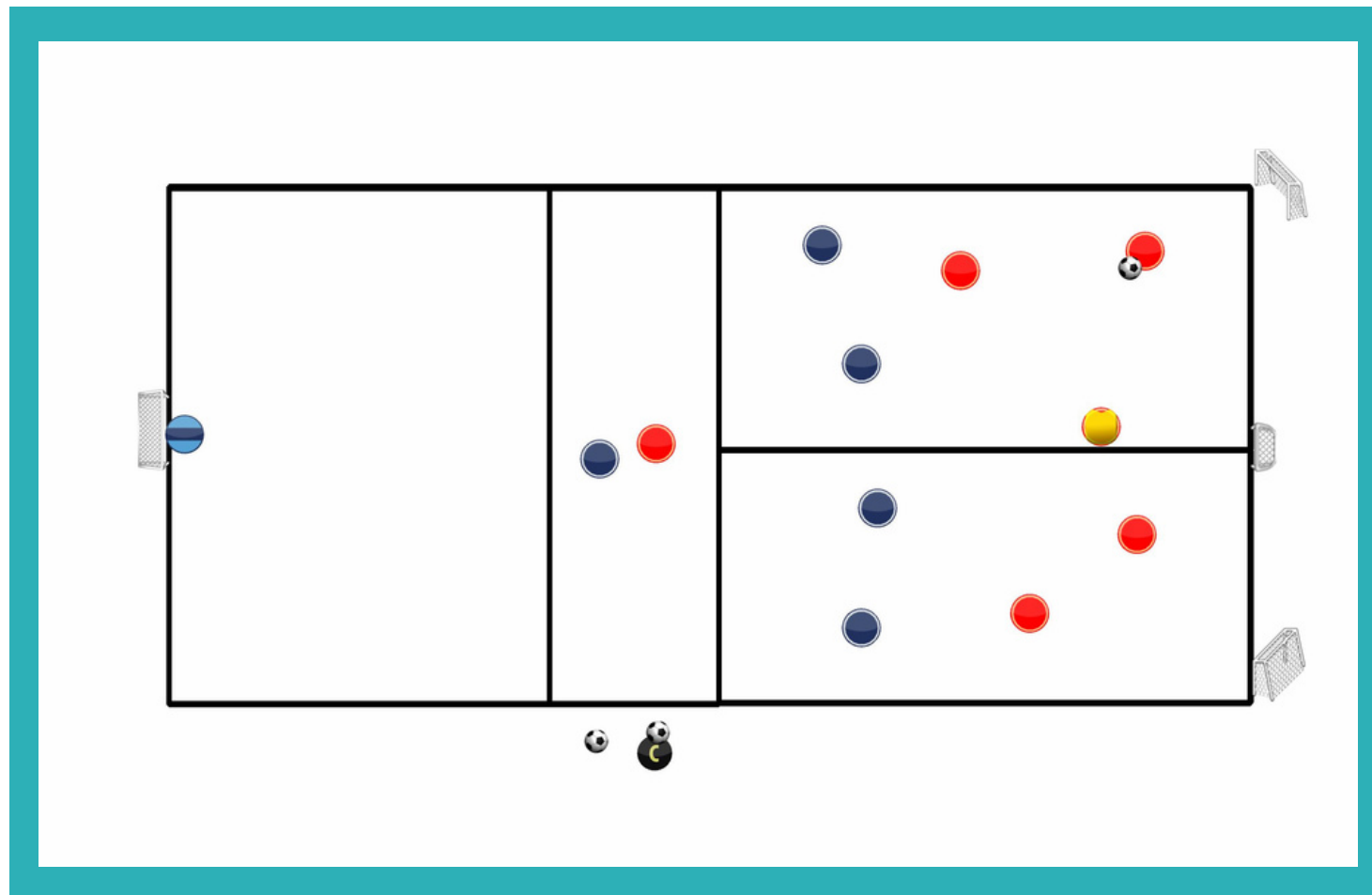
All players are restricted to their zone with the exception of when a forward pass is made into the receiving zone. One player may advance to the receiving zone following a forward pass in order to switch play to the opposite zone.

4

OBJECTIVE

The team in possession will attempt to work the ball into the receiving zone in order to switch play to the opposite zone. The team pressing will attempt to win the ball and play a pass into the non active zone in order to reverse team roles.

Session 38
Vacating and Receiving
5v6 Plus 1



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

Hal Pitch with 80 Foot Width/26 Yards

3

RULES

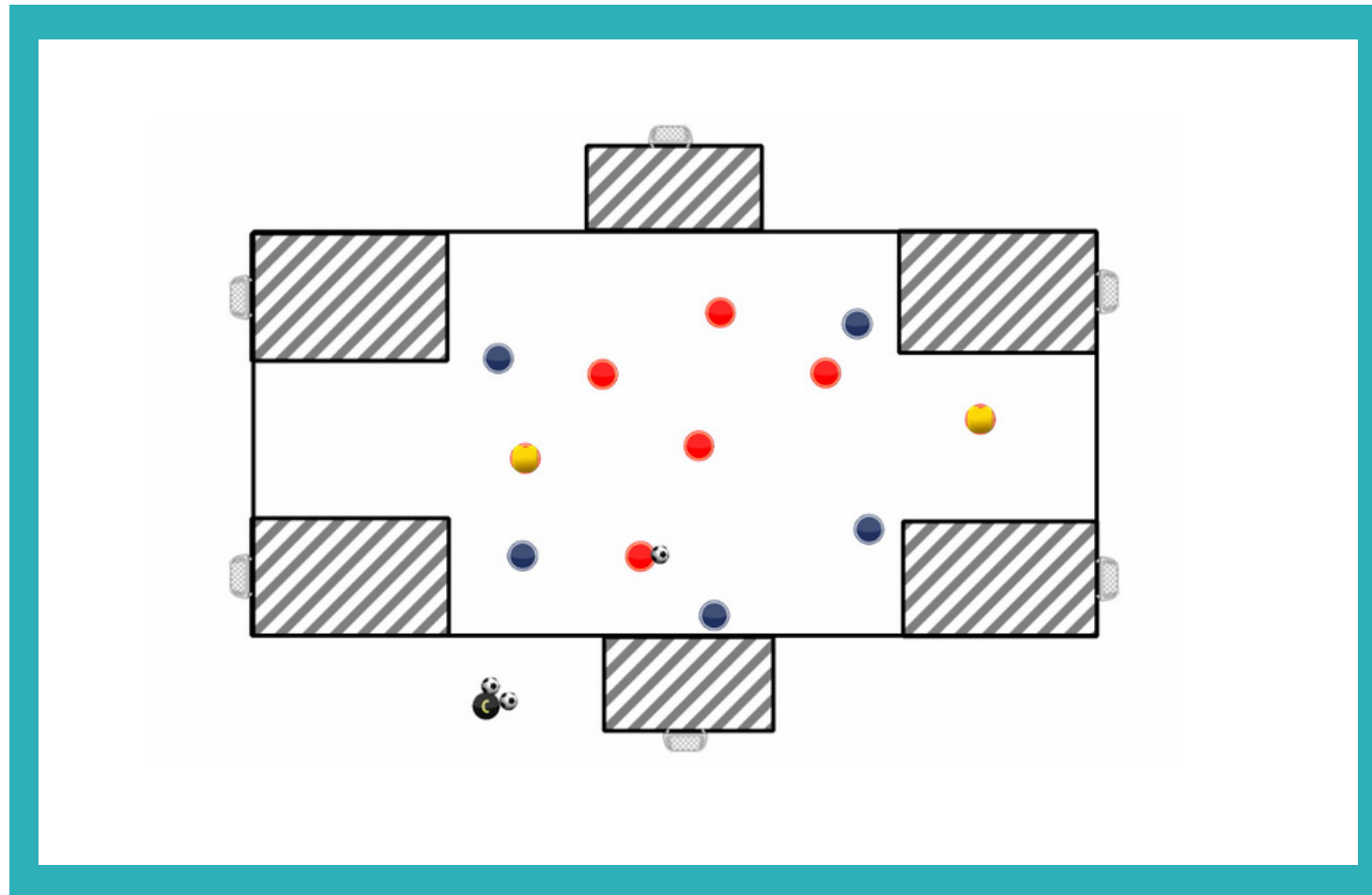
All players are restricted to their zone with the exception of when a forward pass or dribble is made. One player may advance to the next zone following a forward pass or dribble. The neutral will work with the team in possession and is free to move between zones.

4

OBJECTIVE

One team will attack in an attempt to score in the main goal. One team pressing will attempt to win possession and score in any of the three target goals in order to reverse team roles.

Session 39
Vacating and Receiving
5v5 Plus 2



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

33 yards x 30 yards

100 Foot Length x 90 Foot Width

3

RULES

Goals inside the six scoring areas can only be scored using a first time finish.

The two neutral players work with the team in possession of the ball.

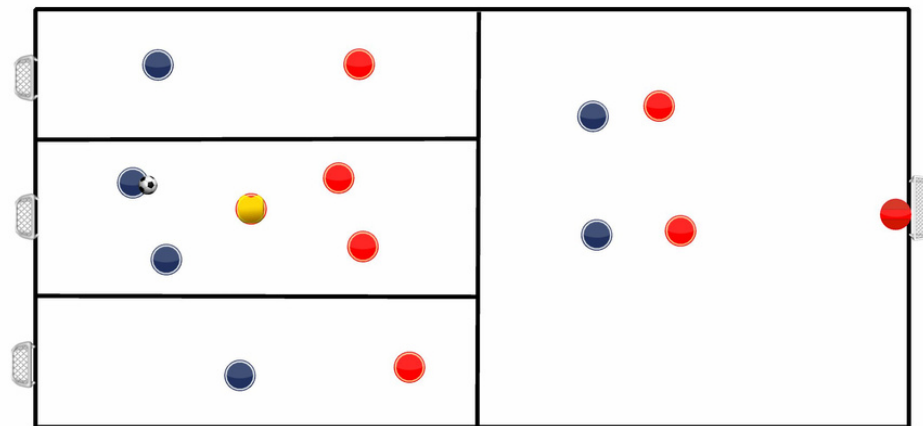
4

OBJECTIVE

Teams will attempt to score goals by playing the ball into any of the six scoring areas and then finishing into the target goal with a first time finish.

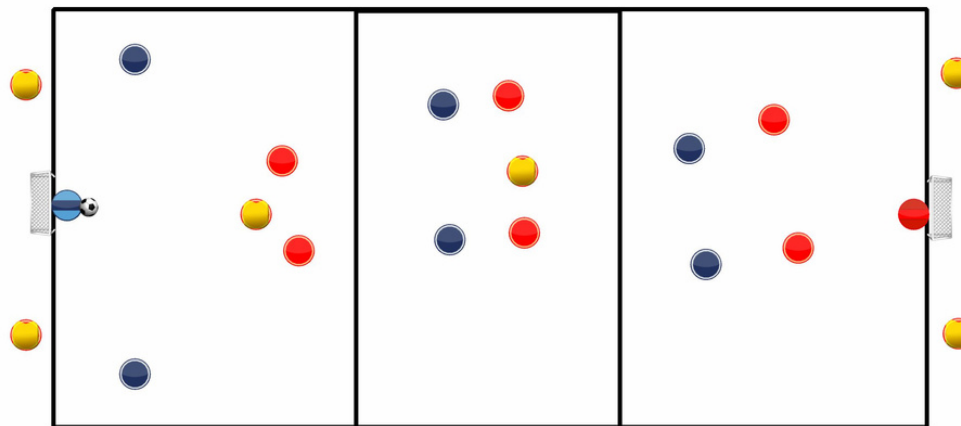
PROGRESSIVE SESSION 14

Creating Overloads



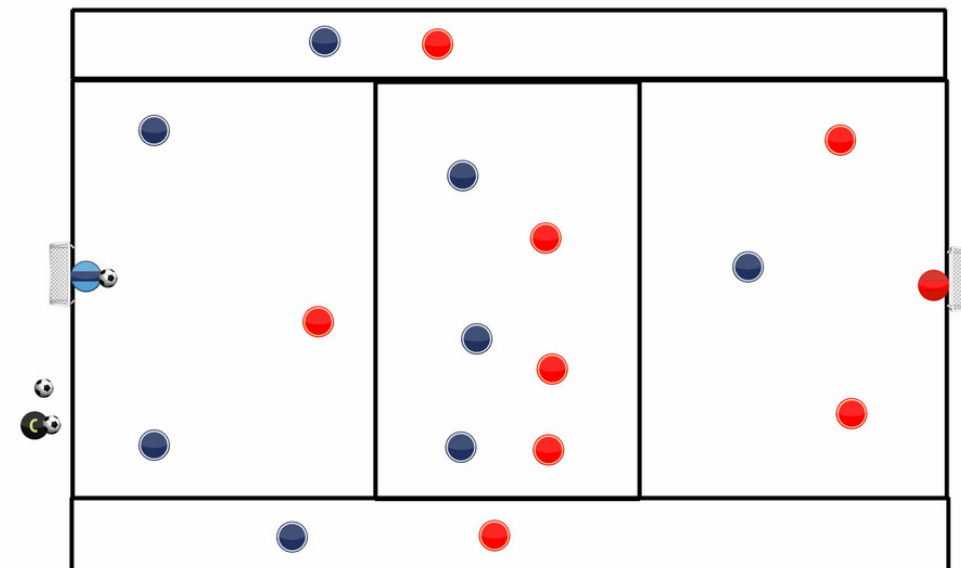
Intro

6v7 Plus 1



Main Body

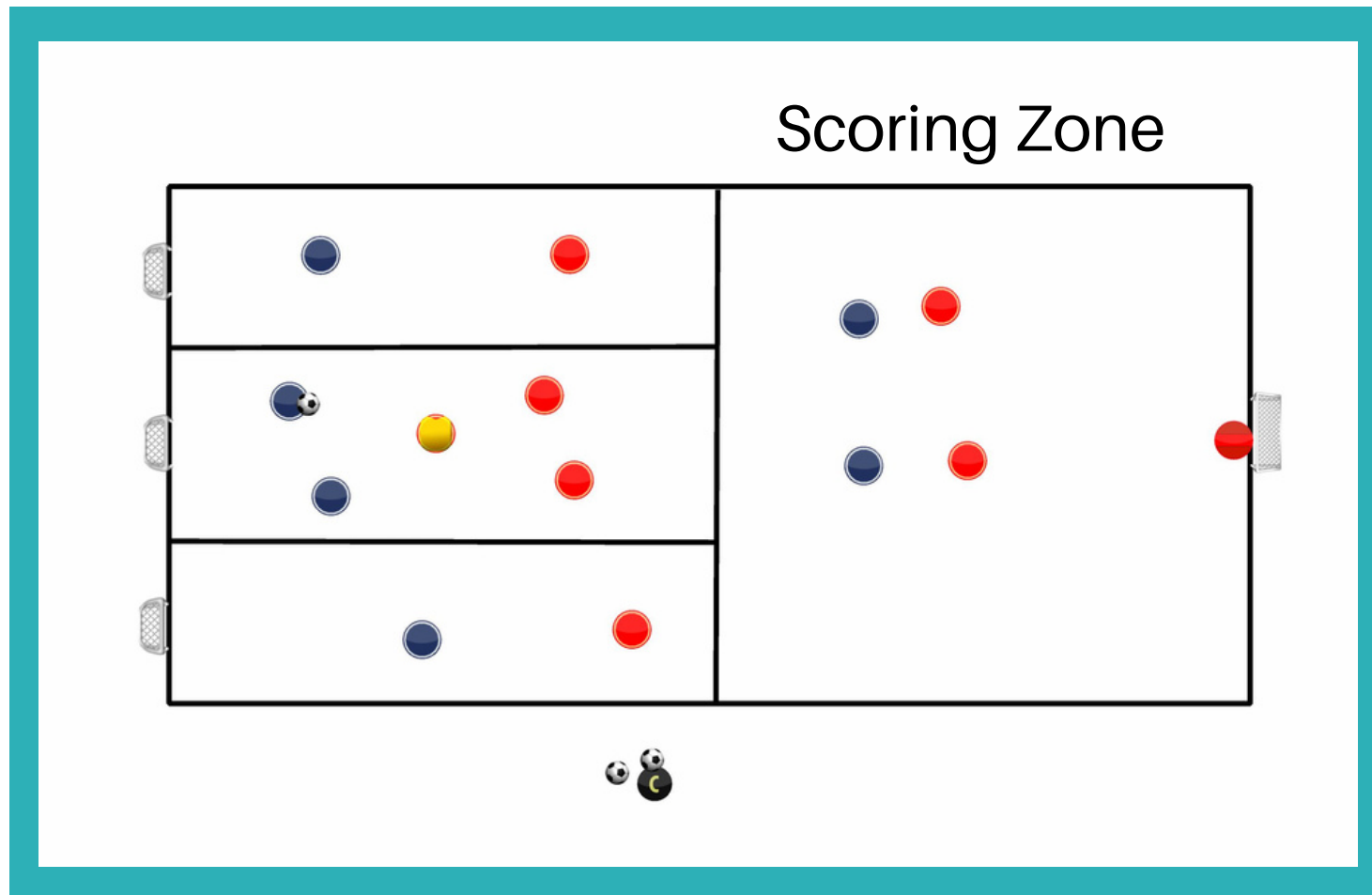
7v7 Plus 6



Game

9v9

Session 40
Creating Overloads
6v7 Plus 1



1

NUMBER OF PLAYERS

14 Players

2

DIMENSIONS

40 yards x 18 yards

120 Foot Length x 56 Foot Width

3

RULES

All players are restricted to their zone with the exception of when a forward pass or dribble is made. One player may advance to the scoring zone following a forward pass or dribble. The neutral player will work with the team in possession.

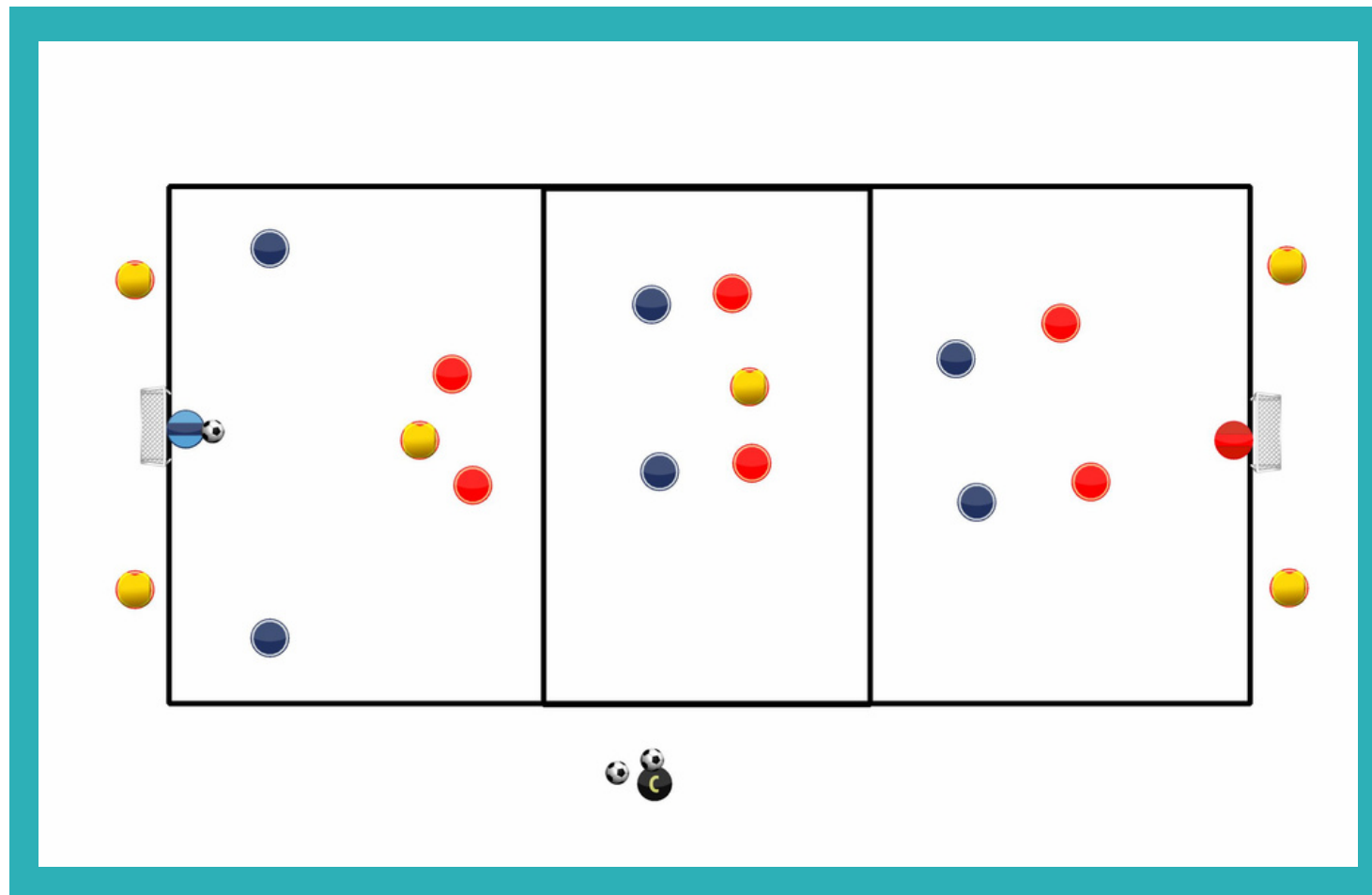
4

OBJECTIVE

The team in possession will attempt to work the ball into the scoring zone in order to score goals. The team defending will attempt to win the ball and score in any of three target goals in order to reverse team roles.

POSSESSION WITH PURPOSE

Session 41
Creating Overloads
7v7 Plus 6



1

NUMBER OF PLAYERS

20 Players

2

DIMENSIONS

60 yards x 40 yards

180 Foot Length x 120 Foot Width

3

RULES

All players are restricted to their zone with the exception of the two neutral players positioned inside the playing zone. The two neutral players inside the playing zone are free to move between zones.

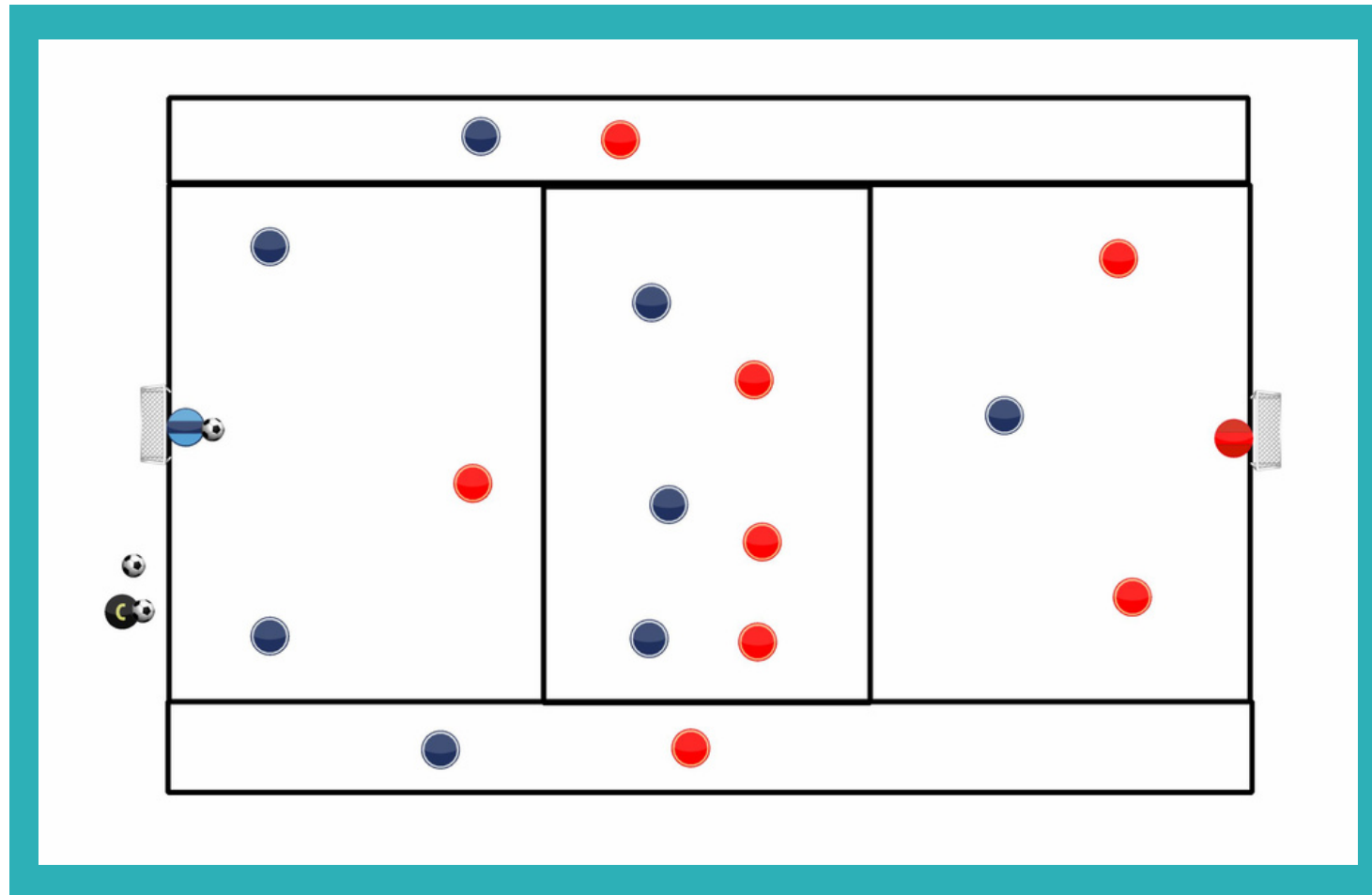
Neutral players are restricted to one or two touches.

4

OBJECTIVE

Teams will attempt to work the ball through the zones in order to score in their opponents goal.

Session 42
Creating Overloads
9v9



1

NUMBER OF PLAYERS

18 Players

2

DIMENSIONS

60 yards x 40 yards

180 Foot Length x 120 Foot Width

3

RULES

All players are restricted to their zone with the exception of when a forward pass or dribble is made. One player may advance to the next zone following a forward pass or dribble.

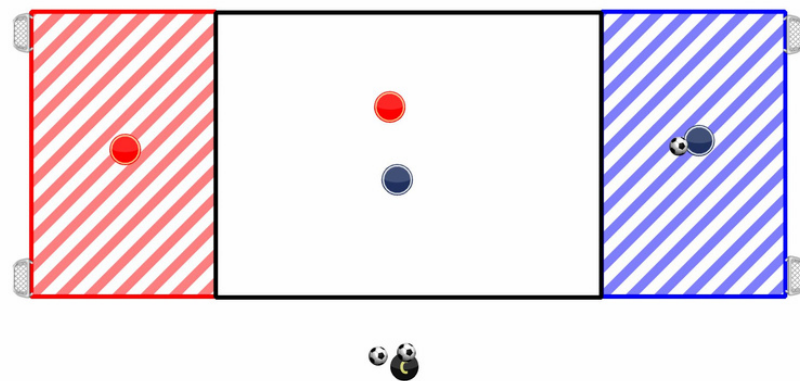
4

OBJECTIVE

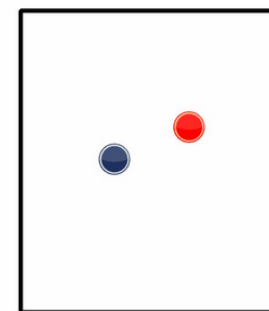
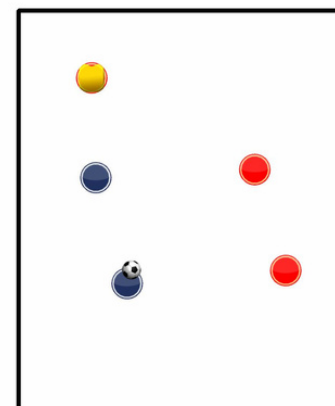
Teams will play through the zones in an attempt to score goals.

PROGRESSIVE SESSION 15

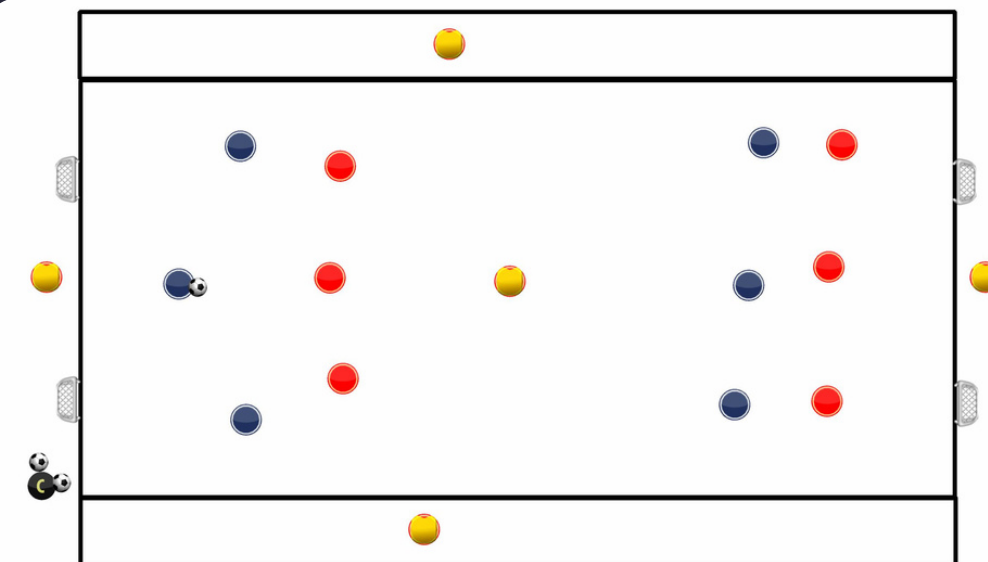
Movement to Receive



Intro
2v2

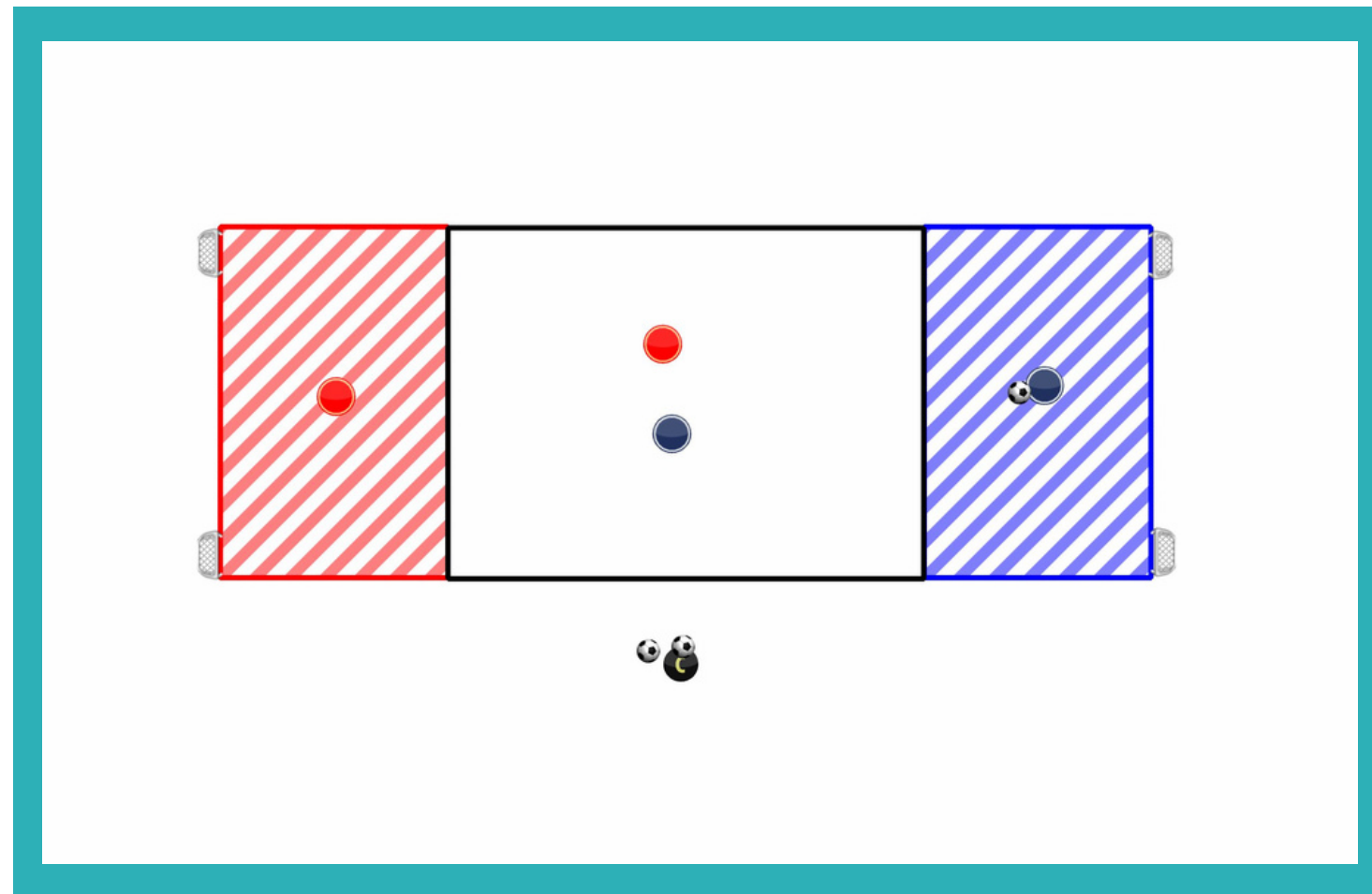


Main Body
3v3 Plus 1



Game
6v6 Plus 5

Session 43
Movement to Receive
2v2



1

NUMBER OF PLAYERS

4 Players

2

DIMENSIONS

22 yards x 10 yards

66 Foot Length x 30 Foot Width

3

RULES

All players are restricted to their zone.

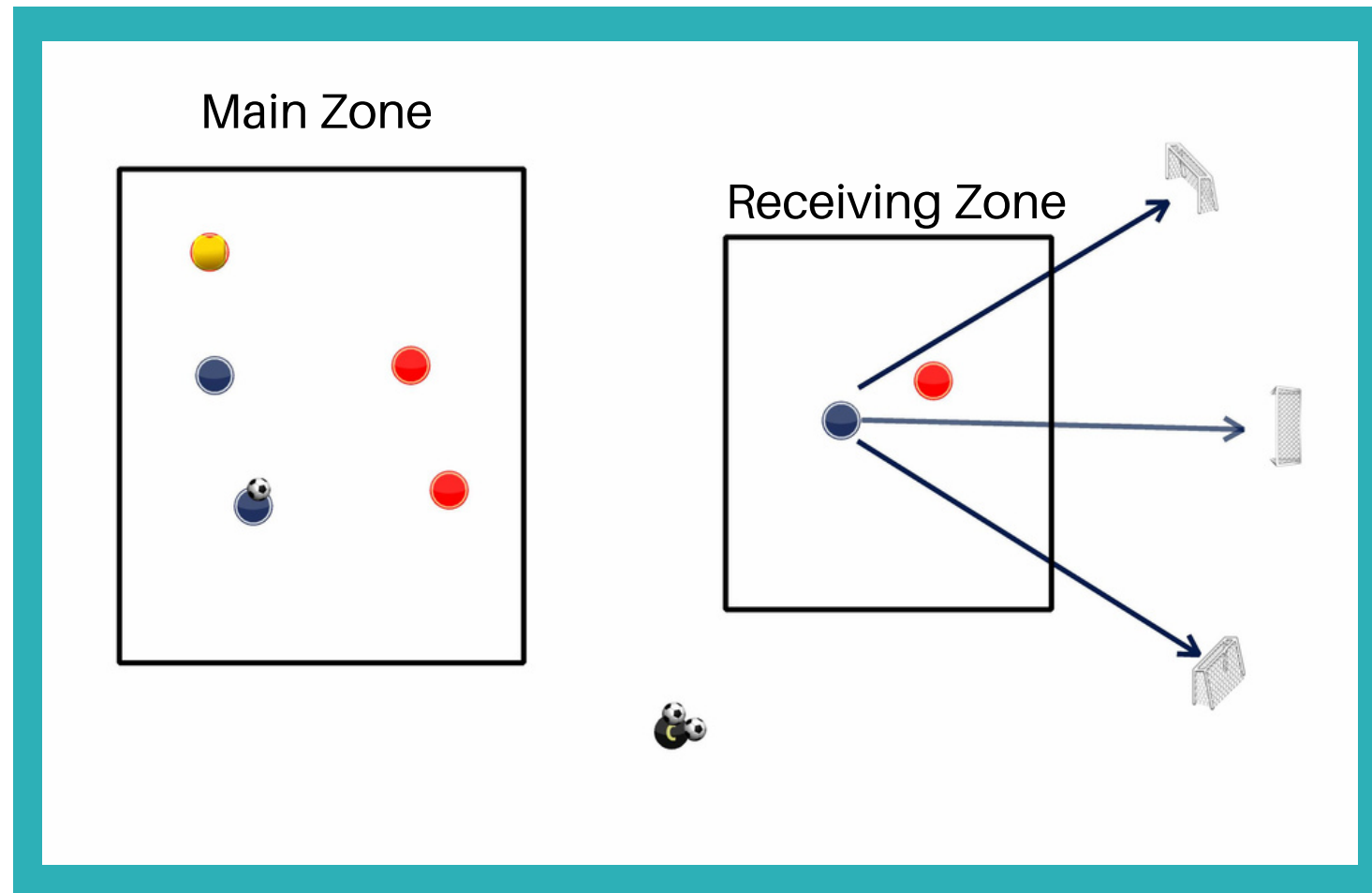
The players at either end zone are restricted to one touch.

4

OBJECTIVE

Teams will attempt to score in any of two opposition target goals.

Session 44
Movement to Receive
3v3 Plus 1



1

NUMBER OF PLAYERS

7 Players

2

DIMENSIONS

25 Foot Length x 25 Foot Width (Receiving Zone)
30 Foot Length x 40 Foot Width (Main Zone)

3

RULES

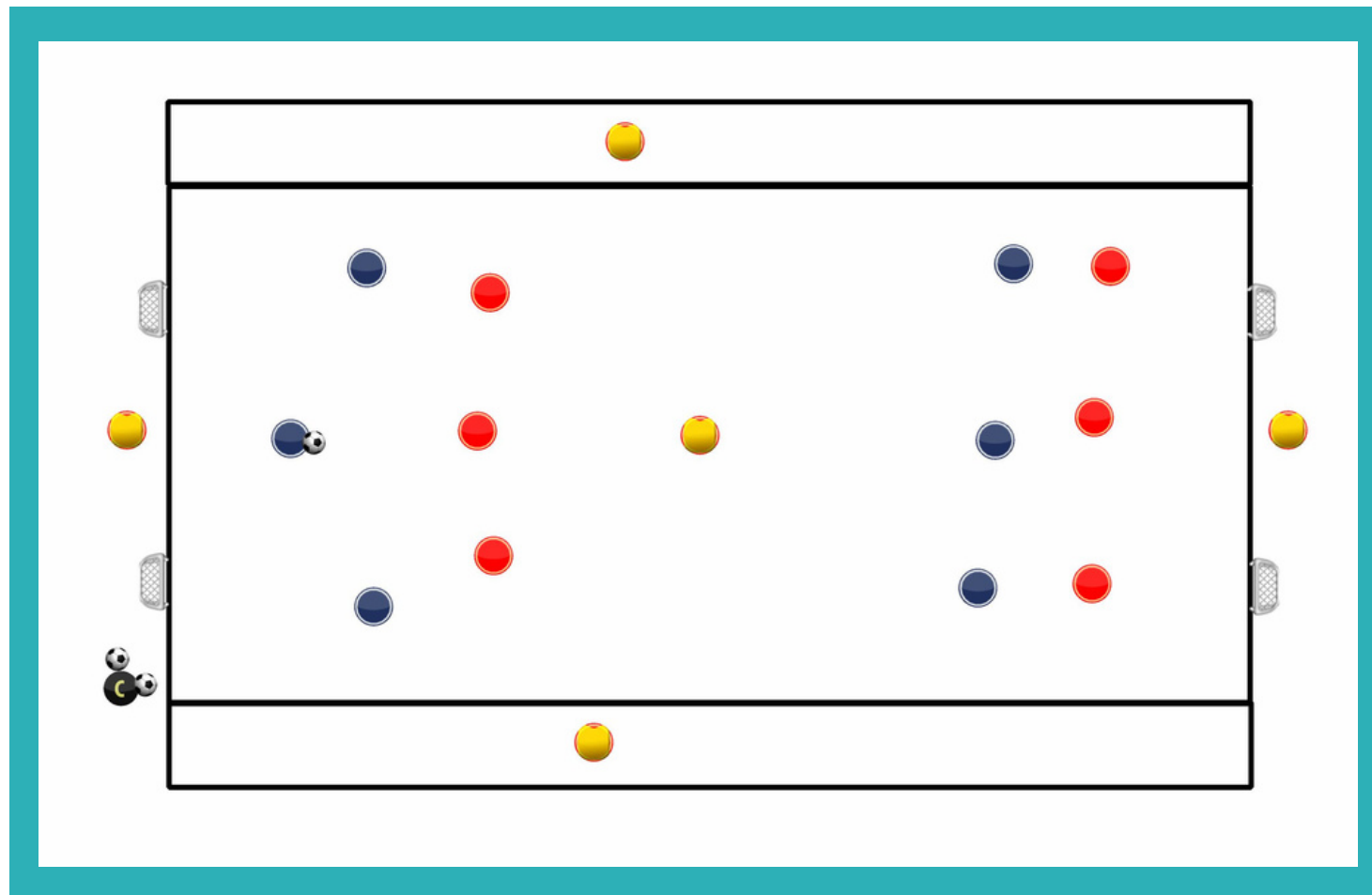
All players are restricted to their zone.
The neutral player will work with the team in possession.

4

OBJECTIVE

Teams will attempt to play a forward pass to their teammate in the receiving goal.
The player receiving the ball in the receiving zone will attempt to score in any of the three target goals.

Session 45
Movement to Receive
6v6 Plus 5



1

NUMBER OF PLAYERS

17 Players

2

DIMENSIONS

60 yards x 40 yards

180 Foot Length x 120 Foot Width

3

RULES

Neutral players are placed around the playing area at designated start points. One neutral player will begin within the playing area. Neutral players will work with the team in possession.

4

OBJECTIVE

Teams will play as 11v5 whilst in possession. The objective is to score in any of the two opposition target goals.

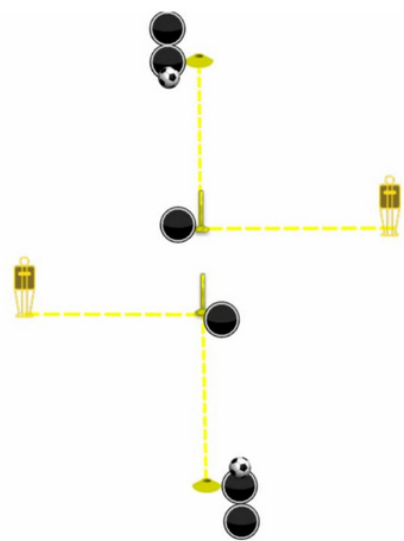
PATRICK KLUIVERT

"I GREW UP WITH POSSESSION GAMES. I THINK IF YOU CAN MANAGE TO TRAIN POSSESSION WELL YOU CAN COME OUT OF ANY DIFFICULT SITUATION IN A GAME"



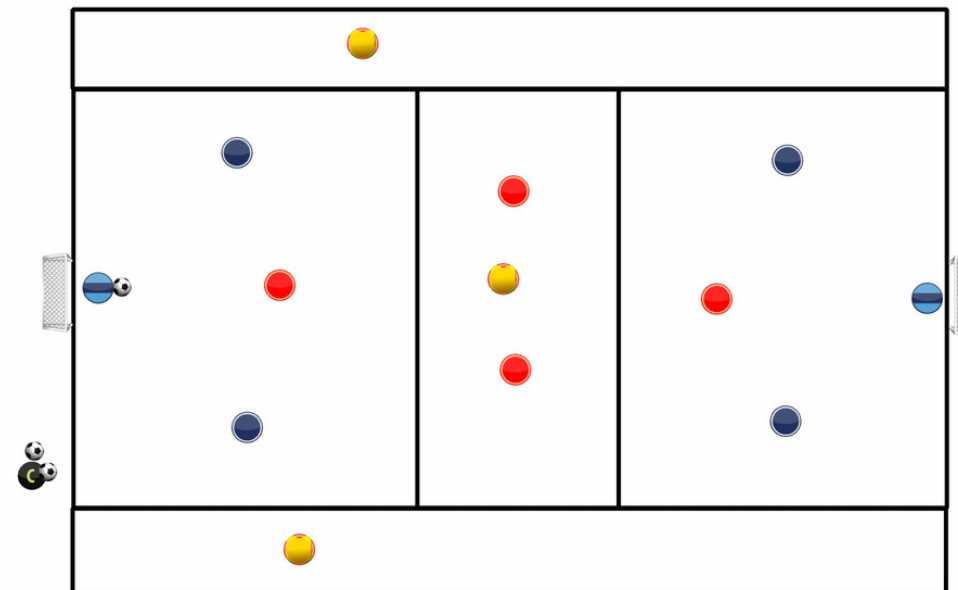
PROGRESSIVE SESSION 16

Open Body Shape



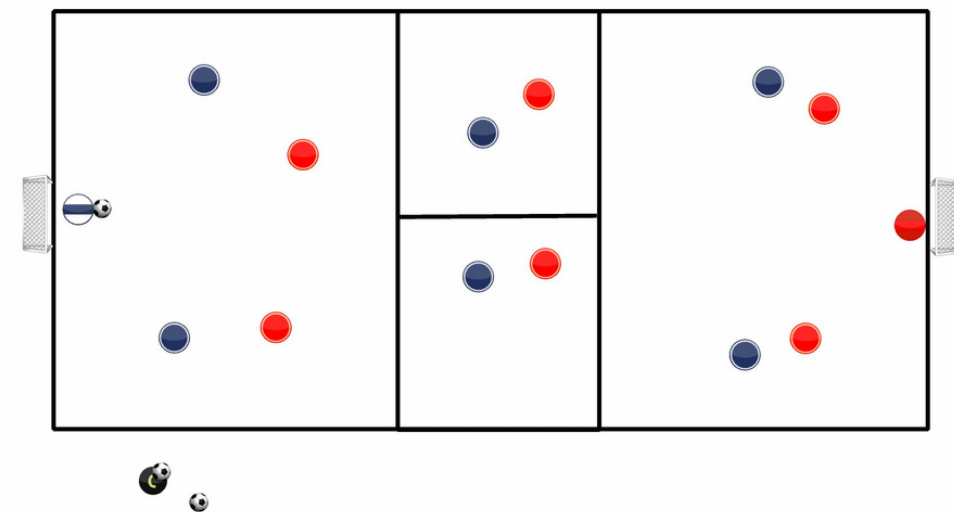
Intro

Combination Set Up



Main Body

4v4 Plus 5

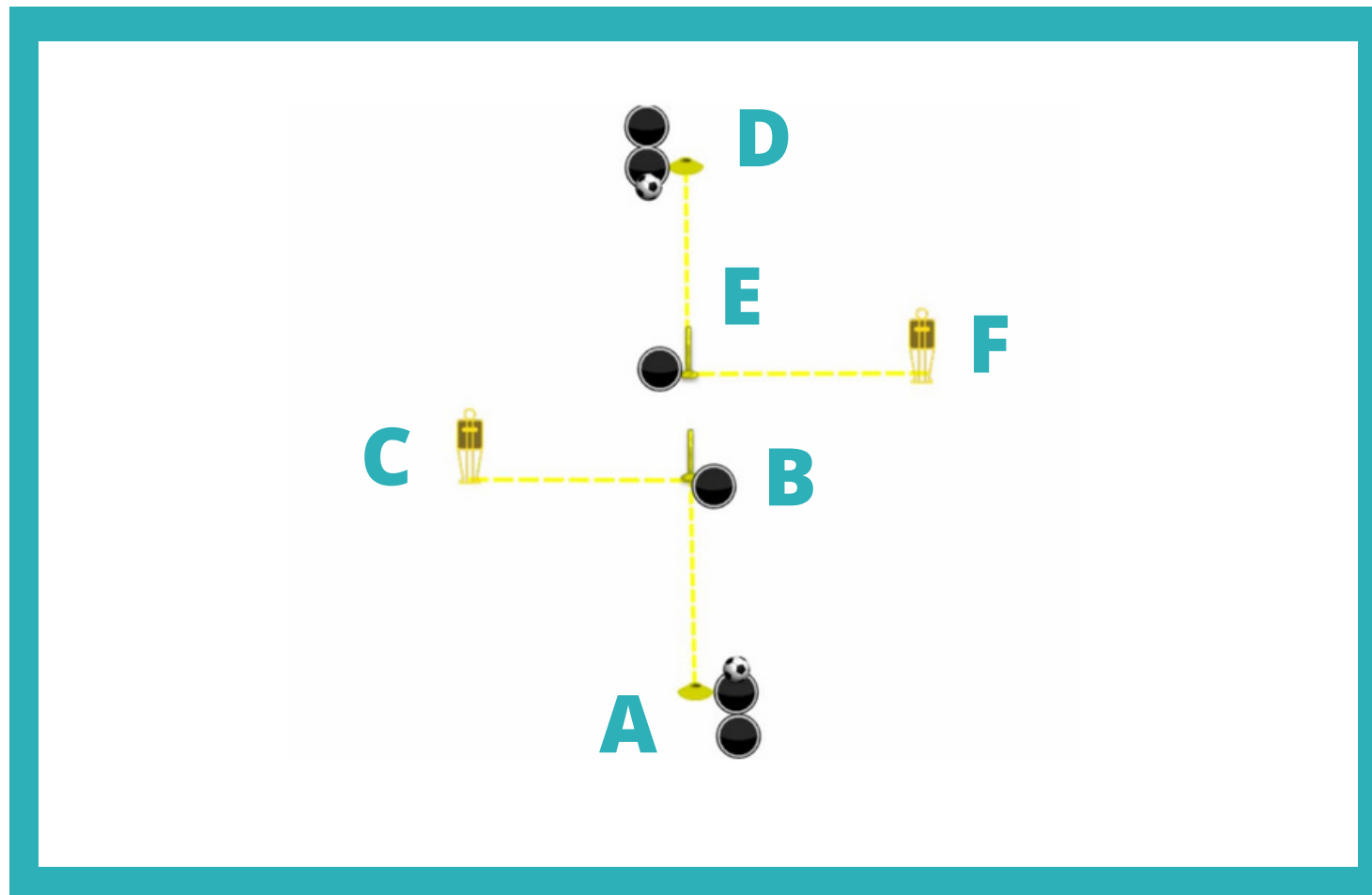


Game

7v7

Session 46

Open Body Shape



1

NUMBER OF PLAYERS

6 Players

2

DIMENSIONS

Varied Spaces

3

RULES

Players will move to the next designated point following their set sequence of play.

4

SEQUENCE

A will pass to B

B will return a pass to A and run to point C

A will pass to point C who will then play D

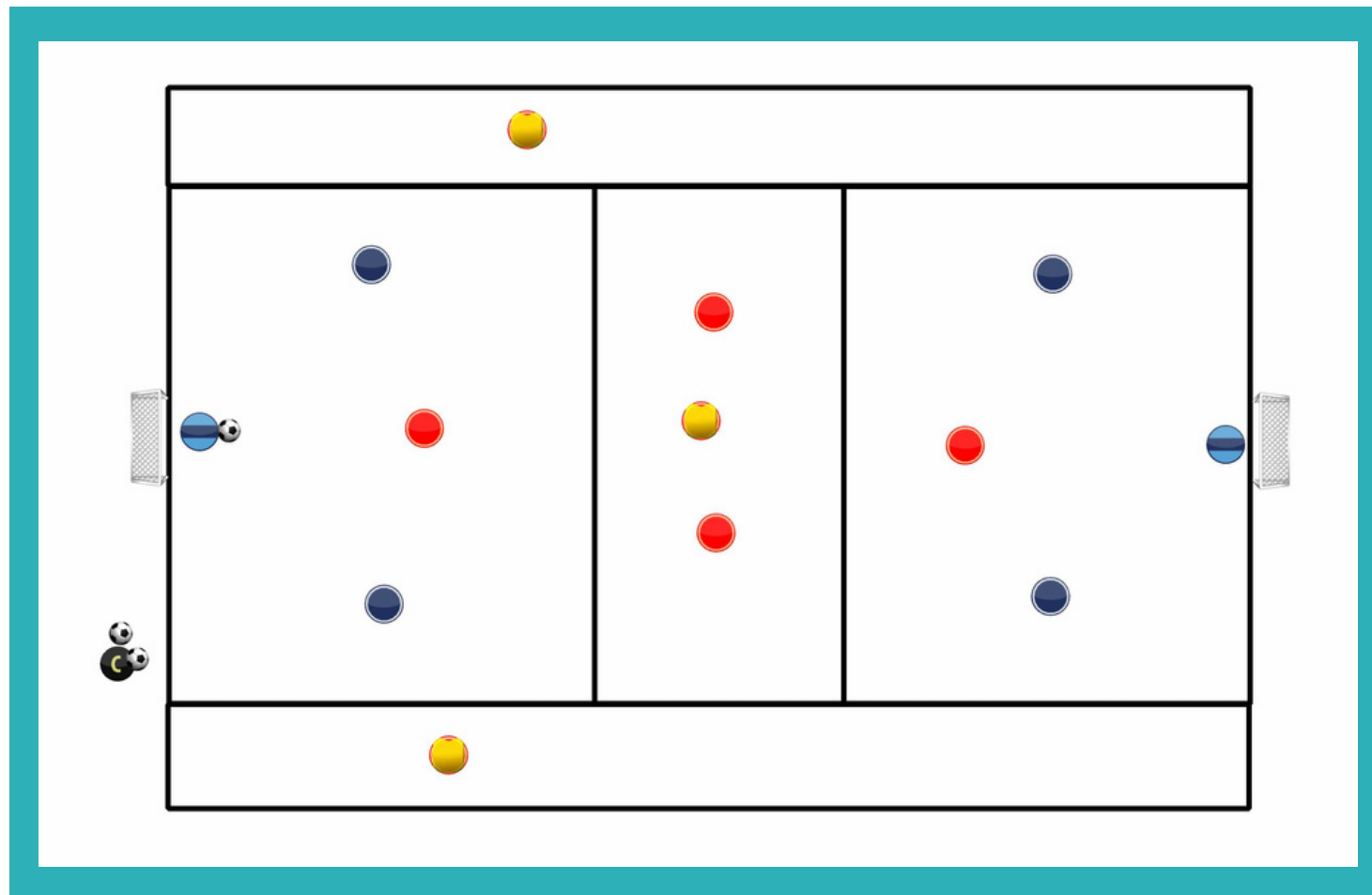
From the opposite playing end...

D will pass to E

E will return a pass to D and run to point F

D will pass to point F who will then play A

Session 47
Open Body Shape
4v4 Plus 5



1

NUMBER OF PLAYERS

13 Players

2

DIMENSIONS

40 yards x 30 yards

120 Foot Length x 90 Foot Width

3

RULES

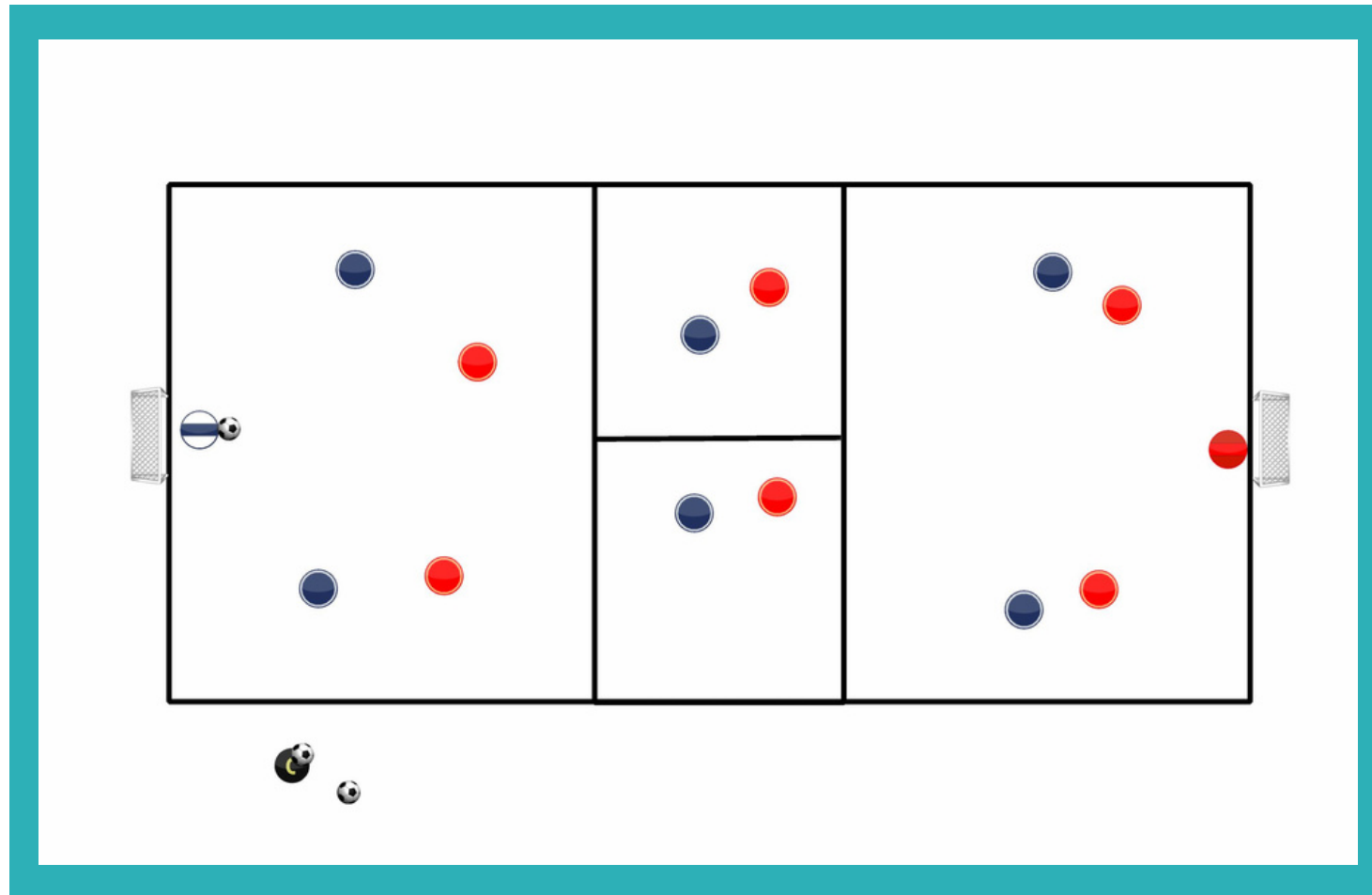
All players are restricted to their zone with the exception of the team that is pressing. Neutral players will work with the team in possession.

4

OBJECTIVE

The team in possession will work with the neutral players and goalkeepers in an attempt to retain the ball. The team pressing will attempt to win the ball and score in either of the two goals in order to reverse team roles.

Session 48
Open Body Shape
7v7



1

NUMBER OF PLAYERS

14 Players

2

DIMENSIONS

56 yards x 36 yards

168 Foot Length x 108 Foot Width

3

RULES

All players are restricted to their zone.

4

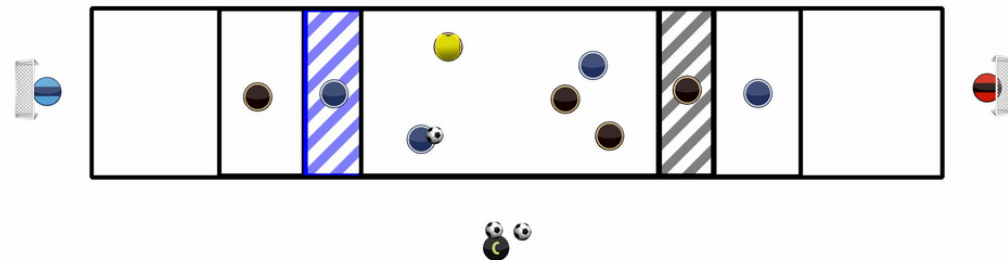
OBJECTIVE

Teams will attempt to score goals during this small sided game with emphasis on body shape and positional play.

POSSESSION WITH PURPOSE

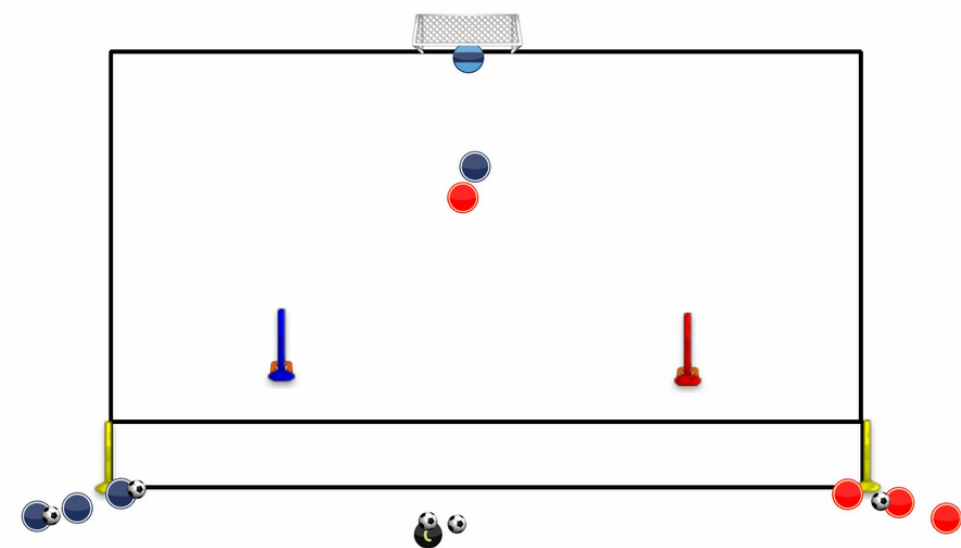
PROGRESSIVE SESSION 17

Recovery Runs



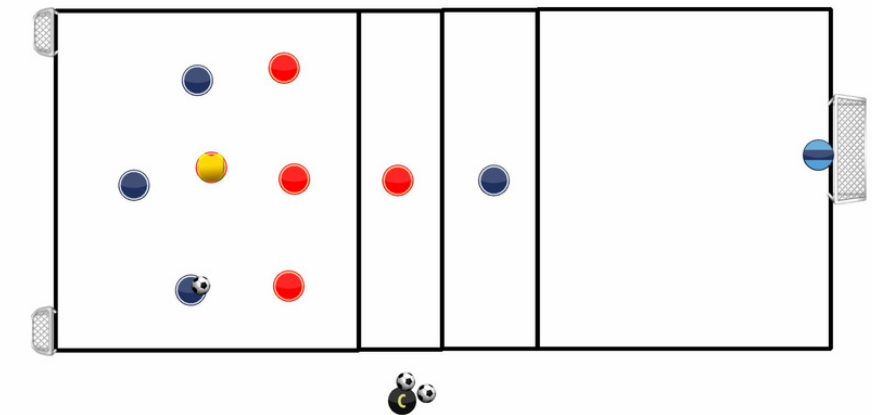
Intro

5v5 Plus 1



Main Body

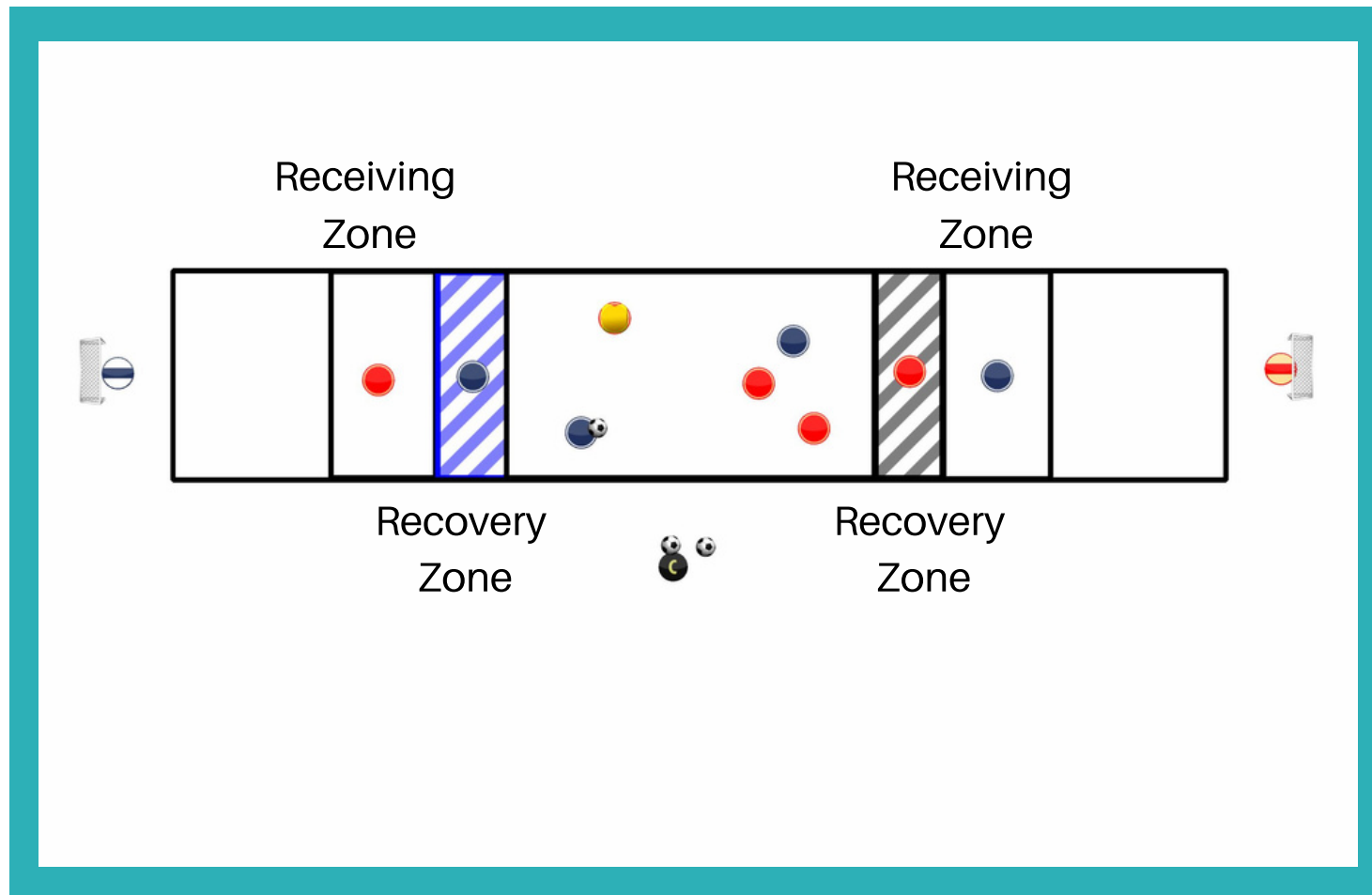
2v1 into 2v2



Game

4v5 Plus 1

Session 49
Recovery Runs
5v5 Plus 1



1

NUMBER OF PLAYERS

11 Players

2

DIMENSIONS

40 yards x 16 yards

120 Foot Length x 50 Foot Width

3

RULES

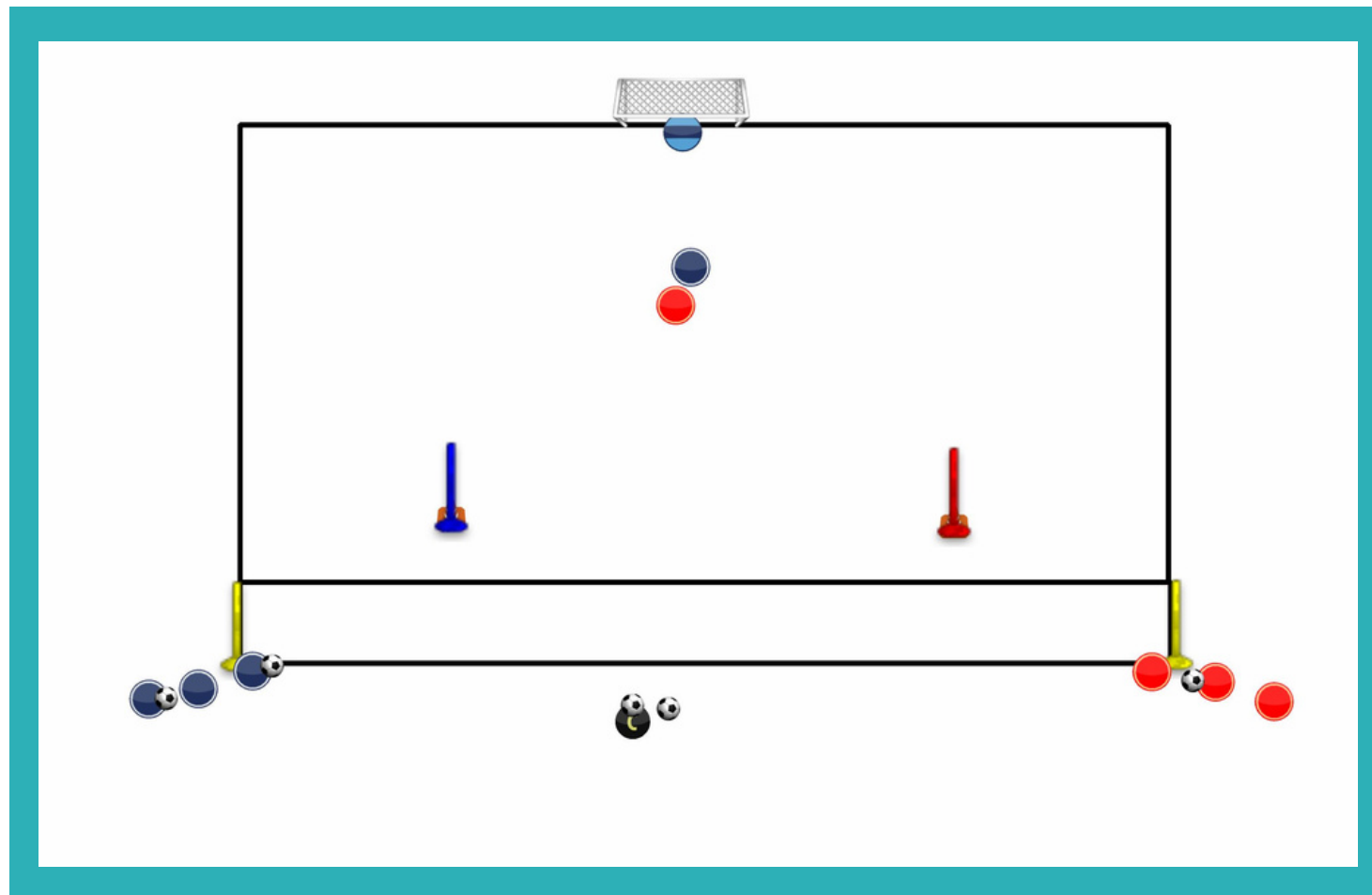
All players are restricted to their zone
With the exception of when a forward
pass is made for the players in receiving
zone and recovery zone to sprint towards
the goal.

4

OBJECTIVE

Teams will attempt to score goals by
passing to the player in the receiving
zone who will then attempt to sprint
towards goal and finish under pressure
from a recovery run.

Session 50
Recovery Runs
2v1 into 2v2



1

NUMBER OF PLAYERS

9 Players

2

DIMENSIONS

1/3 Pitch

3

RULES

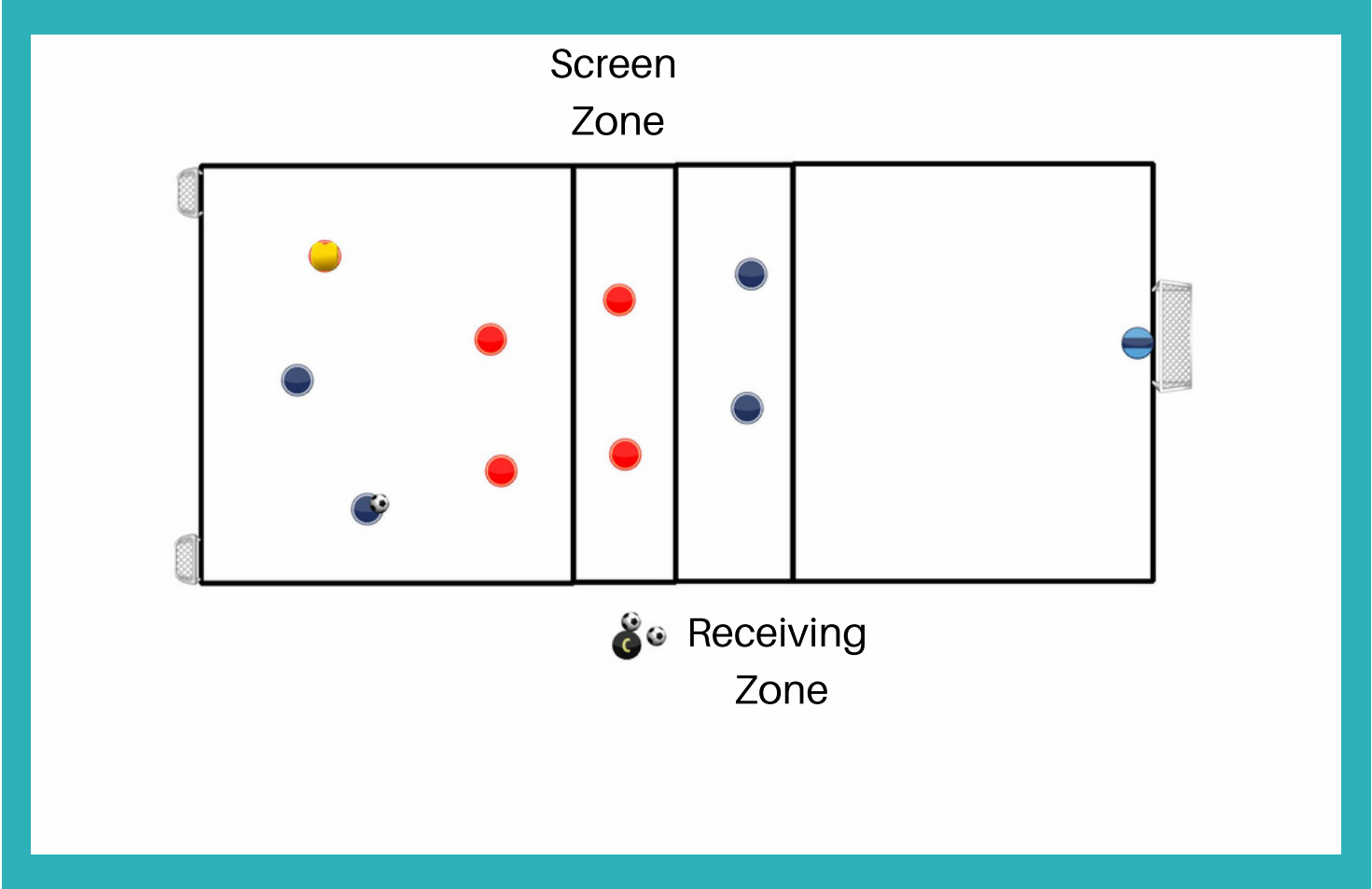
The player making a recovery run cannot begin chasing back until the player dribbling has past the designated marker.

4

OBJECTIVE

One player will dribble into play creating a 2v1 scenario. The objective is to score in the main goal. One player from the team defending will race back with a recovery run in an attempt to help their teammate defend and stop the overload.

Session 51
Recovery Runs
4v5 Plus 1



1

NUMBER OF PLAYERS

10 Players

2

DIMENSIONS

34 yards x 26 yards

104 Foot Length x 80 Foot Width

3

RULES

All players are restricted to their zone with the exception of when a forward pass is made. Players within the receiving and screen zone will sprint towards goal to attack or defend following a forward pass.

4

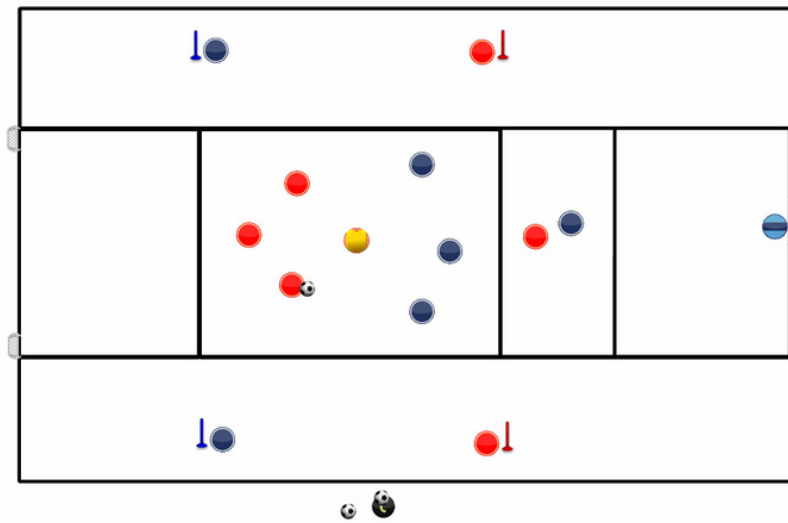
OBJECTIVE

One team in possession will attempt to work the ball into their teammate in the receiving zone in order to advance on goal. The team defending will attempt to win possession and score in either of two target goals in order to reverse team roles.

POSSESSION WITH PURPOSE

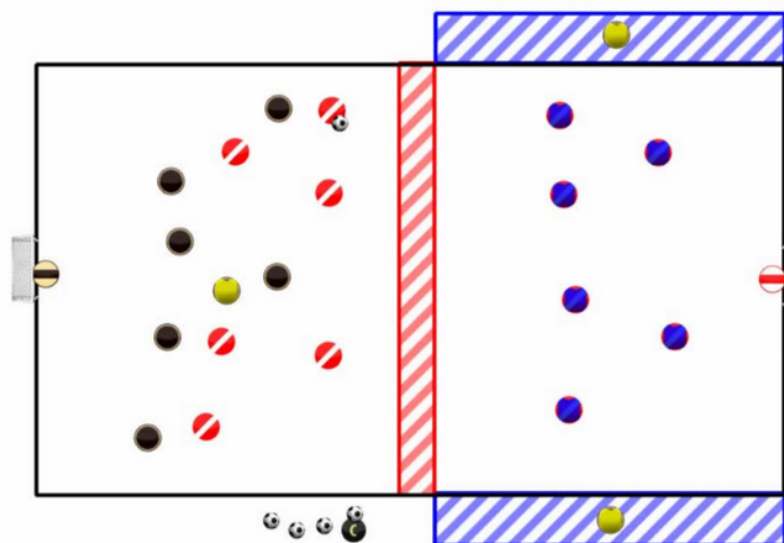
PROGRESSIVE SESSION 18

Counter Attacks



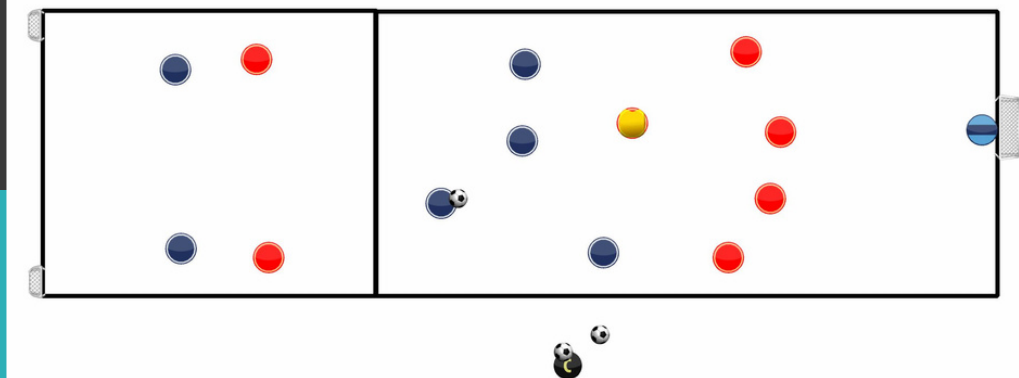
Intro

6v7 Plus 1



Main Body

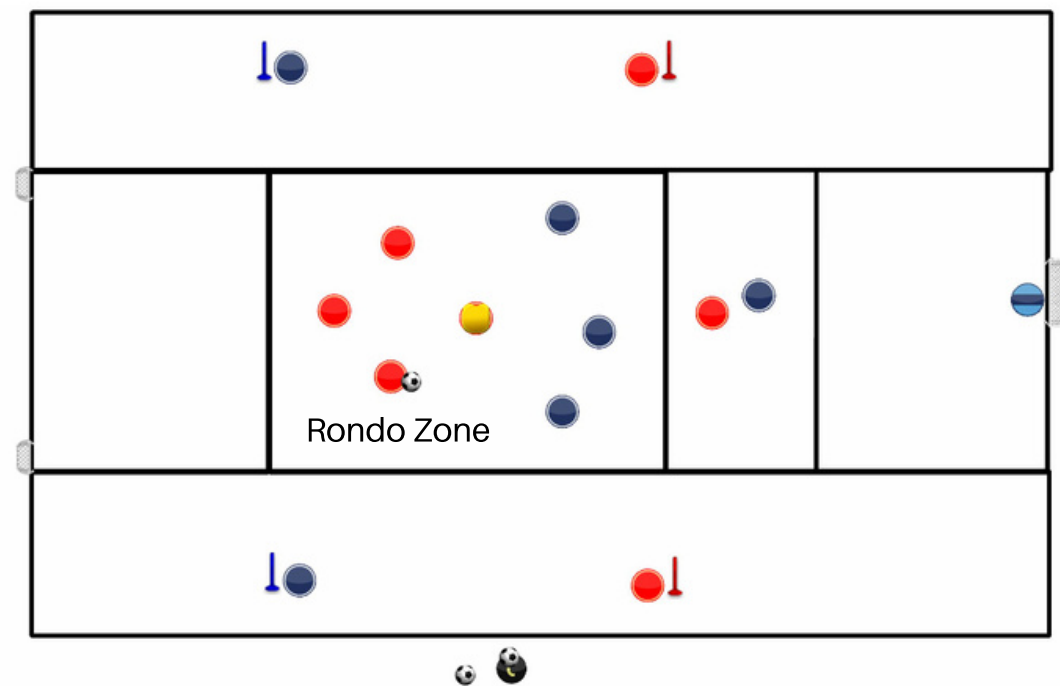
6v6v6 Plus 5



Game

6v7 Plus 1

Session 52
Counter Attacks
6v7 Plus 1



1

NUMBER OF PLAYERS

14 Players

2

DIMENSIONS

1/3 Pitch

3

RULES

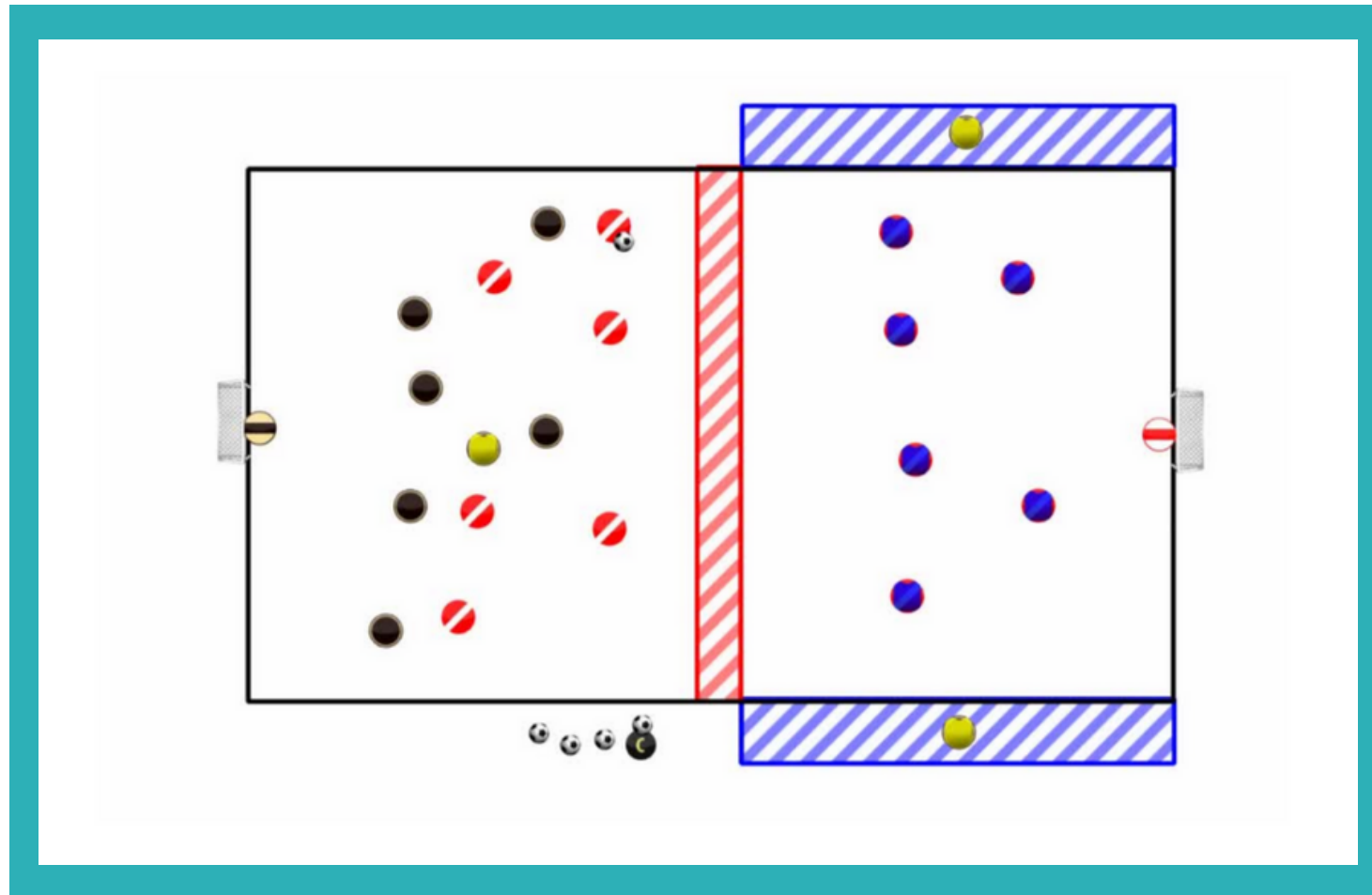
All players are restricted to their zone, and designated starting points. Play becomes open when the ball leaves the rondo zone. The neutral player will work with the team in possession.

4

OBJECTIVE

The team in possession will attempt to work the ball into any of three teammates positioned at starting positions outside of the rondo zone in order to open play and attack the goal. The defending team will attempt to win the ball and score in either of two target goals in order to reverse team roles.

Session 53
Counter Attacks
Liverpool 6v6v6 Plus 5



1

NUMBER OF PLAYERS

23 Players

2

DIMENSIONS

2/3 Pitch

3

RULES

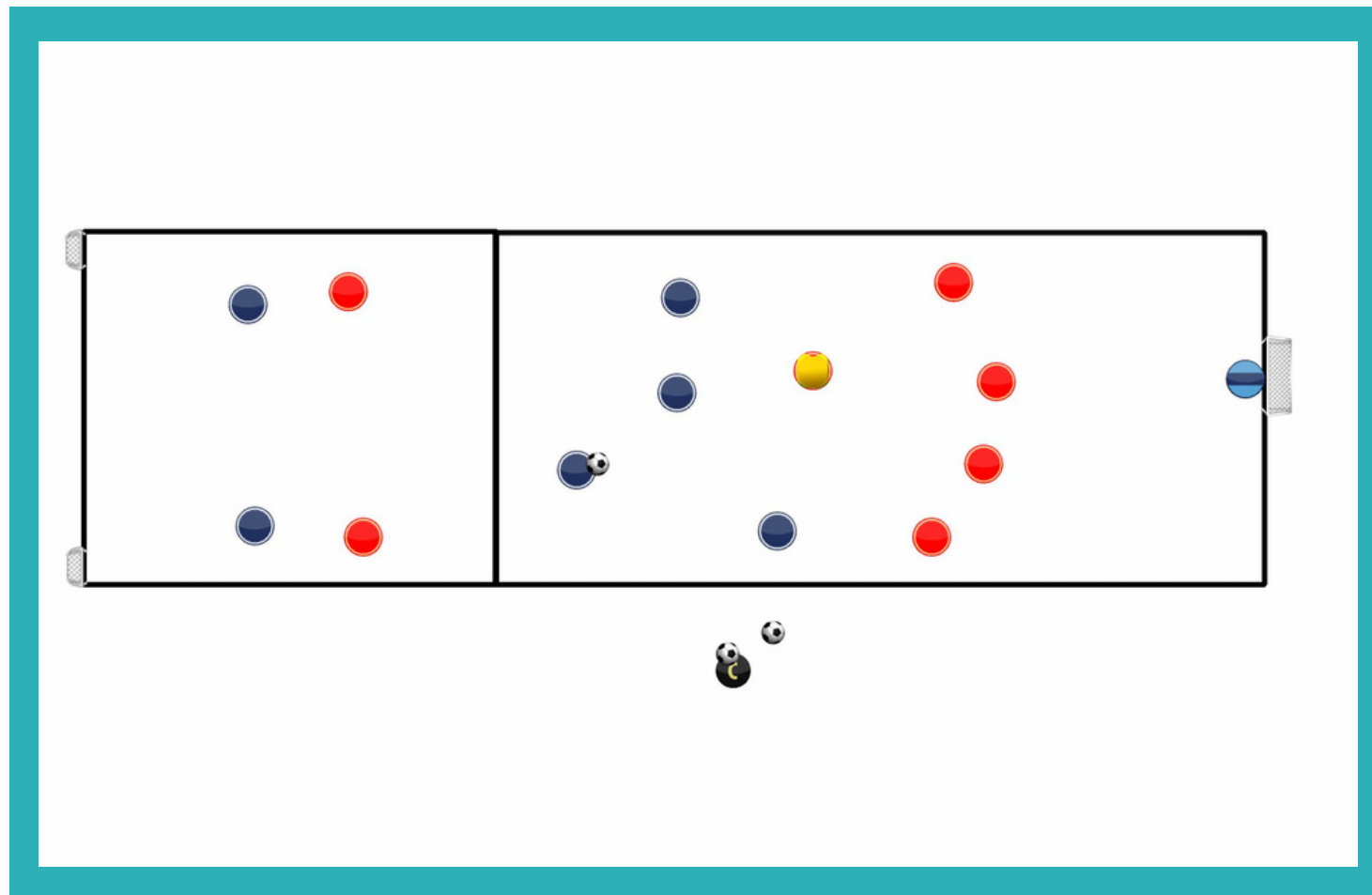
The neutral players will work with the team in possession.

4

OBJECTIVE

One team will attack. The team defending the active playing zone will attempt to win possession and quickly transition to counterattack at the opposite end of the playing area. The practice continues to flow between both playing zones.

Session 54
Counter Attacks
6v7 Plus 1



1

NUMBER OF PLAYERS

14 Players

2

DIMENSIONS

1/2 Pitch

3

RULES

All players are restricted to their zone with the exception of when the defending team wins possession. Play becomes open when the defending team wins possession. The neutral player will work with the team in possession.

4

OBJECTIVE

One team in possession will attack in an attempt to score goals. The team defending will attempt to win possession and quickly counterattack in an attempt to score in either of two target goals. If the defending team score in either of the target goals team roles will be reversed.

POSSESSION WITH PURPOSE

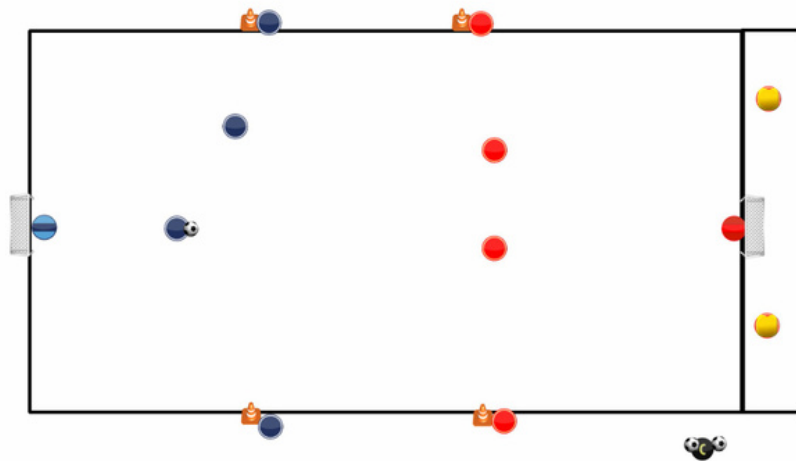
A photograph of Arsene Wenger, former manager of Arsenal, sitting on a football pitch. He is wearing a dark suit, a white shirt, and a red tie. He is looking directly at the camera with a serious expression. The background is a blurred football pitch with other people visible in the distance. The image has a teal overlay on the right side.

ARSENE WENGER

***"I CANNOT MAKE
SOMEBODY WANT TO
BECOME SUCCESSFUL,
THAT COMES FROM THEM"***

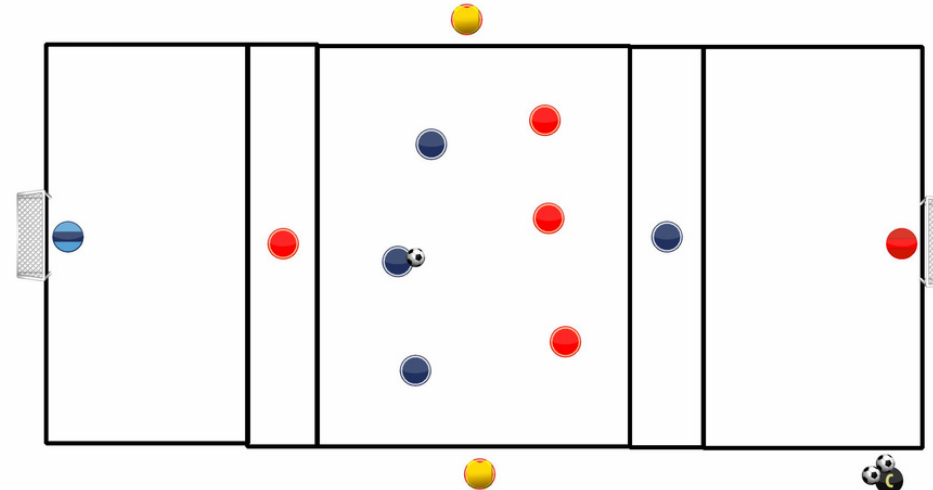
PROGRESSIVE SESSION 19

Transitions



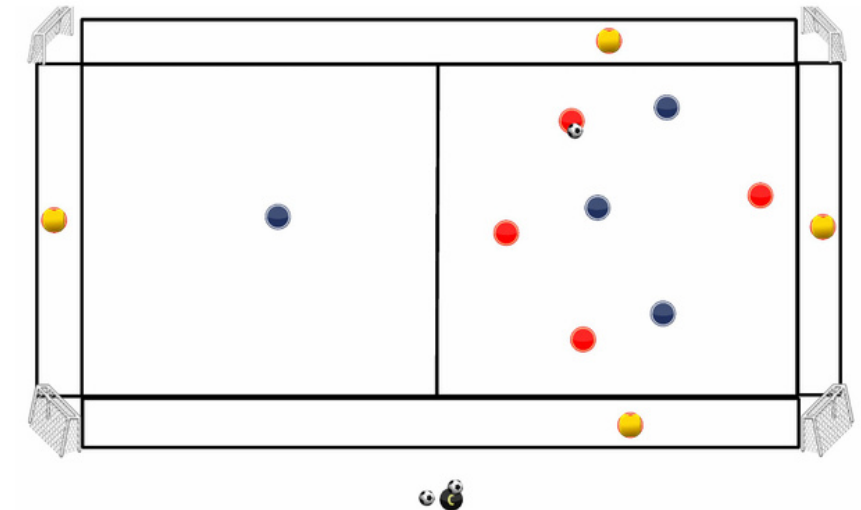
Intro

5v5 Plus 2



Main Body

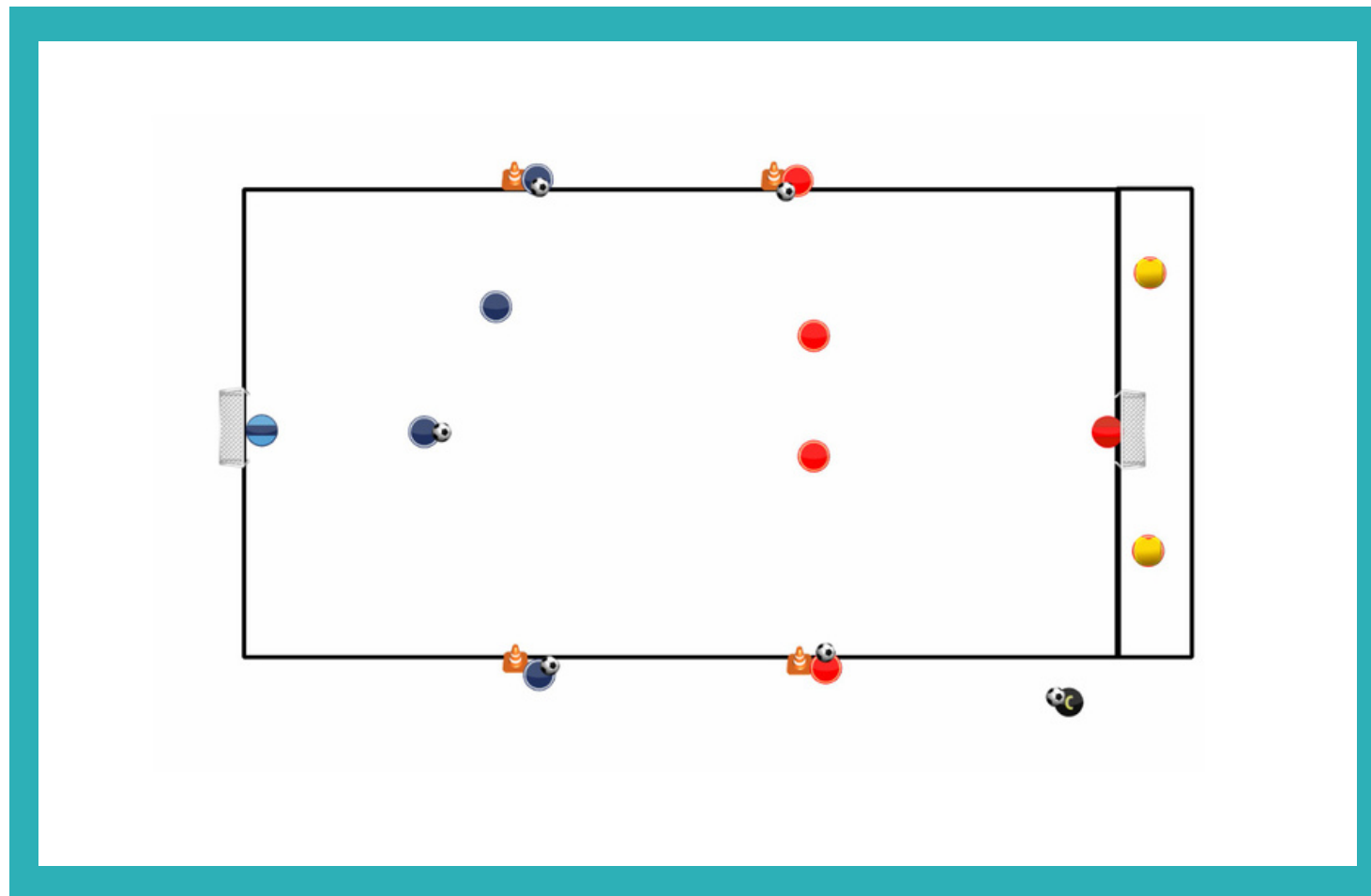
5v5 Plus 2



Game

4v4 Plus 4

Session 55
Transitions
5v5 Plus 2



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

53 yards x 30 yards

160 Foot Length x 90 Foot Width

3

RULES

The two yellow neutral players work with the team in possession. The neutral players are positioned at designated positions. Two players from either side will begin at designated start points outside of the playing zone.

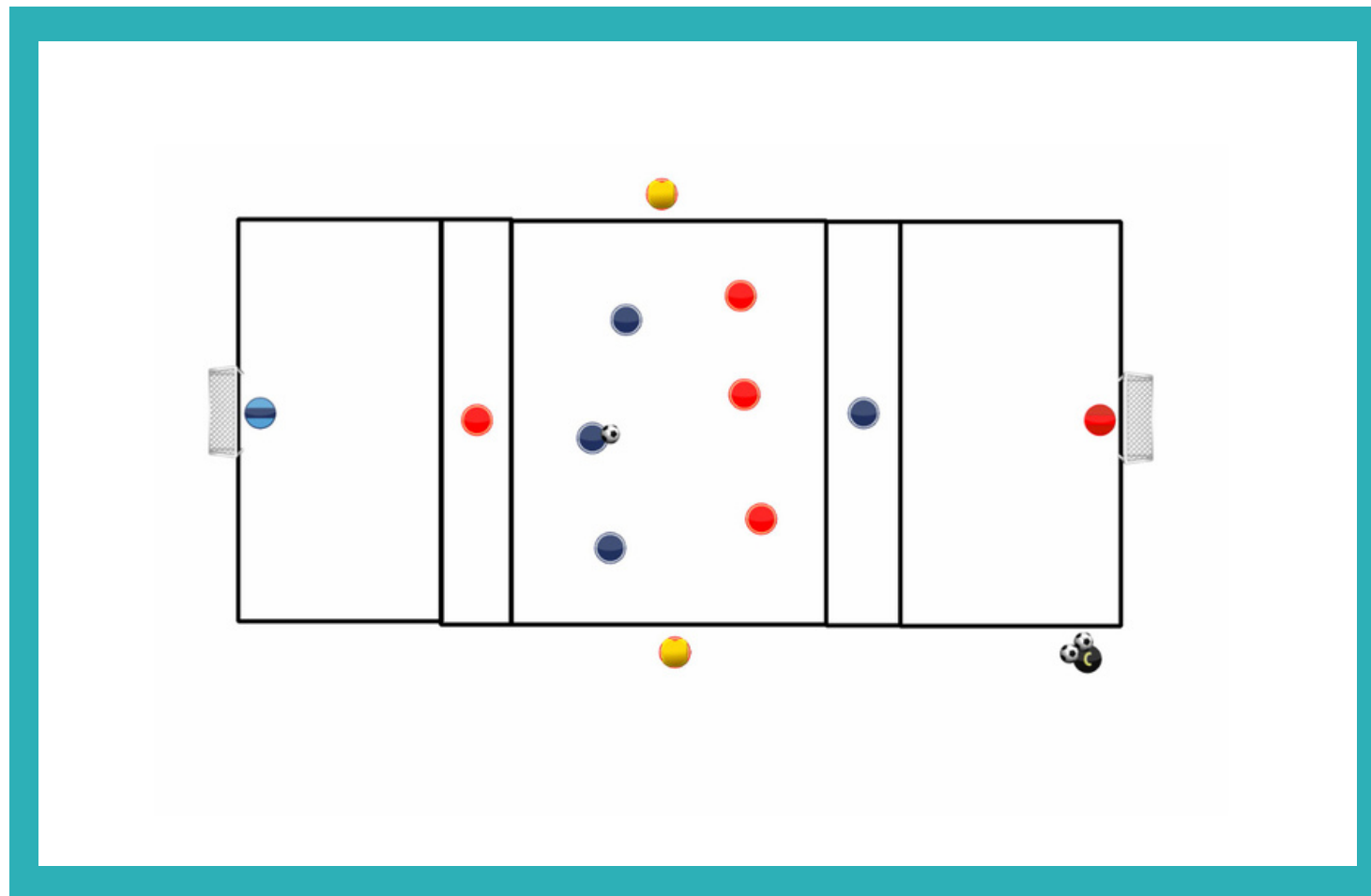
4

OBJECTIVE

Teams will attempt to score goals. The play begins as a 2v2 plus 2. At the end of each phase of play one new player will enter the playing zone. The sequence will be as follows: 2v2, 2v3, 3v3, 3v4, 4v4. At all times the two neutral players will work with the team in possession.

POSSESSION WITH PURPOSE

Session 56
Transitions
5v5 Plus 2



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

40 yards x 30 yards

120 Foot Length x 90 Foot Width

3

RULES

All players are restricted to their zone with the exception of when play becomes open following a forward pass into the receiving zone. The players in the receiving zones will advance on goal following a forward pass. The two neutral players will work with the team in possession.

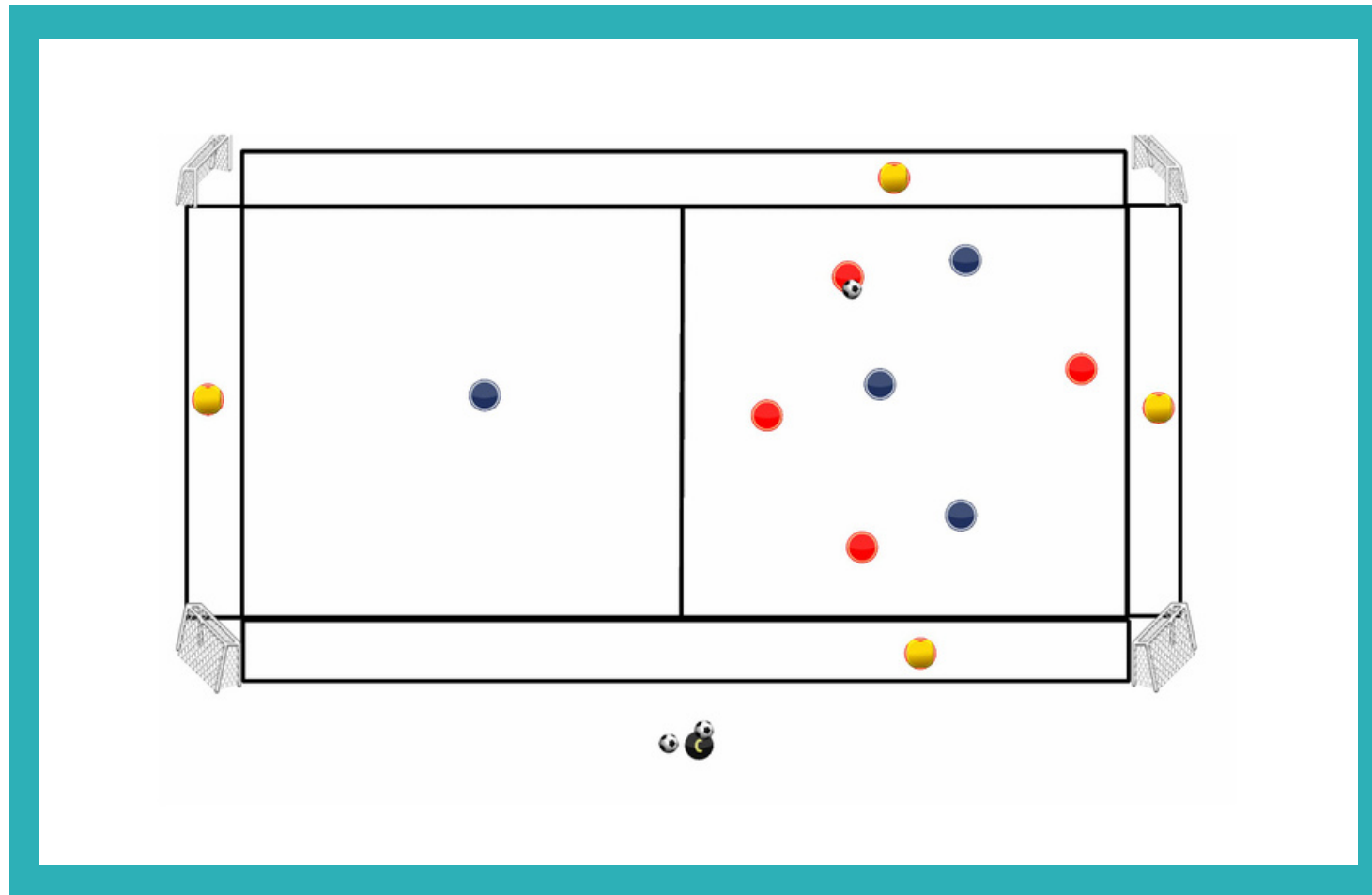
4

OBJECTIVE

Teams will attempt to score goals by working the ball into teammates in the receiving zone. Play becomes open following a forward pass into either receiving zone.

POSSESSION WITH PURPOSE

Session 57
Transitions
4v4 Plus 4



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

37 yards x 25 yards

112 Foot Length x 76 Foot Width

3

RULES

The Neutral players will work with the team in possession. The two neutral players in the wide zones are free to move from zone to zone.

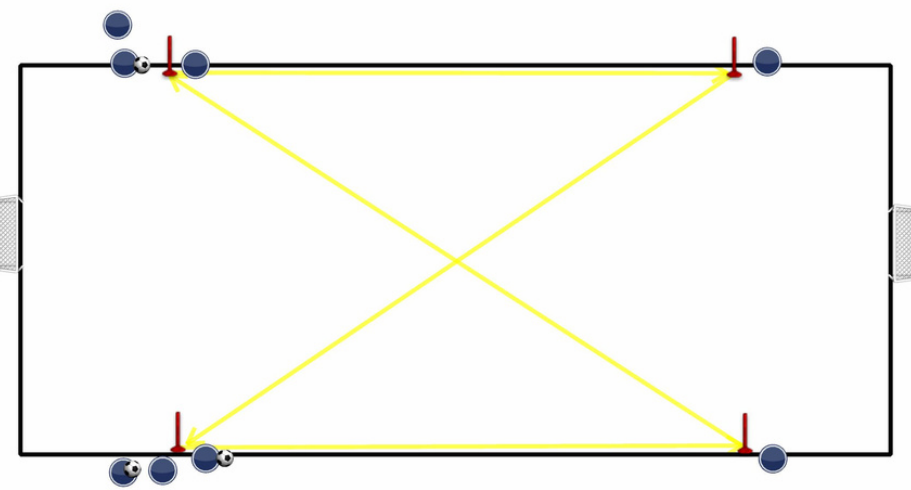
4

OBJECTIVE

The team in possession will attempt to complete five passes. Following five or more passes the team in possession can attempt to score in any of the two target goals positioned at the end line of the active zone. The team pressing will attempt to win the ball and pass to their teammate in the opposite zone in order to reverse team roles.

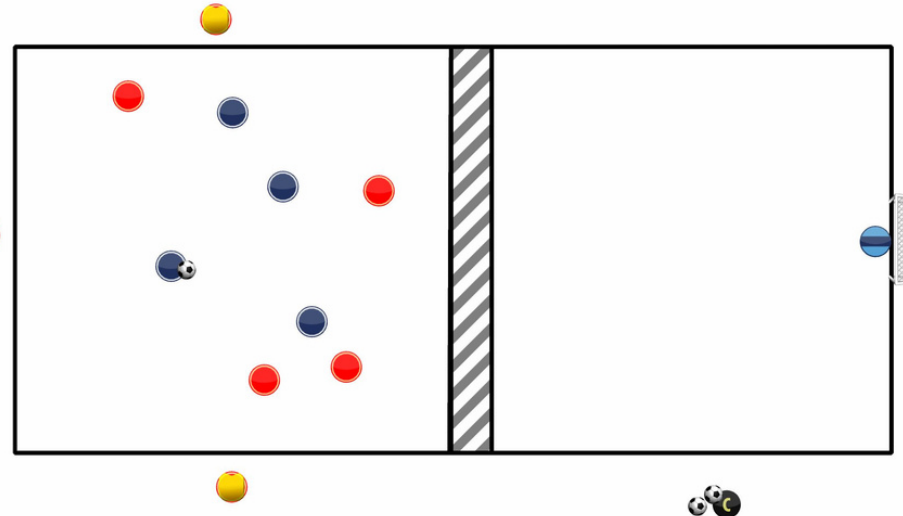
PROGRESSIVE SESSION 20

Timing of Runs 2



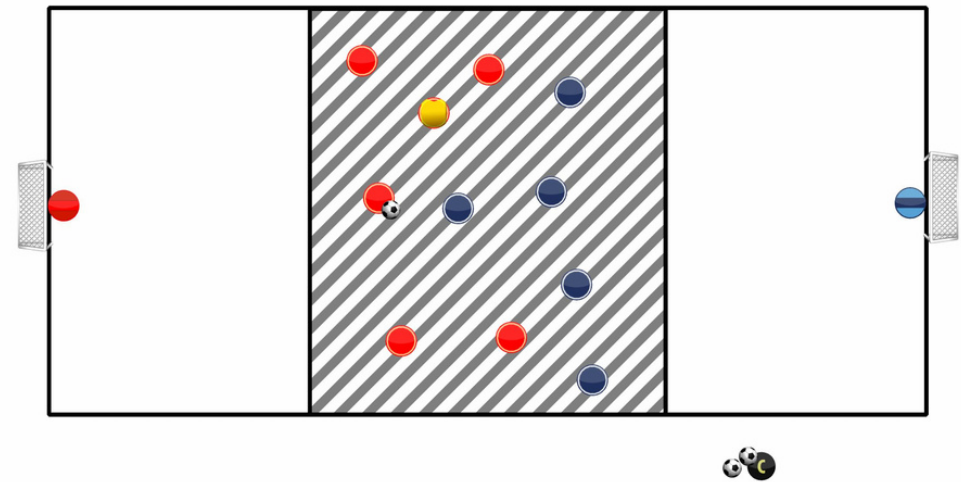
Intro

Combination Set Up



Main Body

4v4 Plus 3



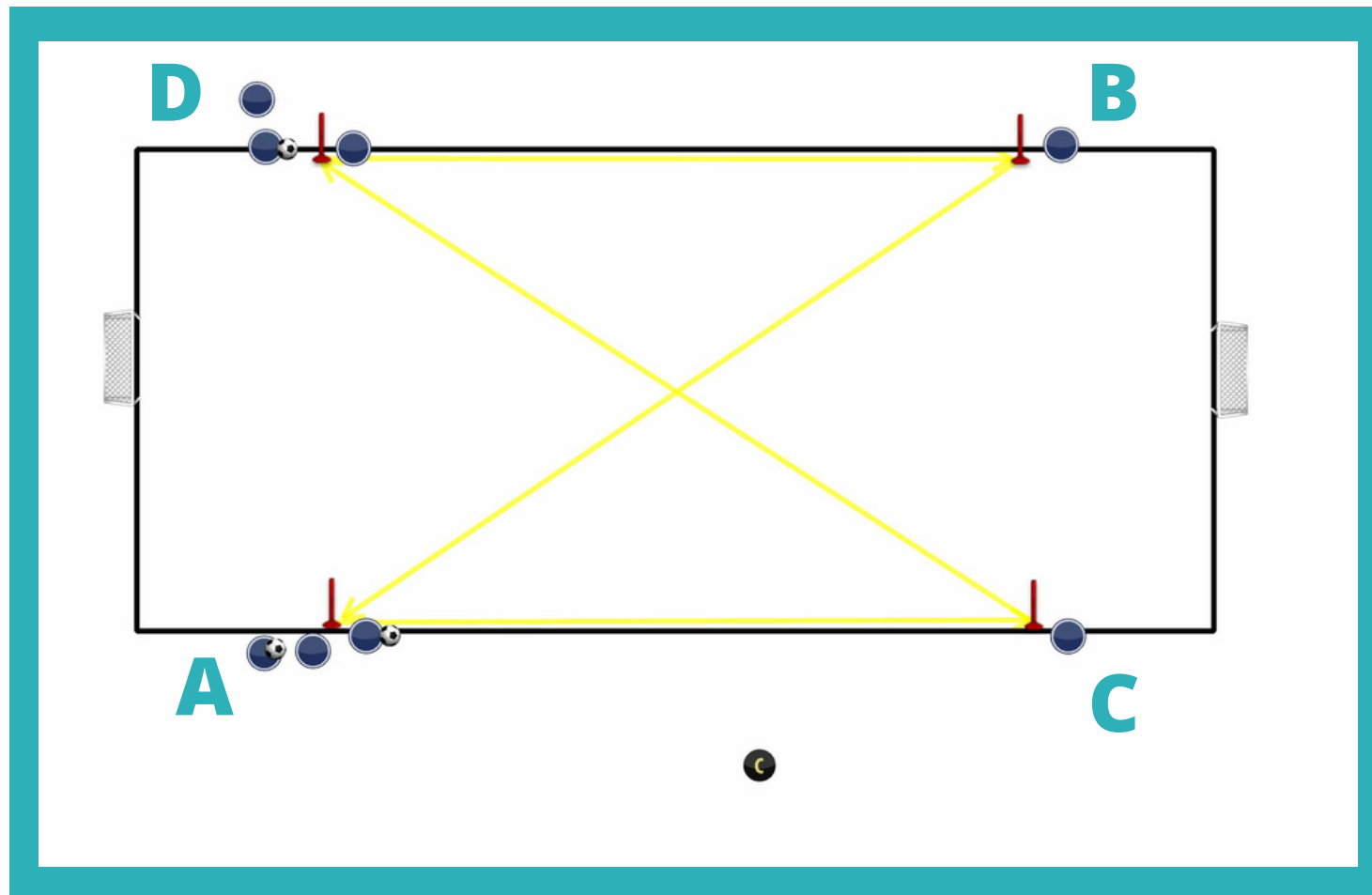
Game

6v6 Plus 1

Session 58

Timing of Runs 2

Combination Set Up



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

30 yards x 30 yards

90 Foot Length x 90 Foot Width

3

RULES

Players will follow the pattern sequence of the practice.

4

SEQUENCE

A will pass to B

B will set a pass for C

C will finish on goal

D will pass to C

C will set a pass for A

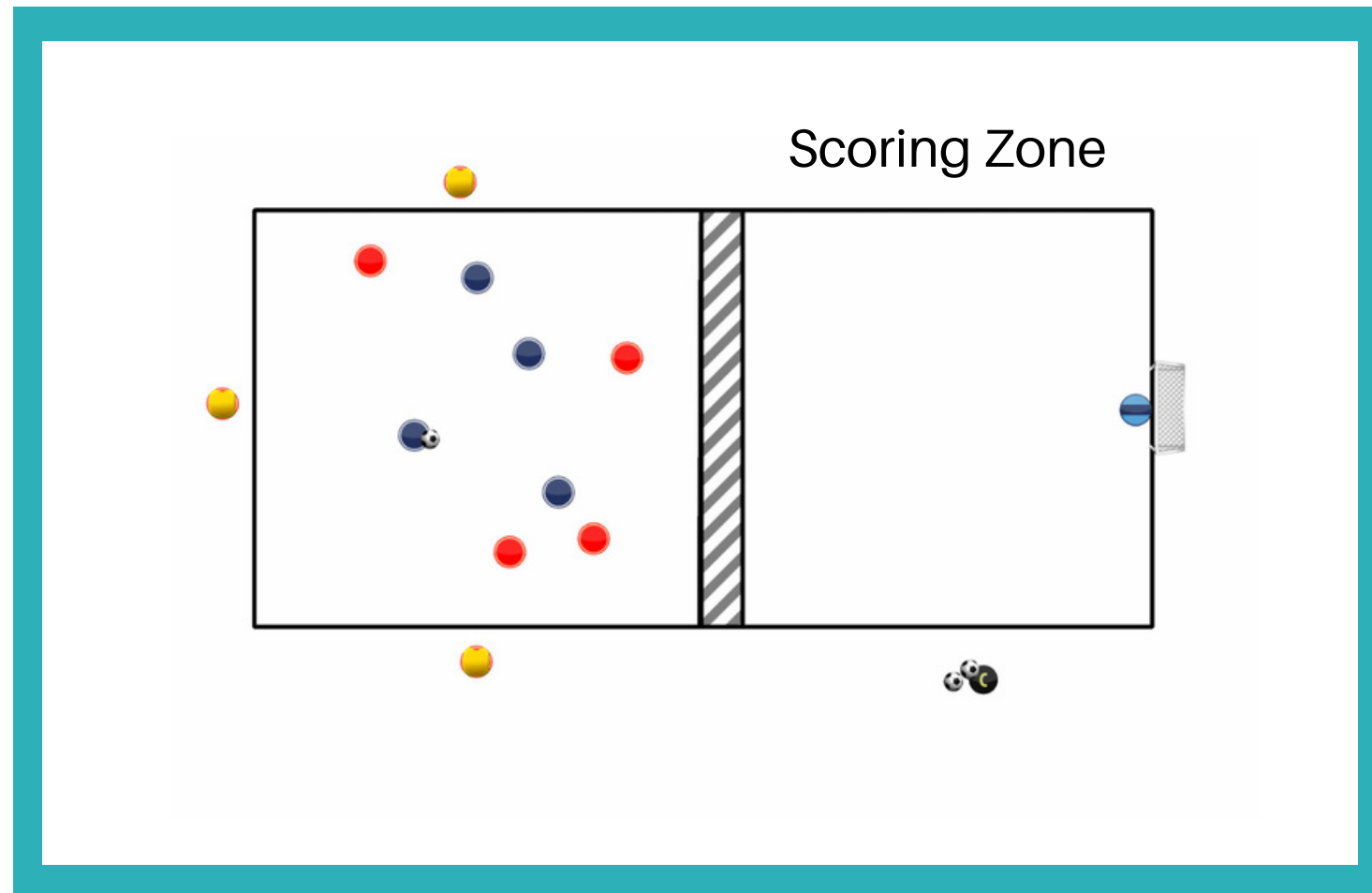
A will finish on goal.

NOTE: All players move to follow their pass.

Session 59

Timing of Runs 2

4v4 Plus 3



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

33 yards x 22 yards

100 Foot Length x 68 Foot Width

3

RULES

An offside line is marked out. Offside will be given to any players who move beyond this line to receive a pass deemed to be offside. The three neutral players will work with the team in possession.

4

OBJECTIVE

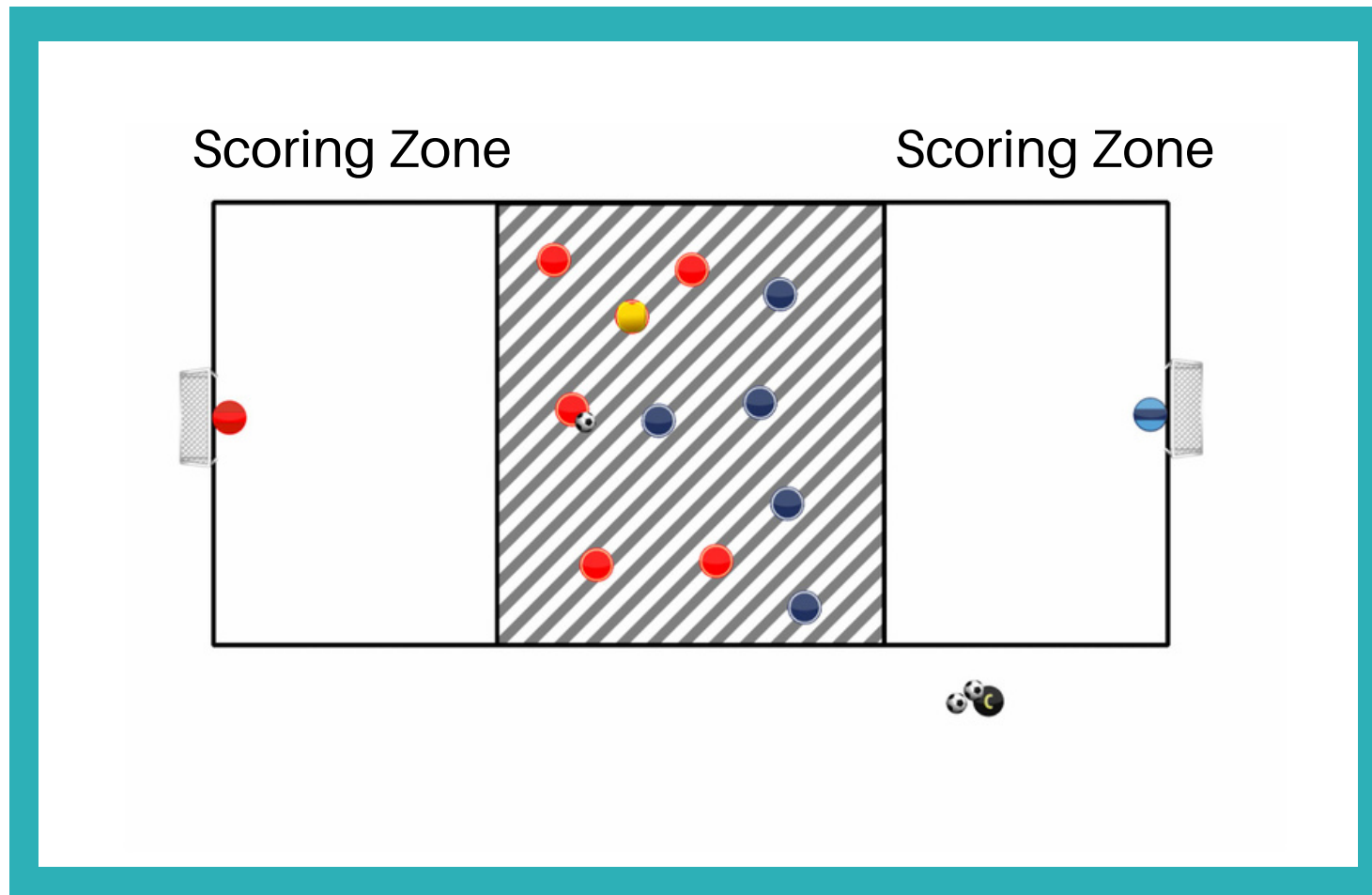
Teams will attempt to pass into the scoring zone in order to score goals.

Emphasis will be on well timed runs to receive in the scoring zone.

Session 60

Timing of Runs 2

6v6 Plus 1



1

NUMBER OF PLAYERS

13 Players

2

DIMENSIONS

50 yards x 38 yards

150 Foot Length x 116 Foot Width

3

RULES

Two offside lines will be marked out at either end of the playing zone. Offside will be given to any players who move beyond this line to receive a pass deemed offside. The neutral player will work with the team in possession.

4

OBJECTIVE

Teams will attempt to pass into the scoring zone in order to score goals.

Emphasis will be on well timed runs to receive in the scoring zone.

PEP GUARDIOLA

"THE PEOPLE SAY PEP USES THE RULE OF FIVE SECONDS. THE IDEA THAT FOR FIVE SECONDS WE MUST TRY SO HARD TO WIN THE BALL BACK DURING THE COUNTER PRESS. NO, MY BELIEF IS TO HAVE THE BALL AND NOT TO LOSE IT, BUT IF WE DO LOSE IT THEN WINNING THE BALL BACK QUICKLY WILL BE A CONSEQUENCE OF CONNECTING PLAYERS CLOSELY DURING THE BUILD UP. IT IS NOT A CONSEQUENCE OF DEMANDING FIVE SECONDS OF HARD WORK"



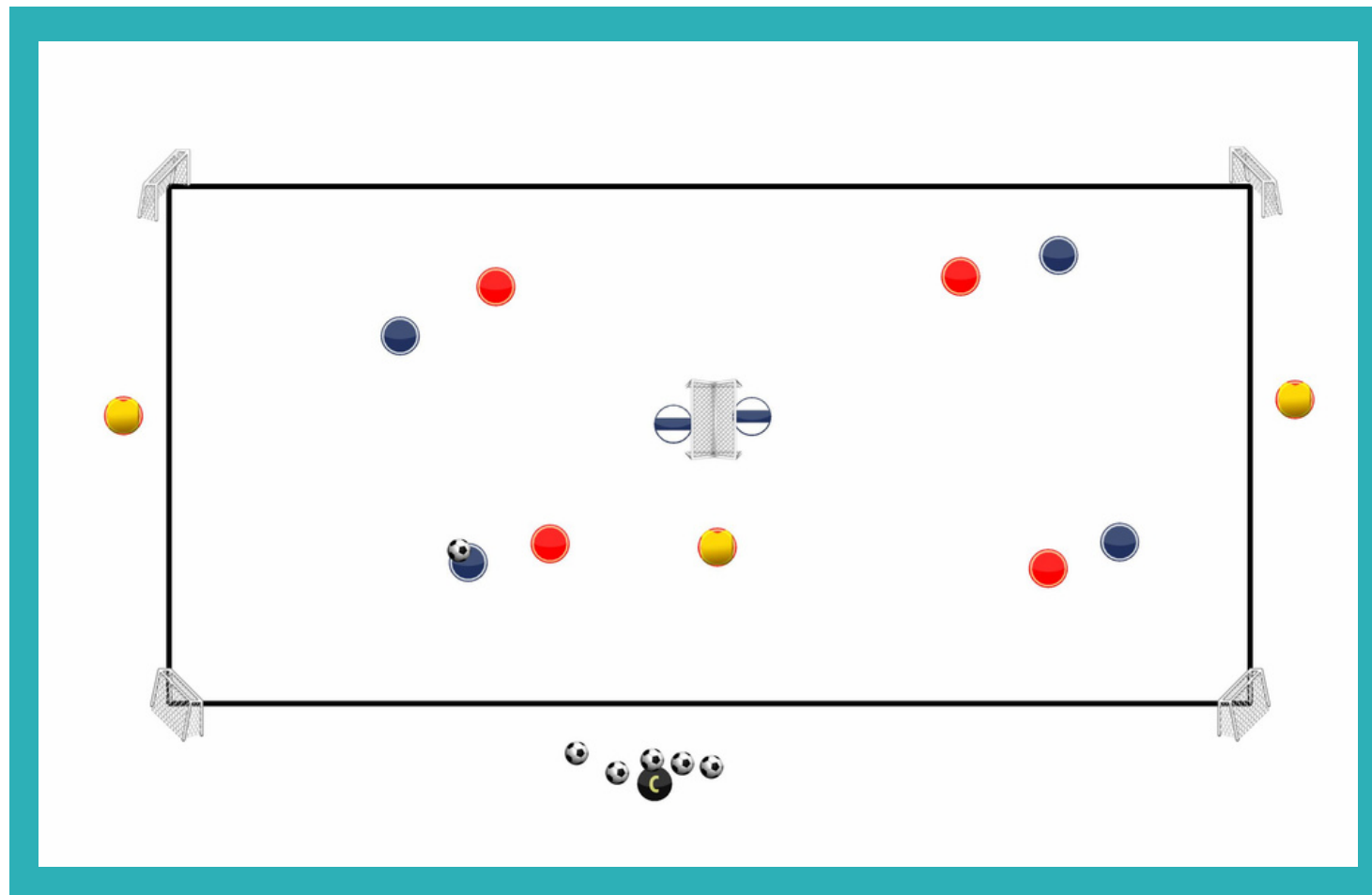
PEP GUARDIOLA

POSSESSION

TEN SESSIONS



Session 61
4v4 Plus 3
Guardiola 1



1

NUMBER OF PLAYERS

13 Players

2

DIMENSIONS

25yd x 18yd

76 Foot Length x 54 Foot Width

3

RULES

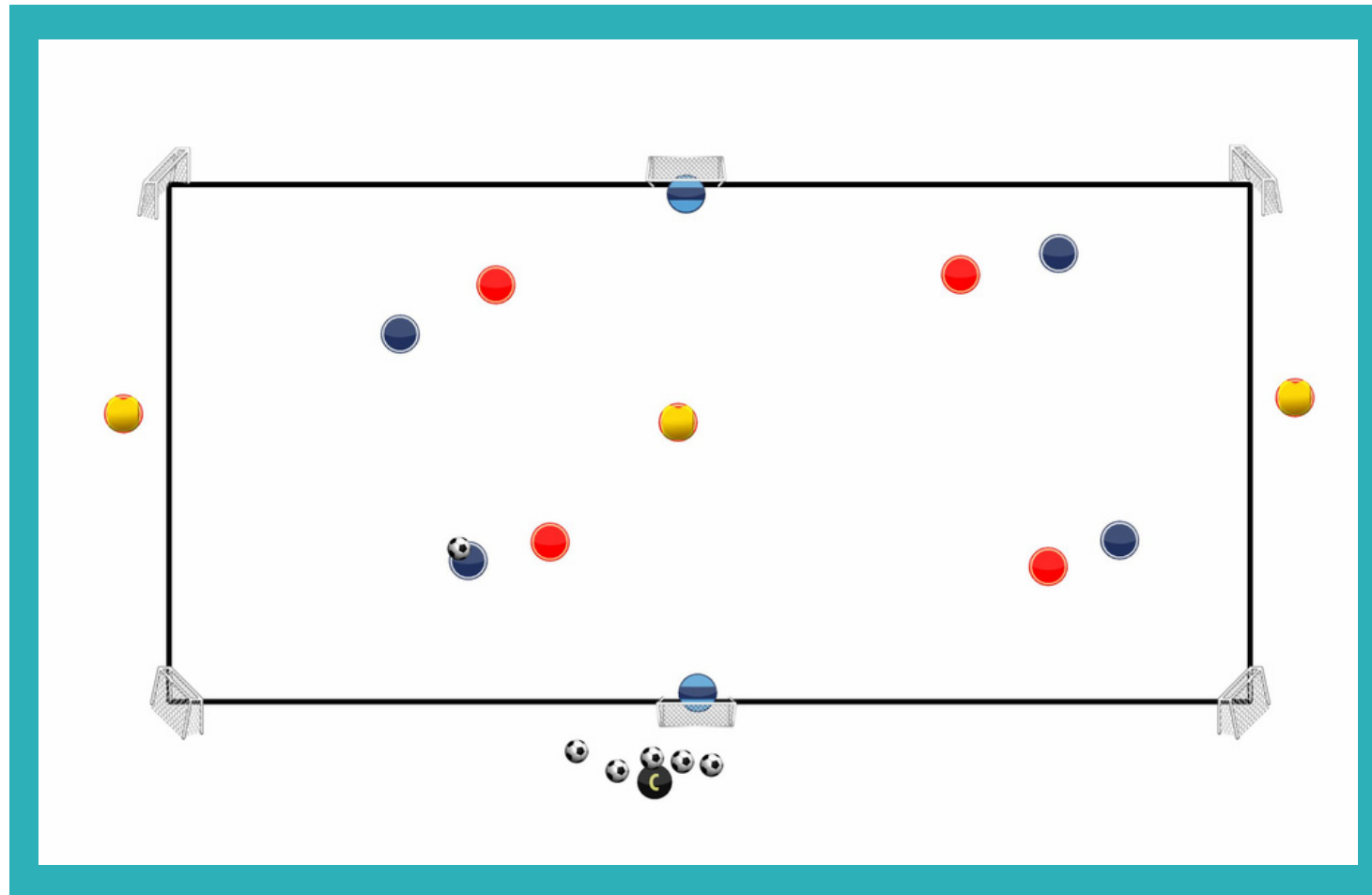
The three neutral players will work with the team in possession.

4

OBJECTIVE

Teams attacking will attempt to score in any of the two goals within the playing zone. The team defending must attempt to win the ball and score in any of the four target goals placed around the playing area in order to reverse team roles.

Session 62
4v4 Plus 3
Guardiola 2



1

NUMBER OF PLAYERS

13 Players

2

DIMENSIONS

18yd x 25yd

56 Foot Length x 76 Foot Width

3

RULES

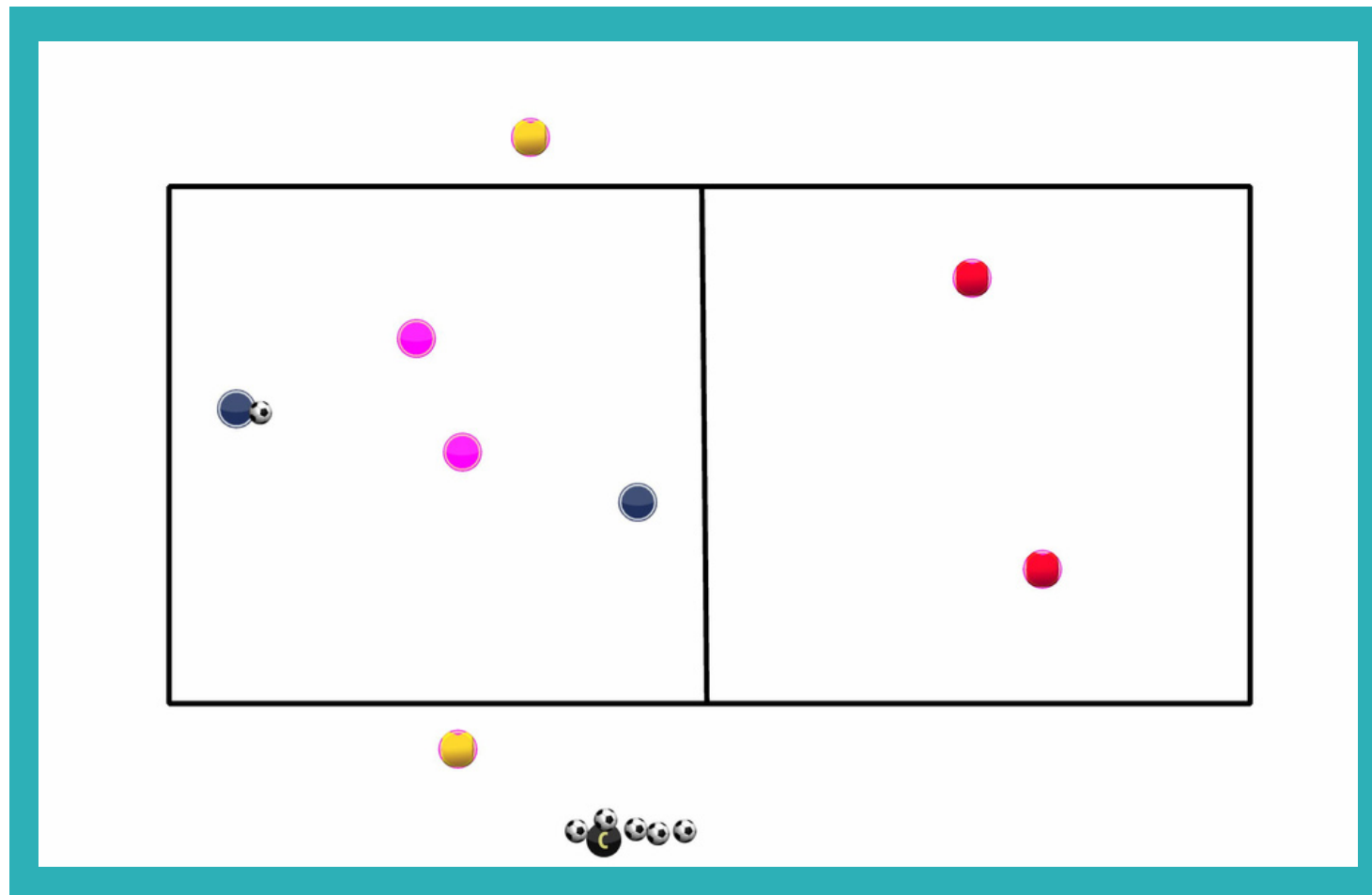
The three neutral players will work with the team in possession.

4

OBJECTIVE

The team in possession will attempt to score in any of two goals at either end of the playing zone. The team pressing will attempt to score in any of four target goals in order to reverse team roles.

Session 63
4v2 Plus 2
Guardiola 3



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

30yd x 17yd

92 Foot Length x 50 Foot Width

3

RULES

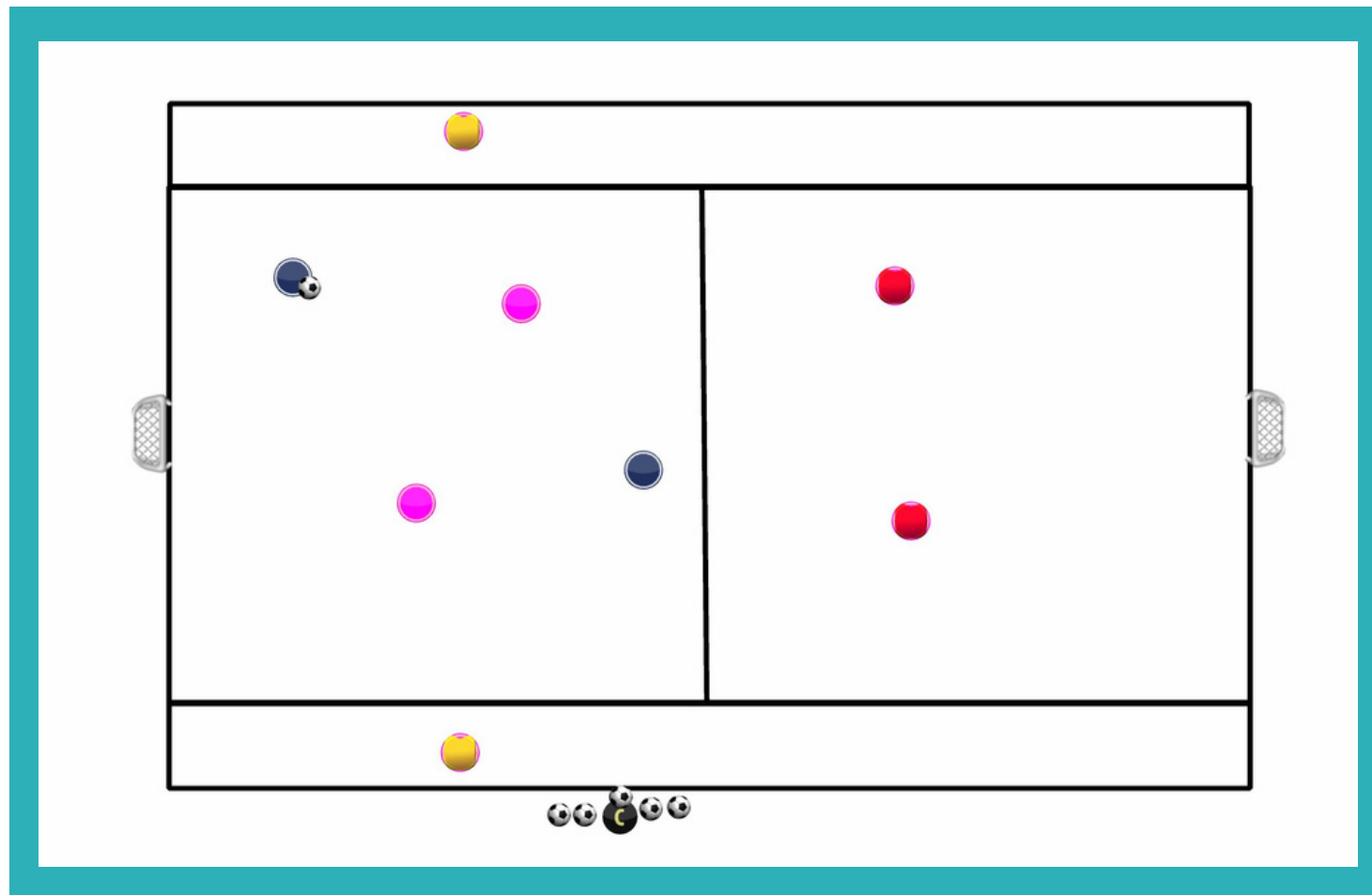
The two neutral players will work with the team in possession. The neutral players are free to move from one zone to the other. There will be a 4v2 in the active zone at all times.

4

OBJECTIVE

Two teams will attempt to retain the ball. One team will press in an attempt to win possession. If the team pressing win the ball they must switch play to the opposite playing zone in order to reverse roles with the team who lost possession.

Session 64
4v2 Plus 2
Guardiola 4



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

30yd x 23yd

92 Foot Length x 70 Foot Width

3

RULES

Two neutral players will work with the team in possession. The neutral players are restricted to their wide zone, but they are free to move from one zone to the other. There will be a 4v2 in the active zone at all times.

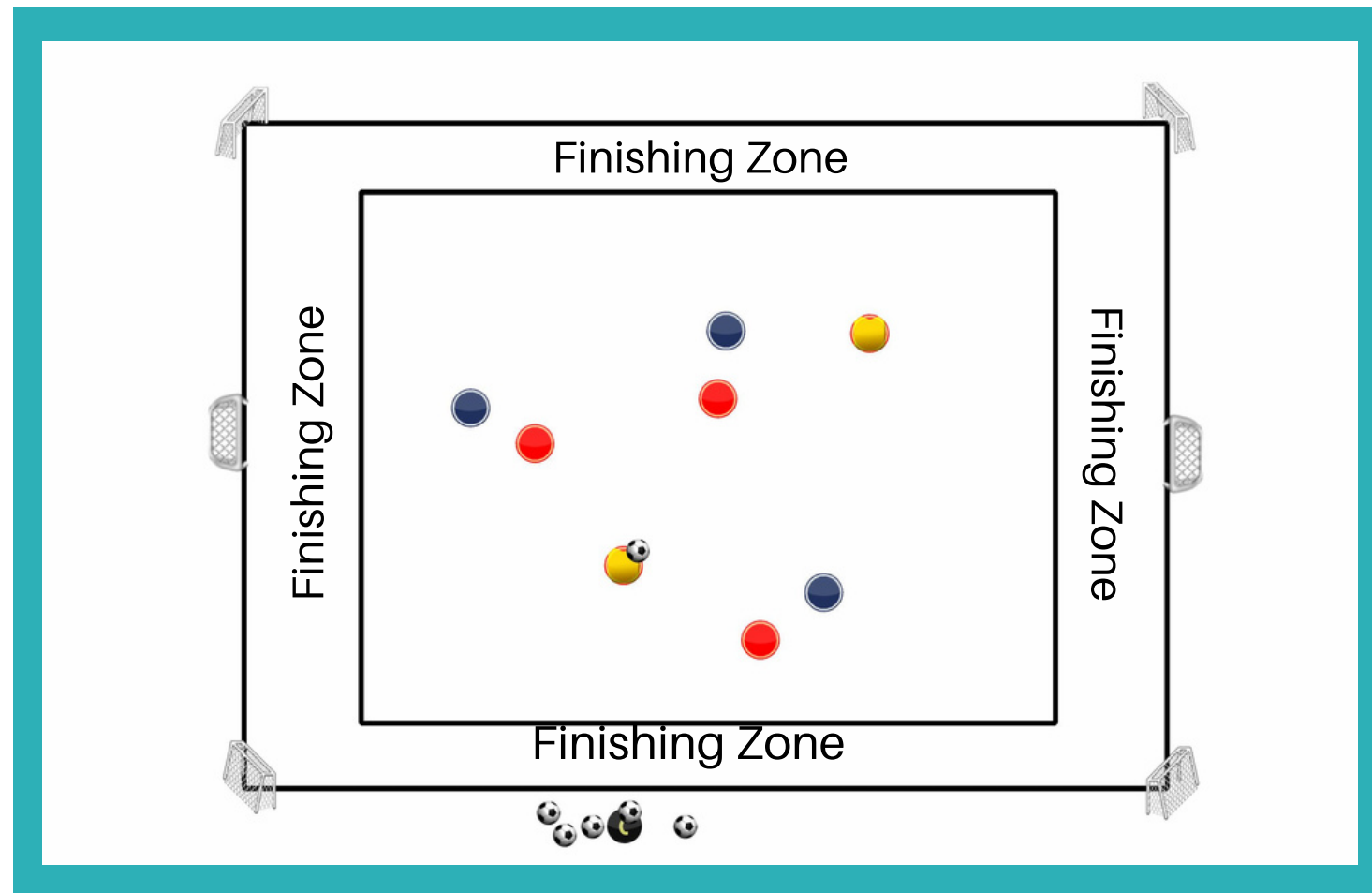
4

OBJECTIVE

Two teams will attempt to retain the ball. One team will press in an attempt to win possession. If the team pressing win the ball they will attempt to score a goal in order to reverse roles with the team who lost possession.

POSSESSION WITH PURPOSE

Session 65
3v3 Plus 2
Guardiola 5



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

23yd x 24yd

70 Foot Length x 72 Foot Width

3

RULES

Goals can only be scored with a first time finish within the finishing zone. Offside rule applies within the finishing zone.

The neutral players will work with the team in possession.

4

OBJECTIVE

Teams will attempt to score goals by playing into the finishing zone and scoring in any of the six target goals.

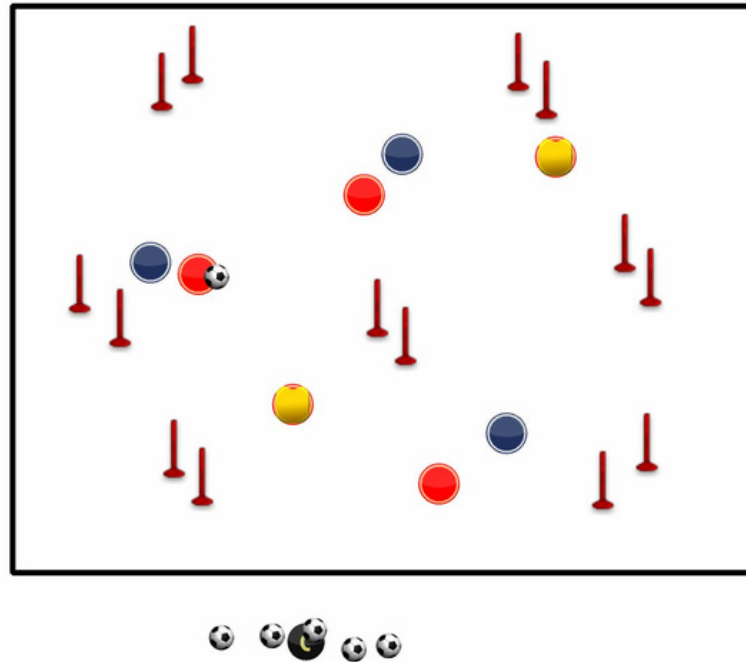
Offside rule is in play. Emphasis will be on the timing of runs.

PEP GUARDIOLA

"PLAYERS HAVE TO EXPERIENCE THE IDEAS IN TRAINING BEFORE THEY CAN FULLY GRASP WHAT THEY'RE DOING, AND IT'S NOT ENOUGH JUST TO TELL THEM. PLAYERS MUST FIRST SIMULATE THE TACTICS IN TRAINING TO THEN EXECUTE THE IDEAS IN MATCHES"



Session 66
3v3 Plus 2
Guardiola 6



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

20yd x 18yd

60 Foot Length x 56 Foot Width

3

RULES

The neutral players will work with the team in possession. Teams are not permitted to pass through the same scoring gate twice in a row.

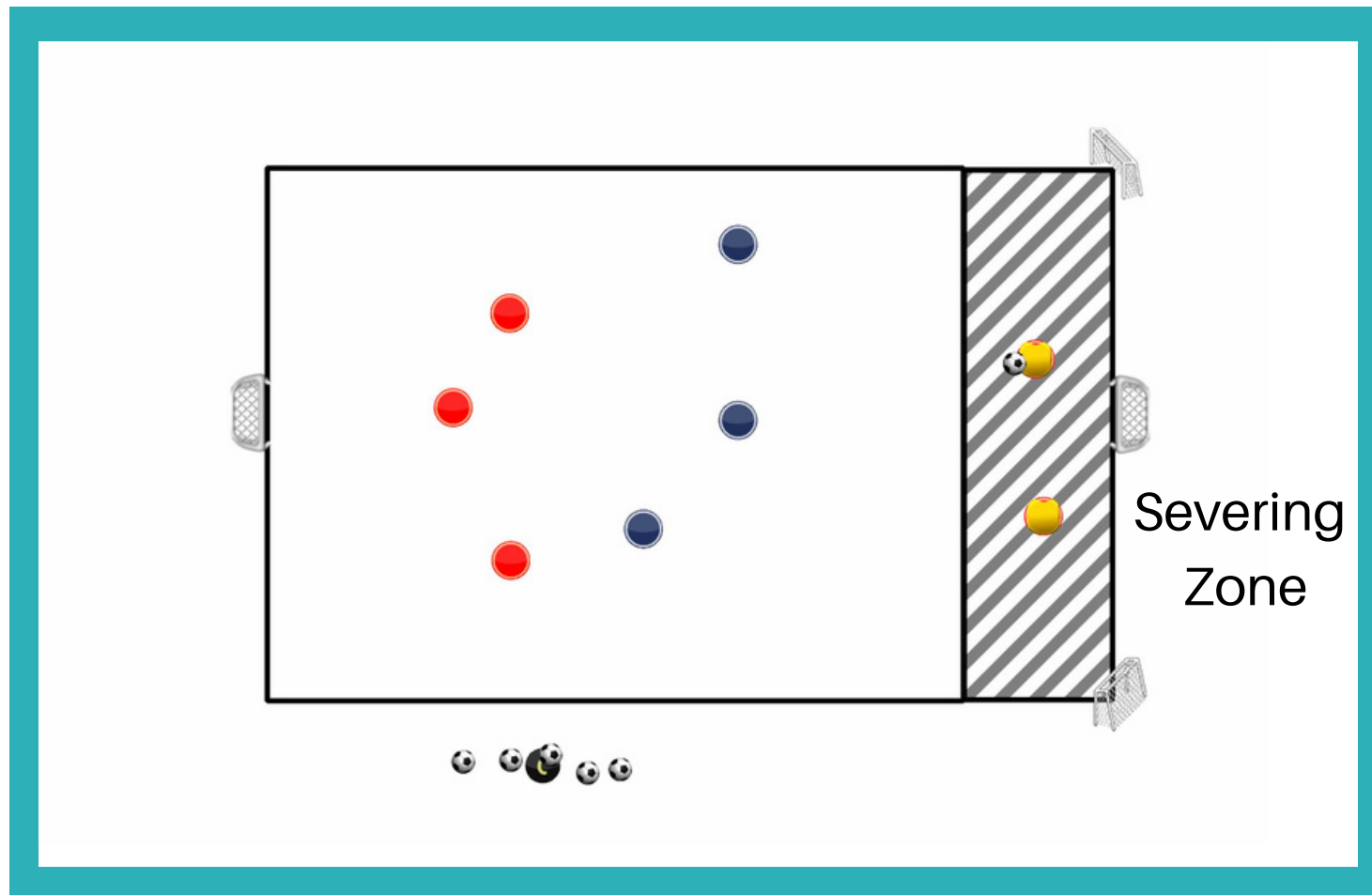
4

OBJECTIVE

Teams will attempt to score points by passing to a teammate through the scoring gates.

POSSESSION WITH PURPOSE

Session 67
3v3 Plus 2
Guardiola 7



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

23yd x 22yd

70 Foot Length x 66 Foot Width

3

RULES

The two players in the serving zone will work with the team attacking the goal.

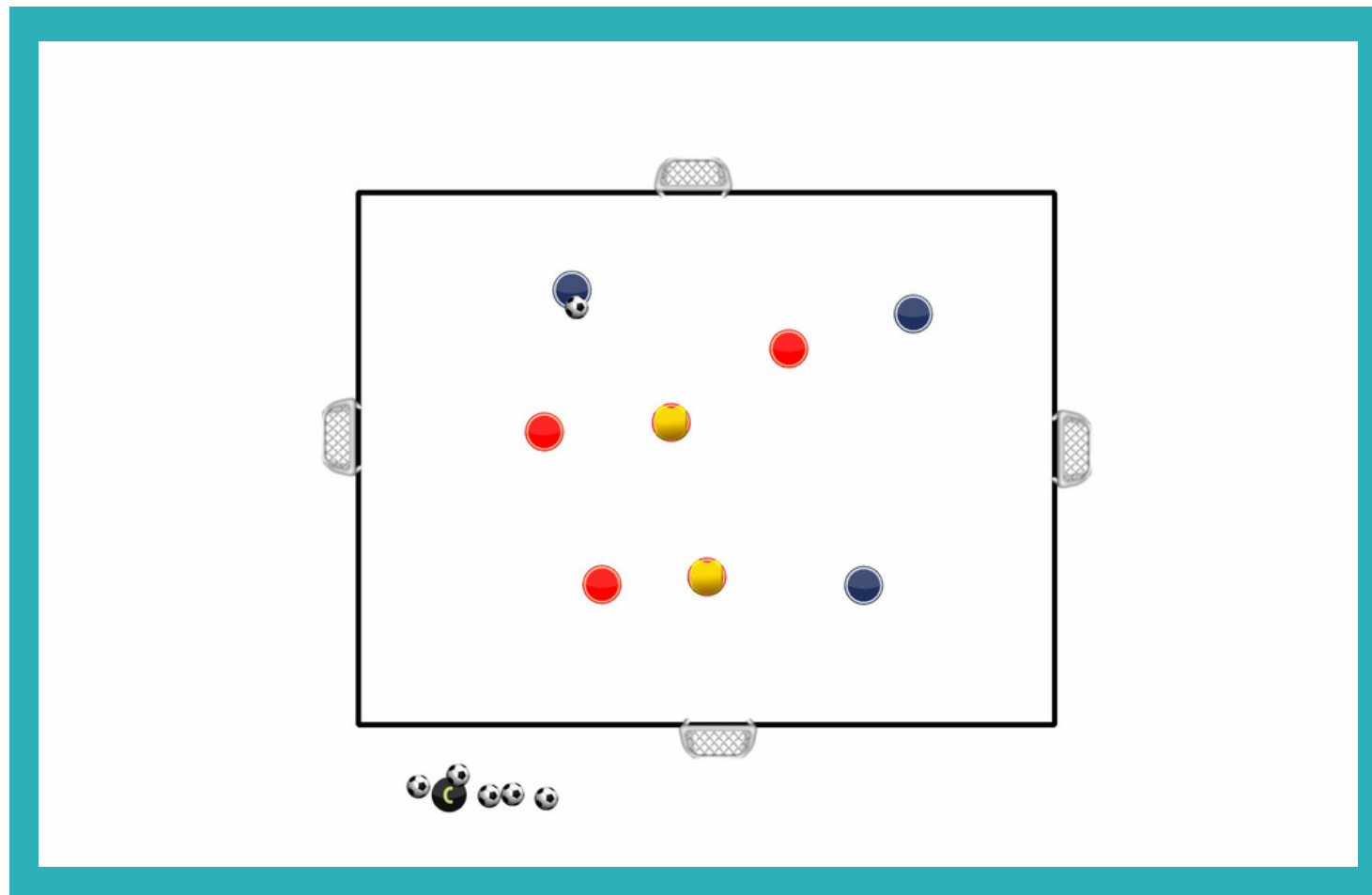
The serving players are restricted to their zone. The serving players are permitted to block attempts to score in the three target goals.

4

OBJECTIVE

The team attacking the goal will work with the serving players in an attempt to score goals. The team defending team will attempt to win the ball and score in any of the three target goals in order to reverse team roles.

Session 68
3v3 Plus 2
Guardiola 8



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

18yd x 18yd

56 Foot Length x 56 Foot Width

3

RULES

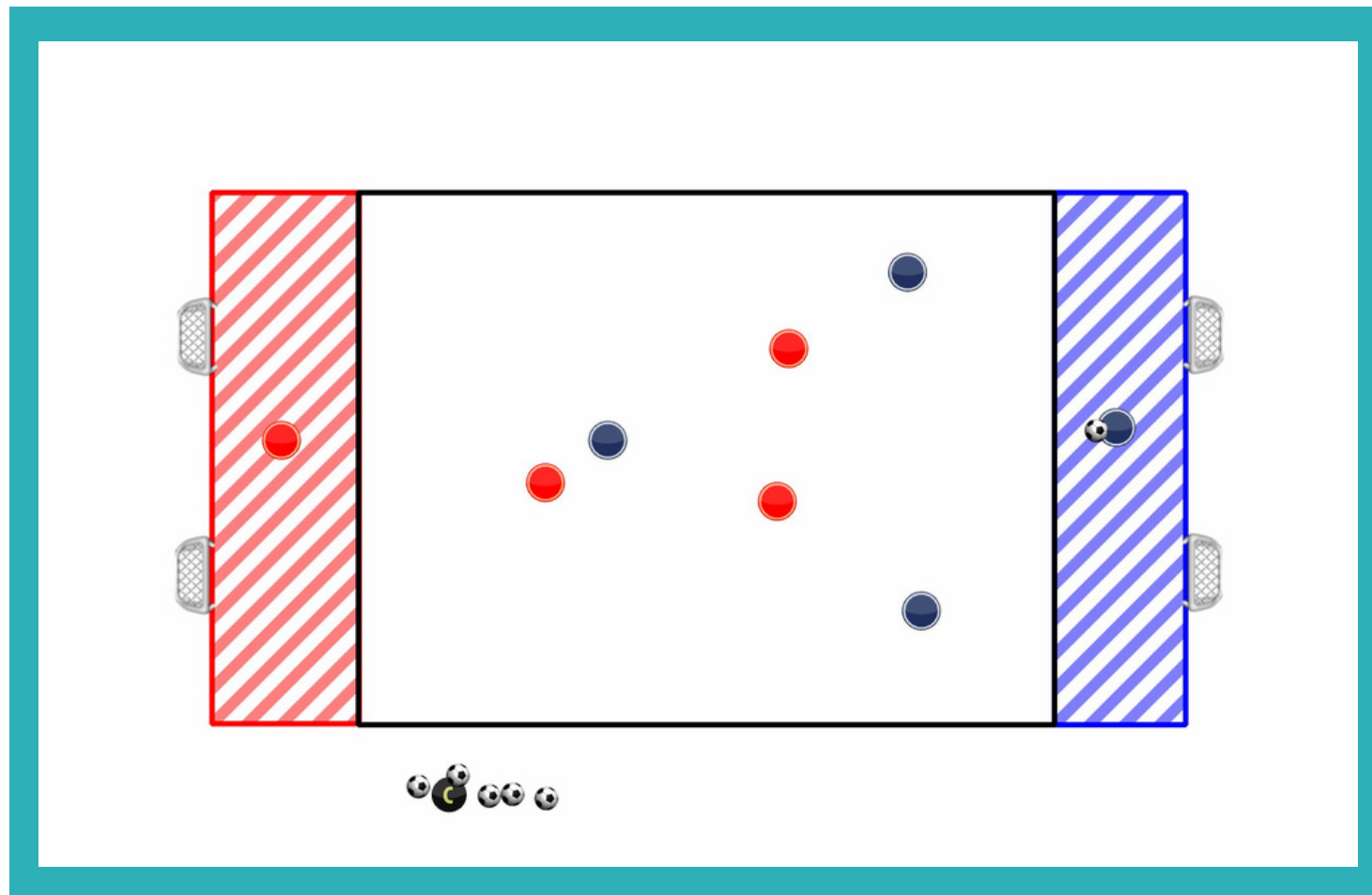
The two neutral players will work with the team in possession.

4

OBJECTIVE

One team will attempt to retain the ball for a set period of time before the team roles are reversed. The team pressing will attempt to win the ball and score as many goals as possible within the set time period. Emphasis for the team in possession is to quickly counter press when possession is lost.

Session 69
4v4
Guardiola 9



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

24yd x 18yd

72 Foot Length x 56 Foot Width

3

RULES

Teams will place one player in the end zone nearest their goals. The end zone players are restricted to their zone.

4

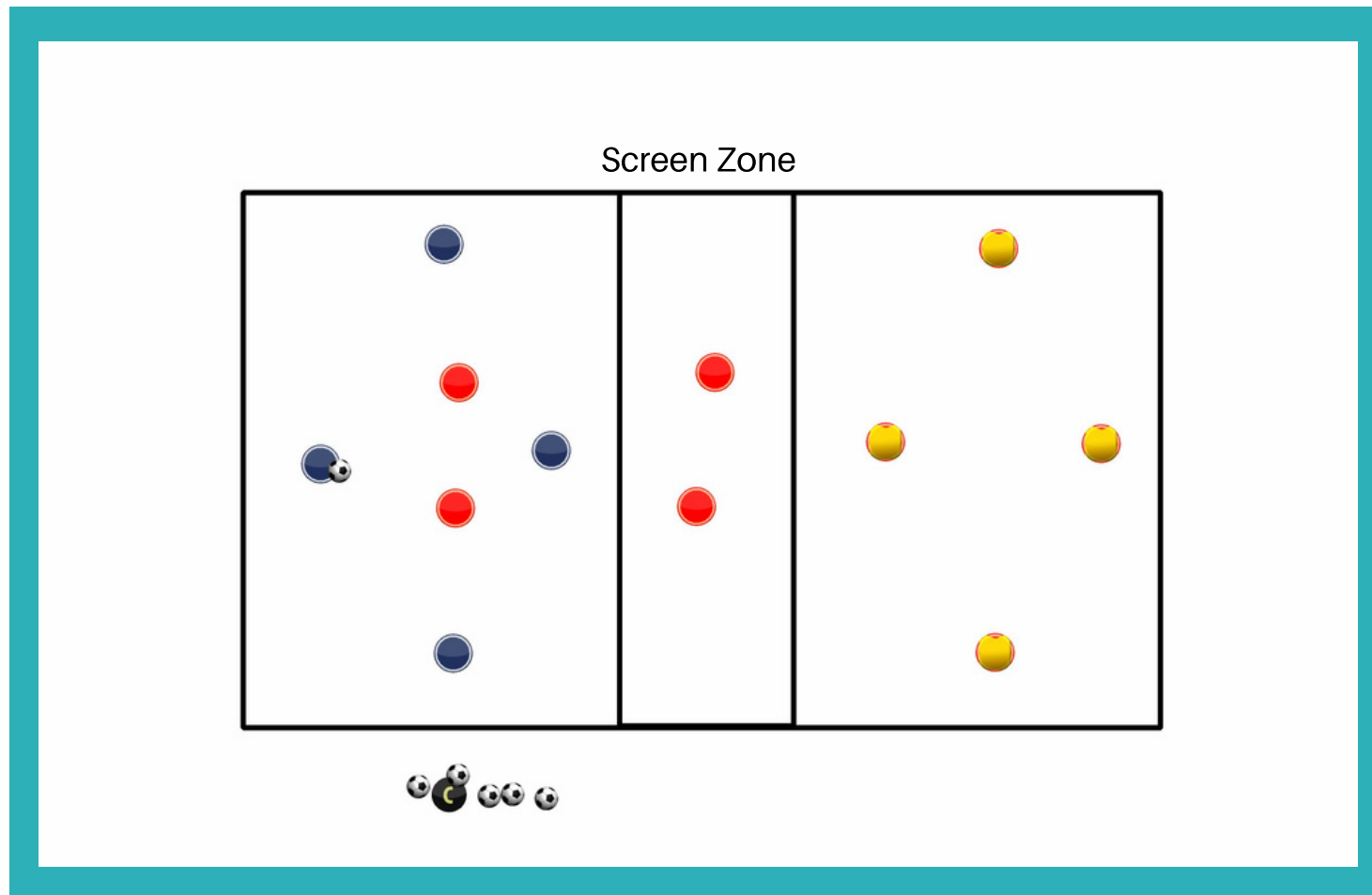
OBJECTIVE

Teams will attempt to score in either of the two opposition target goals.

Session 70

8v4

Guardiola 10



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

37yd x 18yd

112 Foot Length x 56 Foot Width

3

RULES

There will be a 4v2 in the active zone at all times. The team pressing must keep two players in the screen zone while pressing in the active zone.

4

OBJECTIVE

Teams in possession will attempt to retain the ball and work it into the opposite playing zone. The team pressing will attempt to win the ball and switch it into the opposite playing zone in order to reverse roles with the team who lost possession.

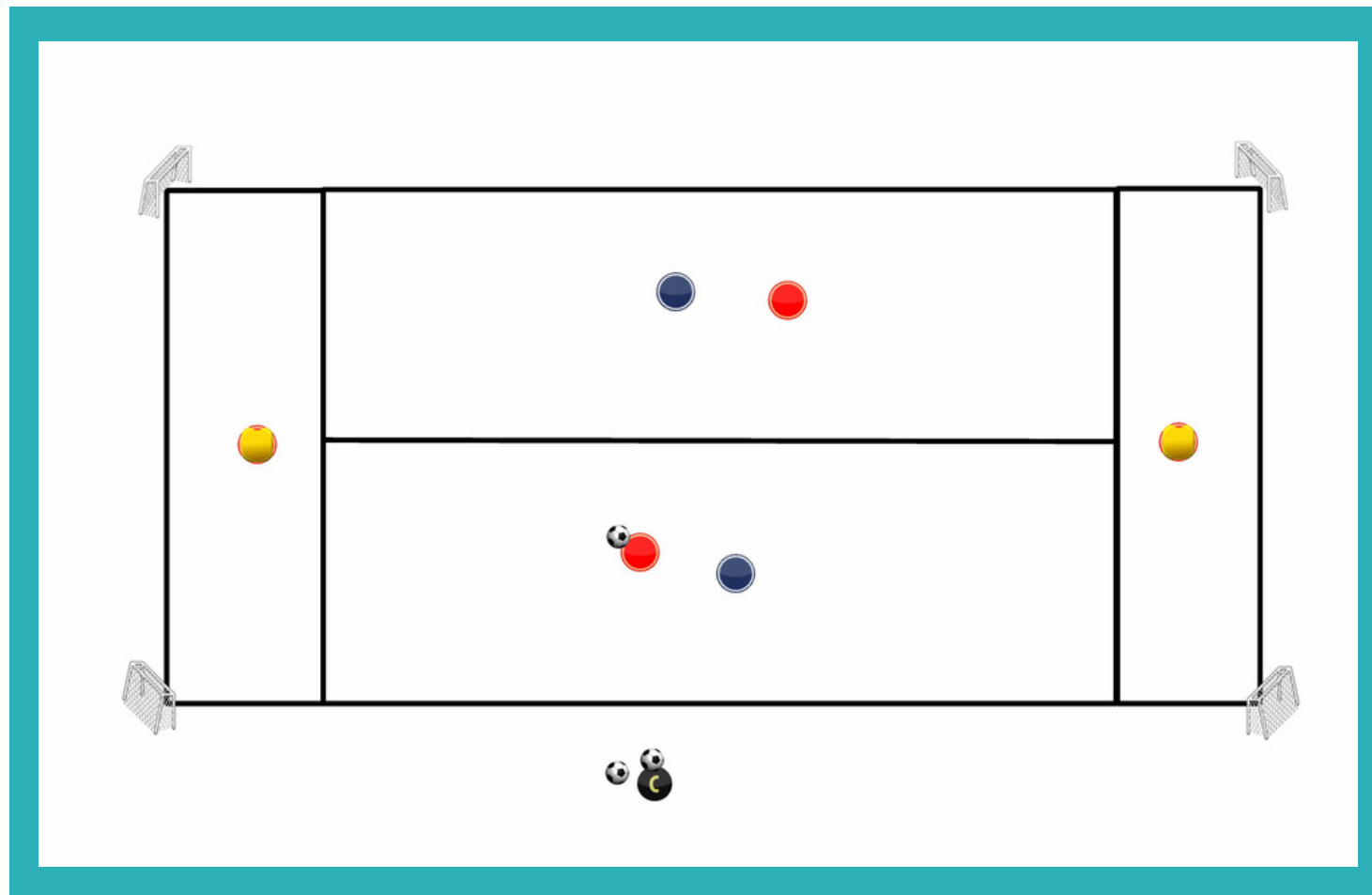
JURGEN KLOPP

POSSESSION

TEN SESSIONS



Session 71
2v2 Plus 2
Klopp 1



1

NUMBER OF PLAYERS

6 Players

2

DIMENSIONS

16yd x 15yd

50 Foot Length x 46 Foot Width

3

RULES

All players are restricted to their zones with the exception of the team pressing.

The two neutral players work with the team in possession. The team pressing are free to move anywhere.

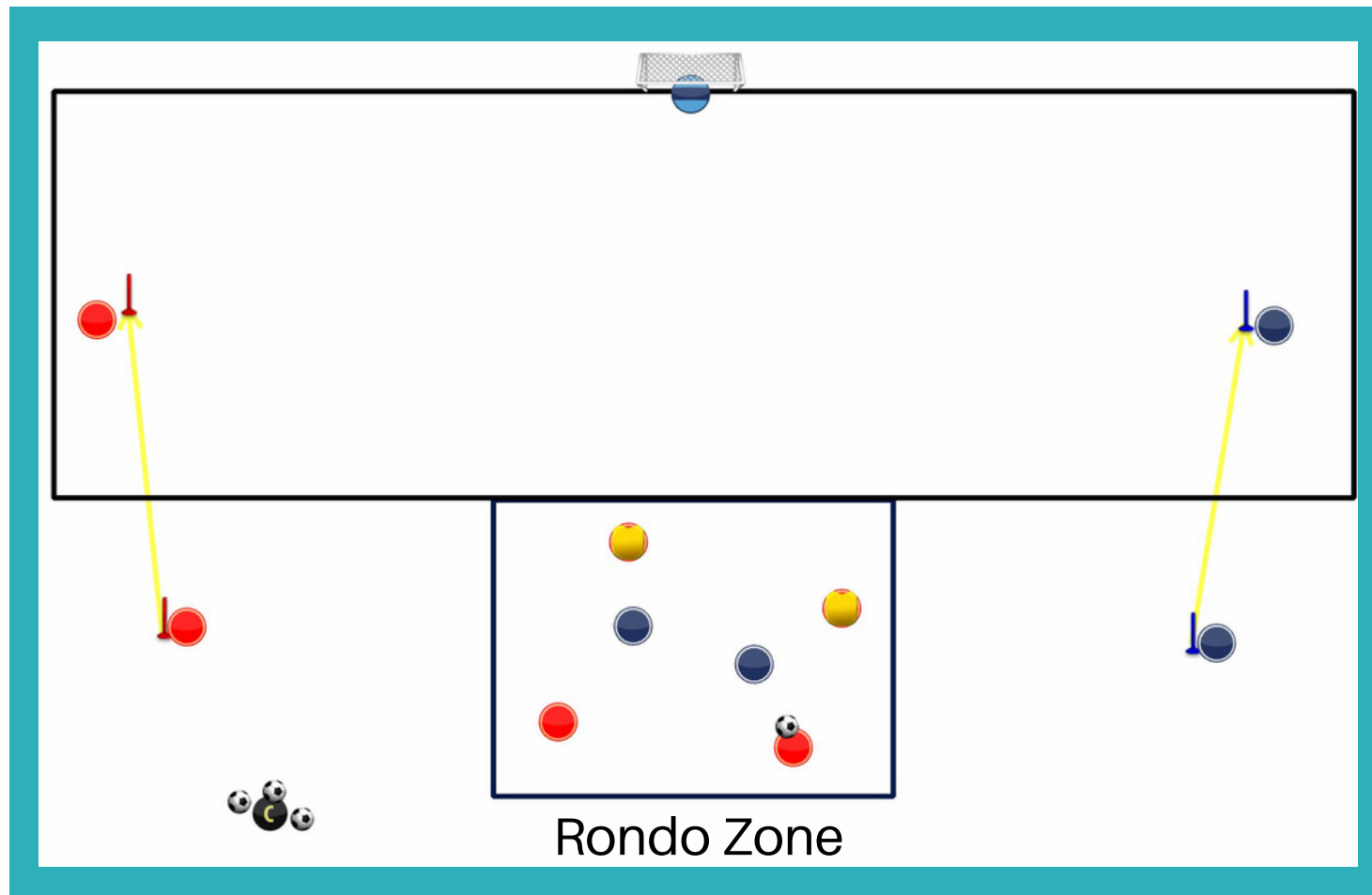
4

OBJECTIVE

The team in possession will work with two neutral players in an attempt to retain the ball. The team pressing will attempt to win the ball and score in any of the four target goals in order to reverse team roles.

POSSESSION WITH PURPOSE

Session 72
4v4 Plus 2
Klopp 2



1

NUMBER OF PLAYERS

11 Players

2

DIMENSIONS

1/3 Pitch

3

RULES

The neutral players will work with the team in possession. Every phase of play will begin in the rondo zone.

4

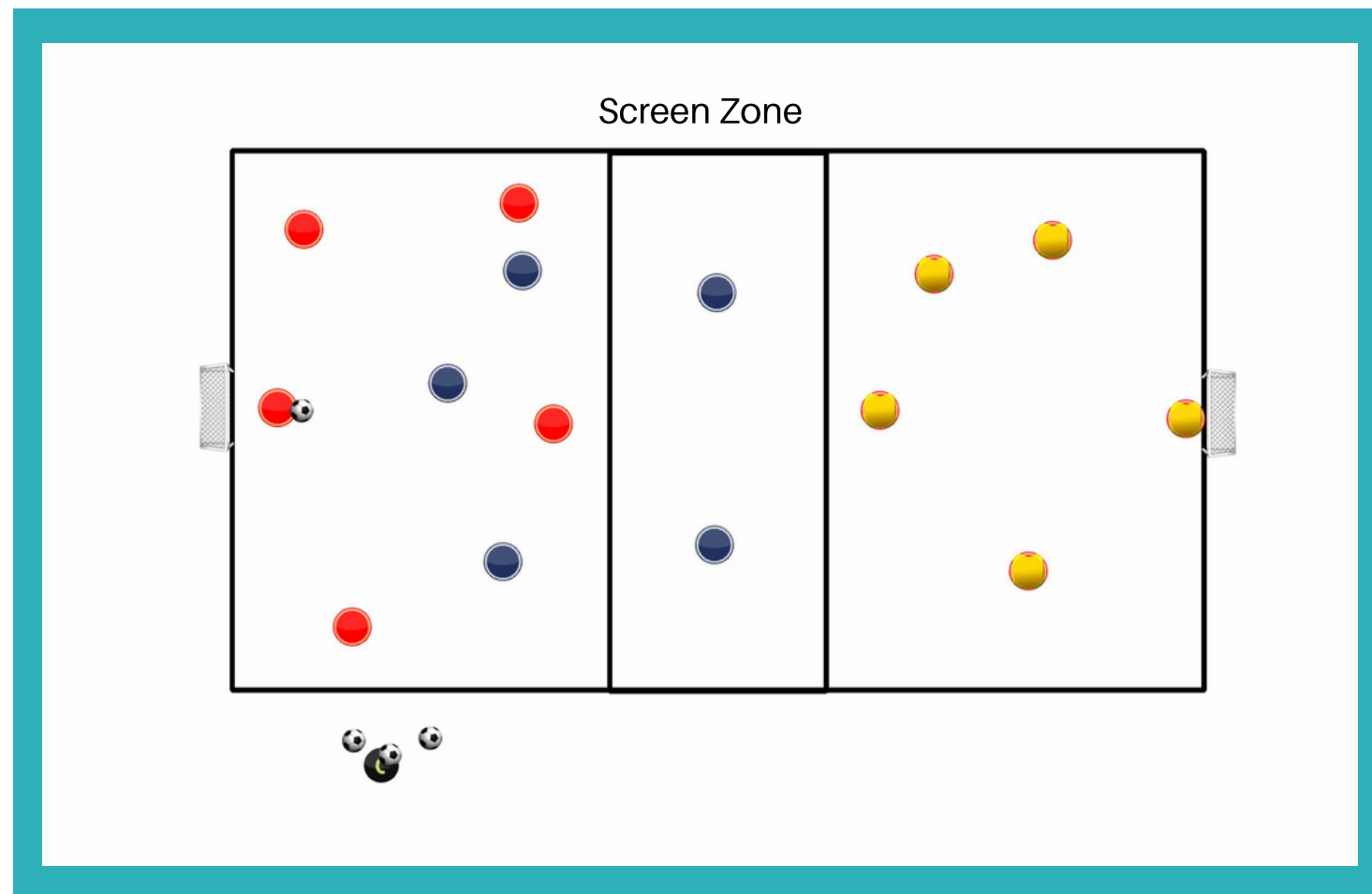
OBJECTIVE

Teams will attempt to complete five passes or more in the rondo zone before passing to teammates at wide designated starting points. Following a pass out wide players from the rondo zone will attack as a 4v2. The wide players will combine as an overlap before delivering a cross into the box.

Session 73

10v5

Klopp 3



1

NUMBER OF PLAYERS

15 Players

2

DIMENSIONS

44yd x 18yd

132 Foot Length x 56 Foot Width

3

RULES

All players are restricted to their zones with the exception of the team pressing.

The team pressing will send three players into the active zone while two players remain in the screen zone.

4

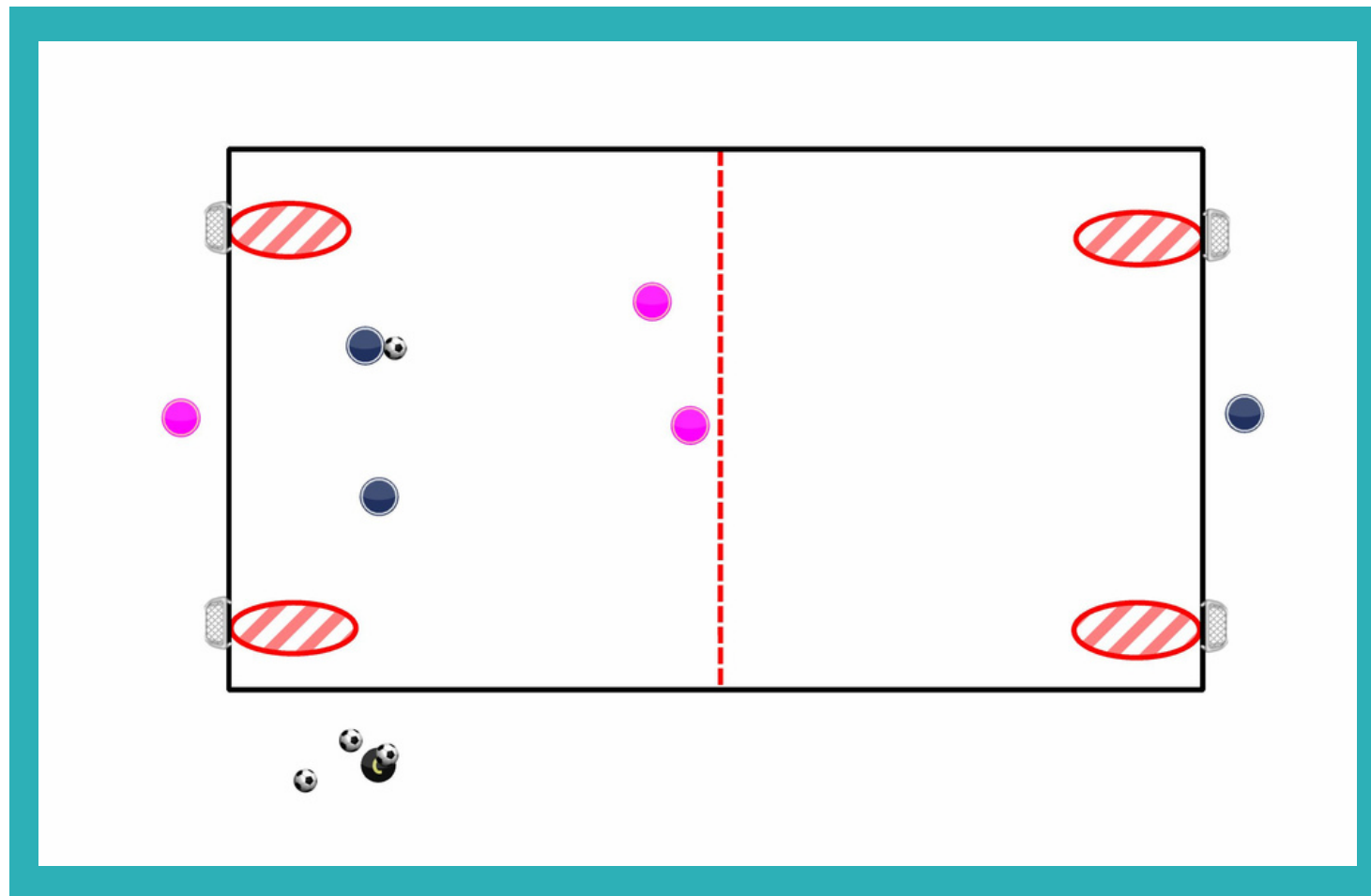
OBJECTIVE

Team teams will attempt to retain the ball. One team will press in an attempt to win possession and score in any of the two goals in order to reverse team roles.

Session 74

3v3

Klopp 4



1

NUMBER OF PLAYERS

6 Players

2

DIMENSIONS

22yd x 18yd

66 Foot Length x 56 Foot Width

3

RULES

One player from each team will begin at the opposing end line. Players at the end line are restricted to one touch. Goals are scored inside the scoring zones. Players are not permitted to stand within the scoring zones with the exception of when they are attempting to dribble into the area, to intercept or to receive a pass.

4

OBJECTIVE

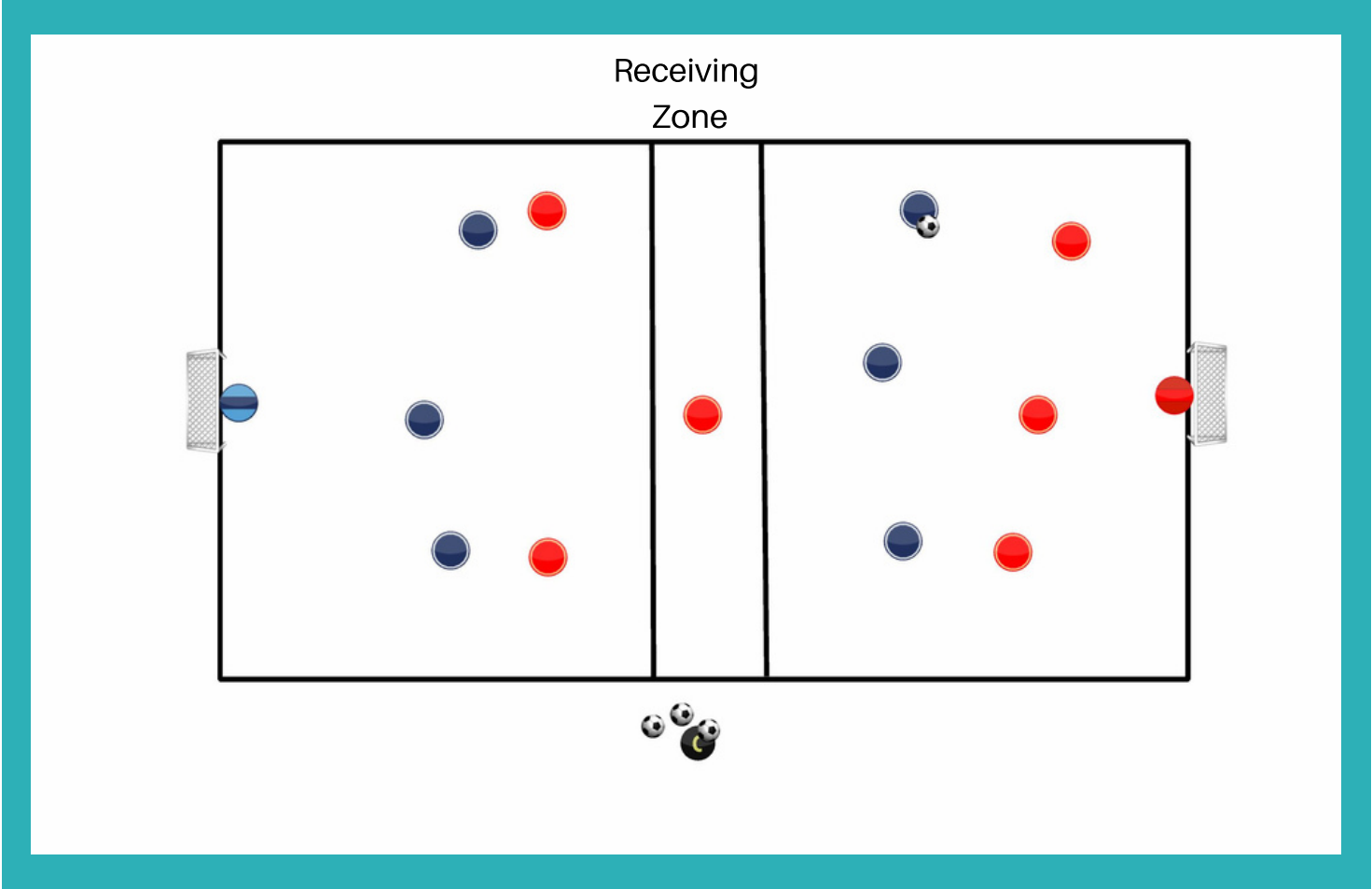
Teams will attempt to score in any of two opposing goals. Emphasis will be on timing on of runs to score with a first time finish.

Session 75

Continuous 3v3 Phase of Play

7v7

Klopp 5



1

NUMBER OF PLAYERS

14 Players

2

DIMENSIONS

37yd x 25yd

112 Foot Length x 76 Foot Width

3

RULES

All players are restricted to their zones with the exception of when a team is defending. When a team is defending they will position one forward player in the receiving zone. The player in the receiving zone will act as a starting point for counter attacks.

4

OBJECTIVE

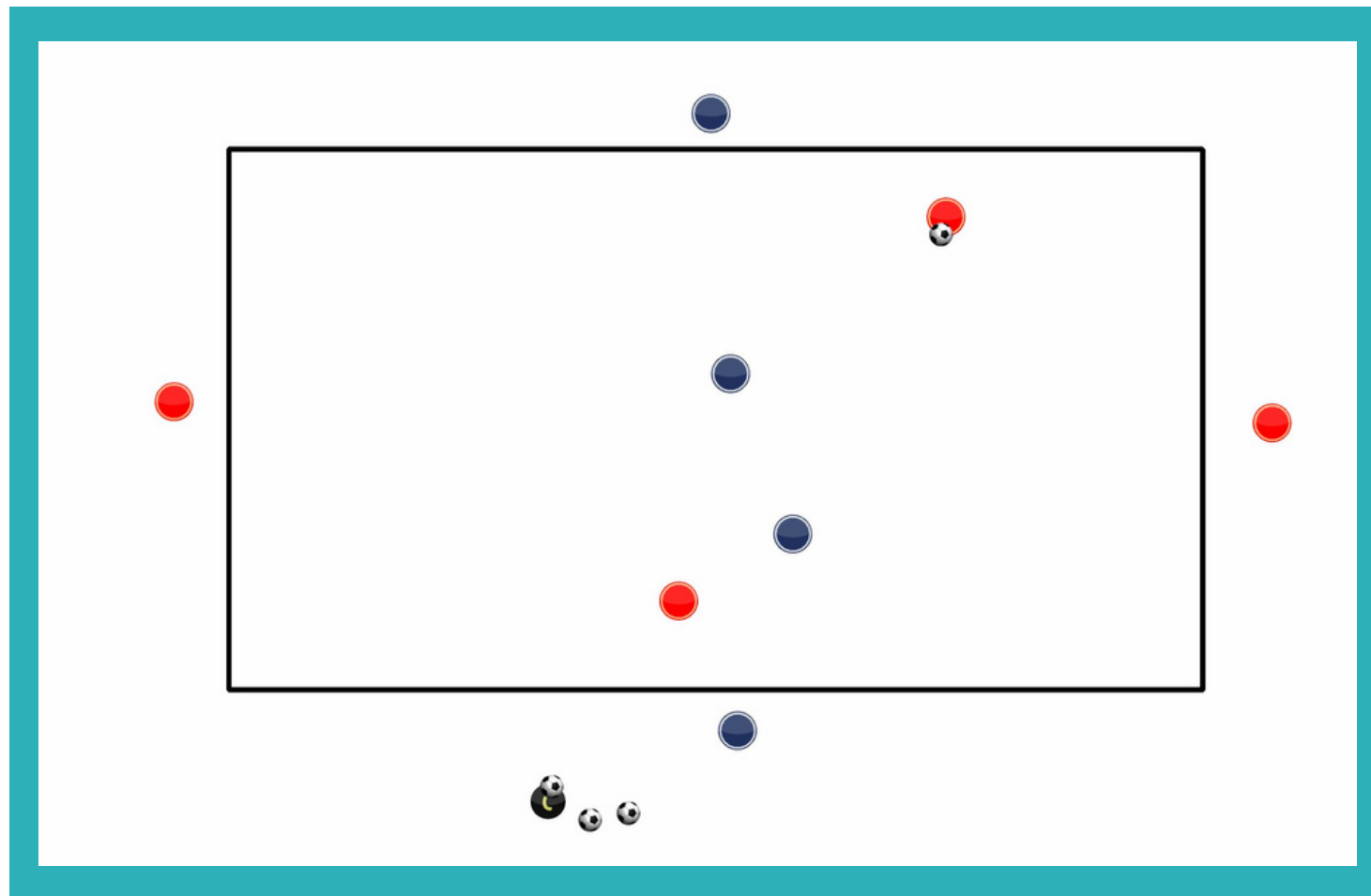
Teams will attack as a 3v3 in an attempt to score goals. The defending team will attempt to win possession and pass into the receiving zone in order to begin a 3v3 counter attack at the opposite end of the playing zone.

POSSESSION WITH PURPOSE

Session 76

4v4

Klopp 6



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

16yd x 18yd

48 Foot Length x 56 Foot Width

3

RULES

2v2 will begin in the playing area. Both teams will position two players on the outside of the playing area.

4

OBJECTIVE

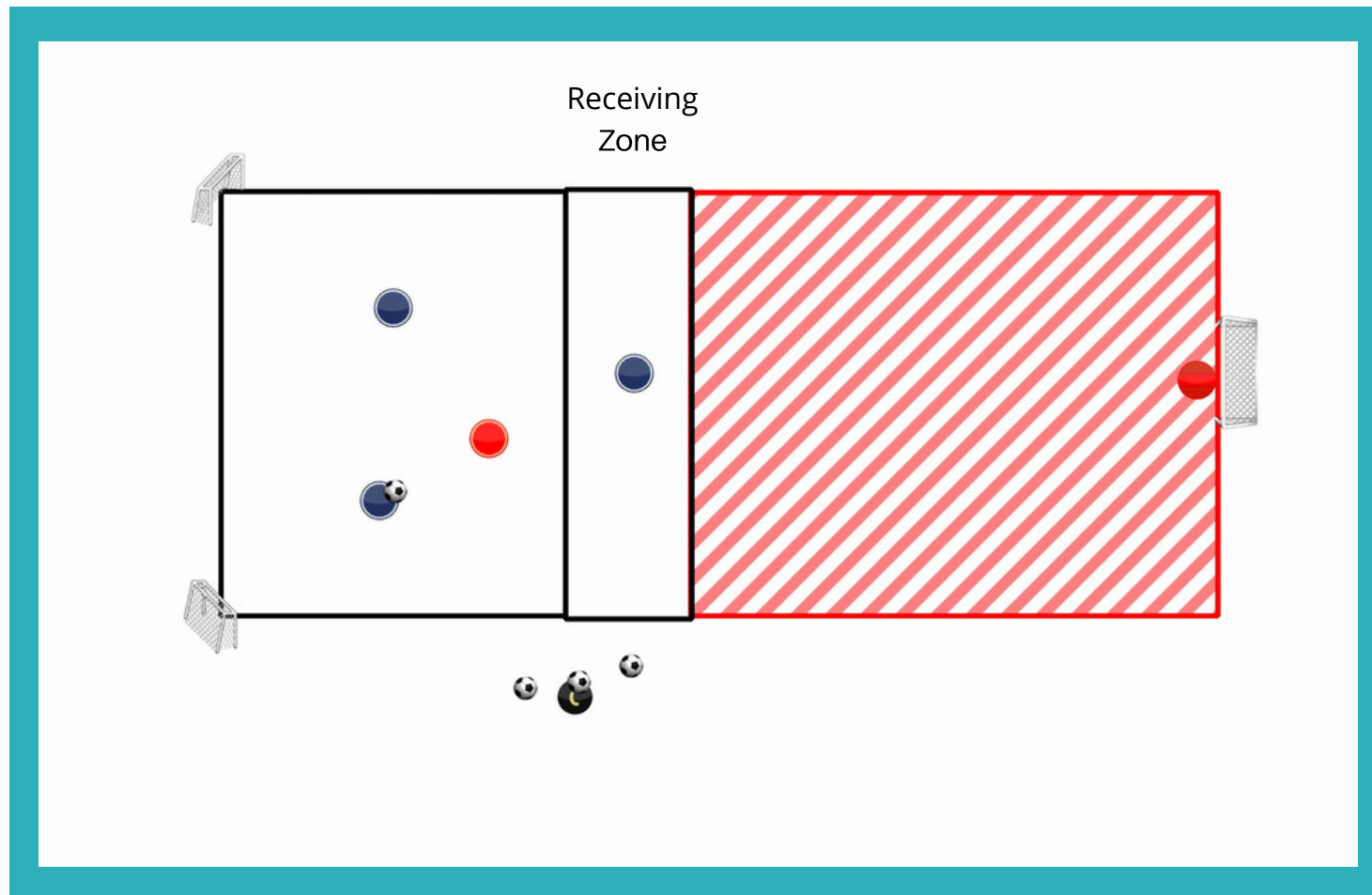
Teams will have a 4v2 whilst in possession. Teams in possession will attempt to retain the ball.

POSSESSION WITH PURPOSE

Session 77

Positional Rondo & Finishing Under Pressure

Klopp 7



1

NUMBER OF PLAYERS

5 Players

2

DIMENSIONS

1/3 Pitch

3

RULES

Players in possession must complete five or more passes before advancing in an attempt to score a goal. Players are restricted to their zone with the exception of when a forward pass into the receiving zone is made following five or more passes.

4

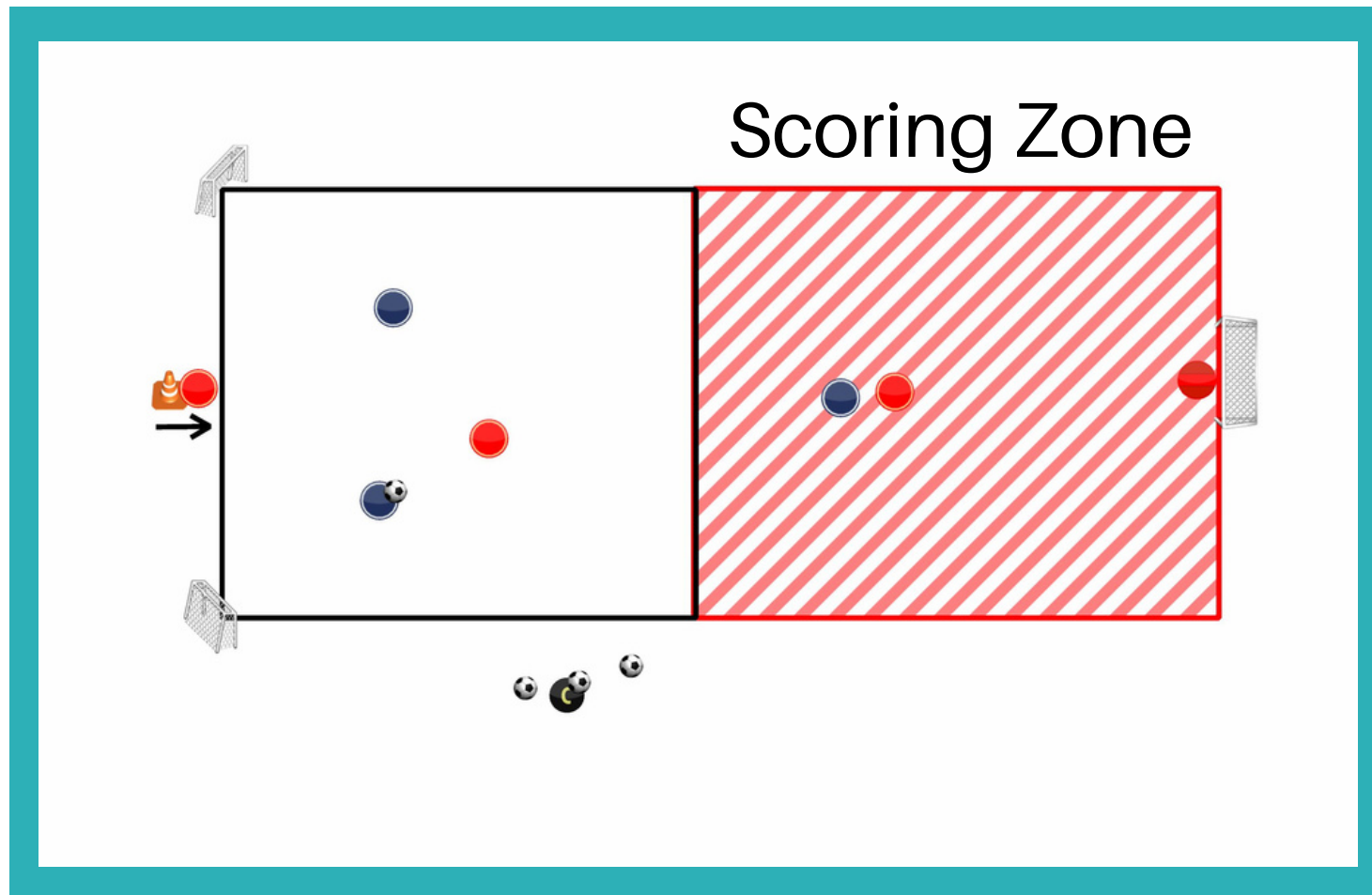
OBJECTIVE

Players in possession will attempt to complete five or more passes before releasing their teammate in the receiving zone to advance towards the goal. The defending player will attempt to win possession and score in any of the two target goals in order to reverse roles with the player who loses possession. The defending player is permitted to make a recovery run should the team in possession release the player in the receiving zone.

Session 78

Exploiting Overloads - High Intensity Attack

Klopp 8



1

NUMBER OF PLAYERS

7 Players

2

DIMENSIONS

26yd x 20yd

80 Foot Length x 62 Foot Width

3

RULES

All players are restricted to their zones and designated starting point until a forward pass is made into the scoring zone. Play becomes open when the ball enters the scoring zone.

4

OBJECTIVE

The team attacking will attempt to work the ball into the scoring zone before attempting to exploit the overload scenario created.

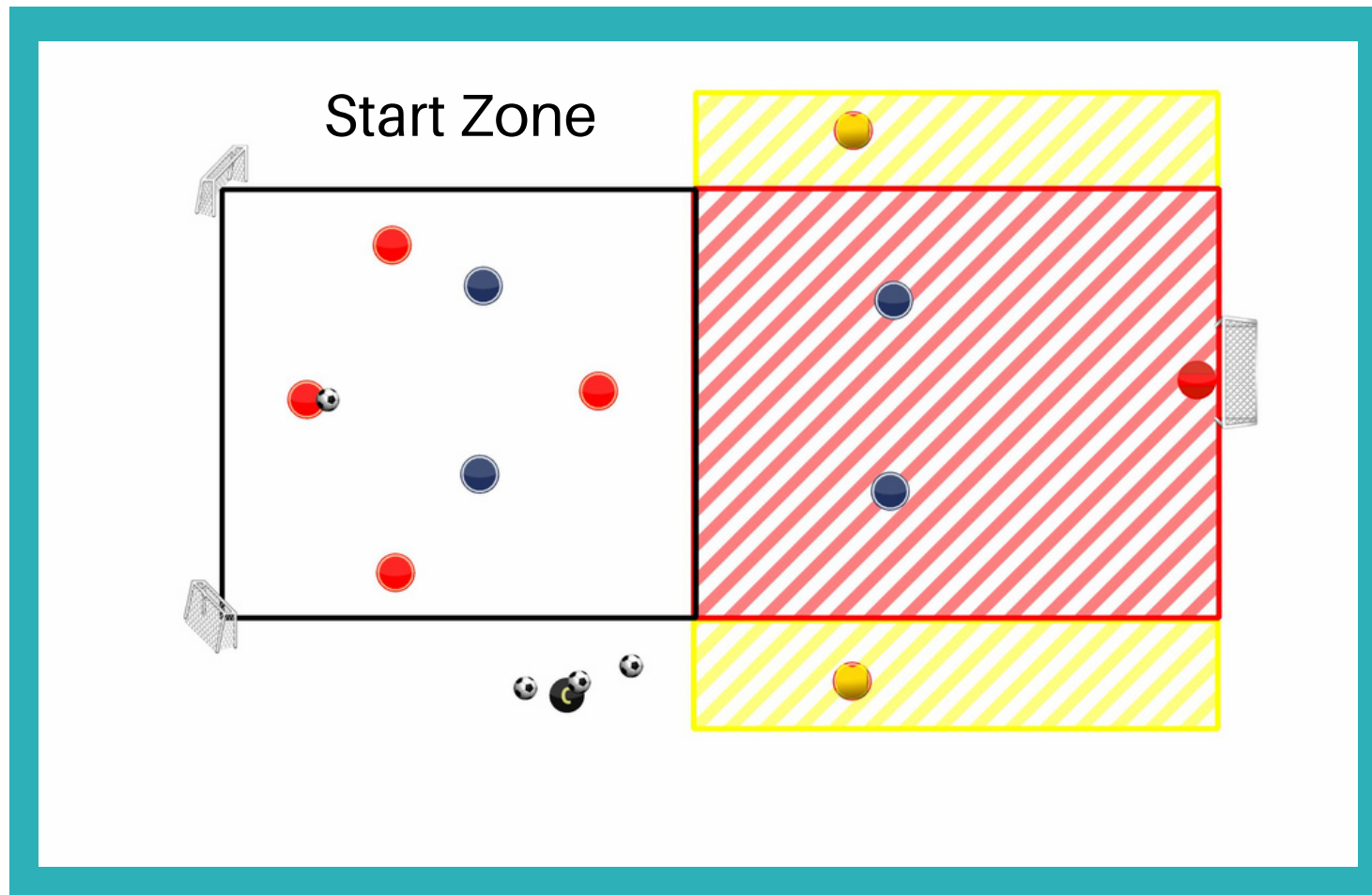
The defending team will attempt to win the ball and score in any of the two target goals in order to reverse team roles. When a forward pass is made into the scoring zone the defending team will have one player race back as a recovery run from a designated starting point.

Session 79

Using Width - Crossing & Finishing

4v5 Plus 2

Klopp 9



1

NUMBER OF PLAYERS

11 Players

2

DIMENSIONS

1/3 Pitch with 64 Foot Width/21 Yards

3

RULES

The neutral players will work with the team in possession. Two players from the defending team may press in the start zone.

4

OBJECTIVE

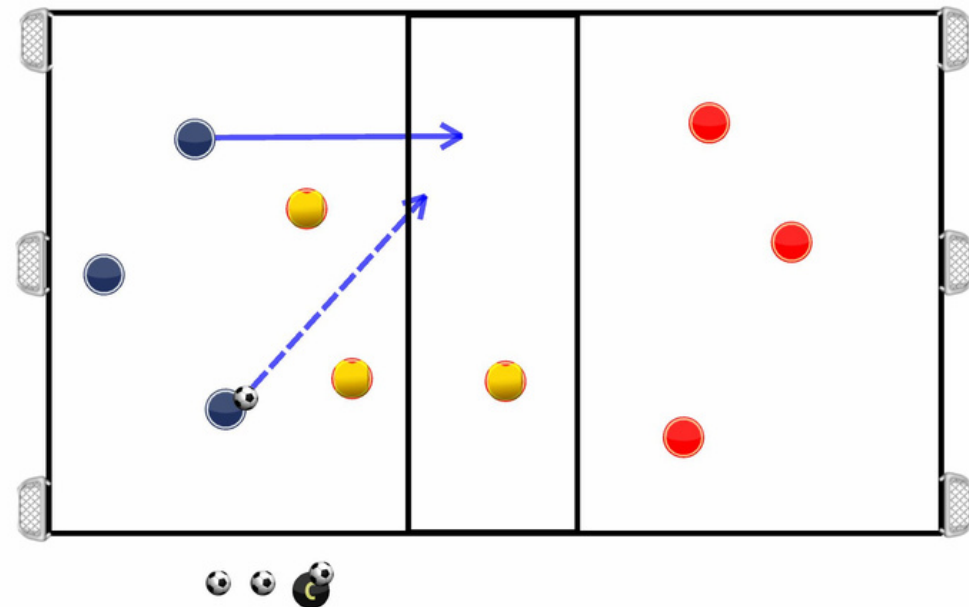
One team will attack the goal. The play begins as a 4v2 in the start zone in favor of the team attacking. The objective of the attacking team is to complete five or more passes before switching the ball to either of the two neutral players. When the ball is switched to a wide player the play becomes open, all players will attack or defend the cross that will arrive in the box. The objective of the defending team is to win the ball and score in any of the two target goals in order to reverse team roles.

Session 80

Playing or Receiving Between Lines

6v3

Klopp 10



1

NUMBER OF PLAYERS

9 Players

2

DIMENSIONS

37yd x 16yd

112 Foot Length x 50 Foot Width

3

RULES

All players are restricted to their zones with the exception of the team pressing. The team pressing will keep one player in the screen zone and send two players into the active zone at all times while they attempt to win the ball.

4

OBJECTIVE

Teams in possession will attempt to retain the ball. Teams in possession are permitted to transfer the ball directly to the opposite playing zone or one player may run to receive in the screen zone before switching the ball to the opposite playing zone. The defending team will attempt to win possession and score in any of the six target goals in order to reverse roles with the team who lose the ball.

MARCELO BIELSA

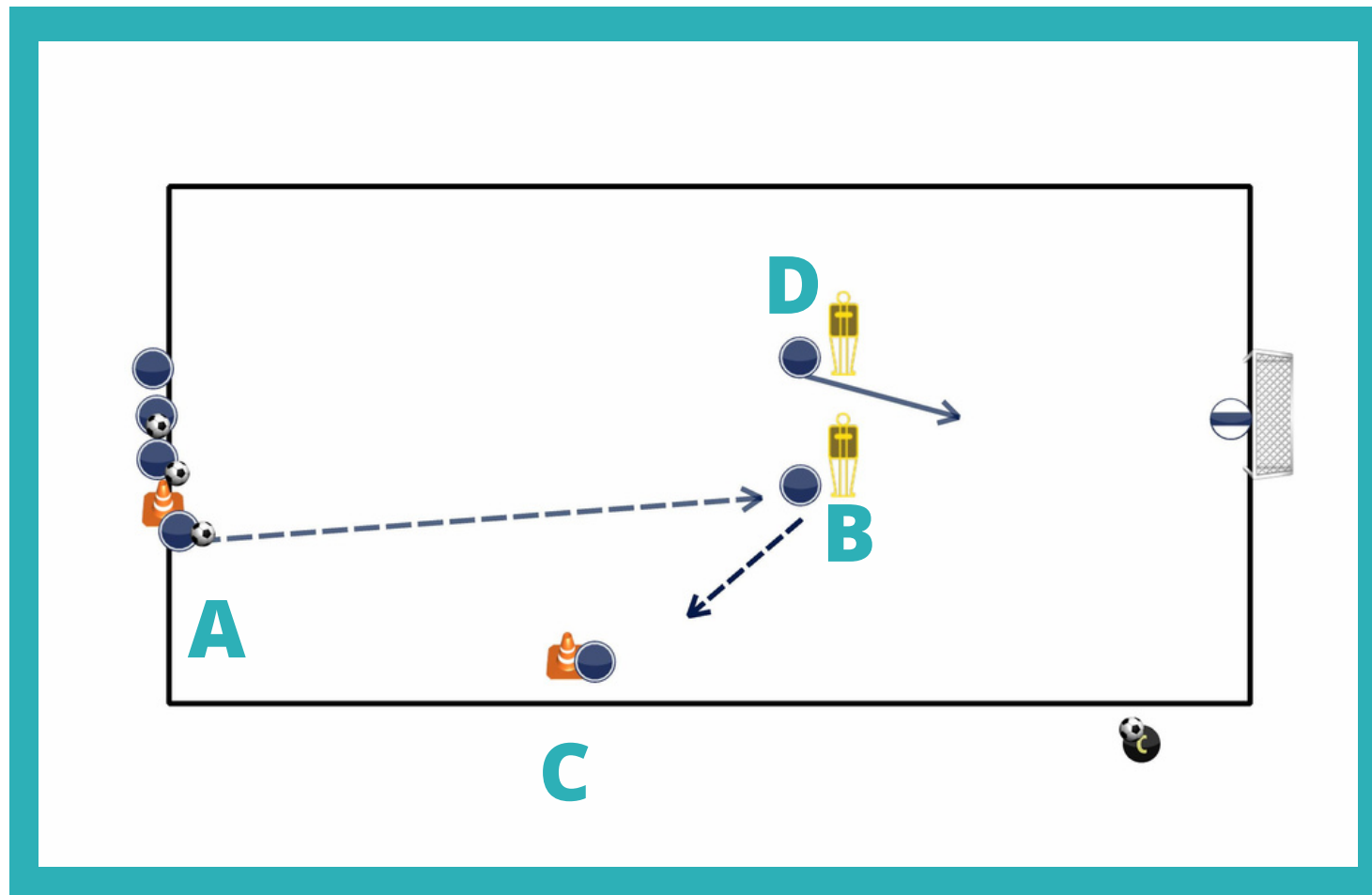
***COMBINATIONS
& POSSESSION***

TEN SESSIONS



Session 81

Bielsa 1



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

1/3 Pitch

3

RULES

Players will follow the sequence of play.

4

SEQUENCE

A will pass to B

B will set the ball for C

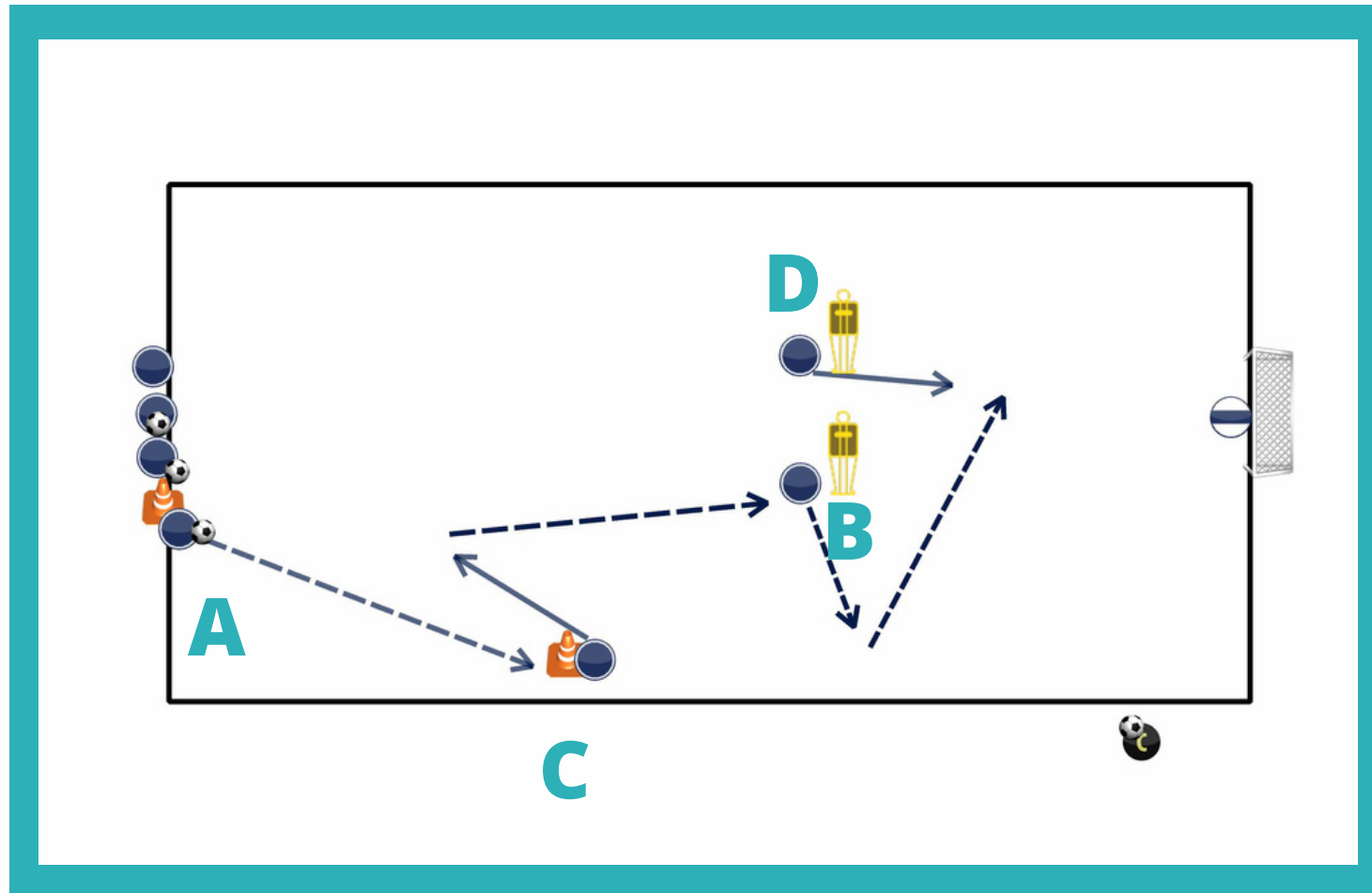
C will pass the ball through to D

D will finish on goal

NOTE: All players will move to follow their pass with the exception of player D who will move to the start point following a finish on goal.

Session 82

Bielsa 2



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

1/3 Pitch

3

RULES

Players will follow the sequence of play.

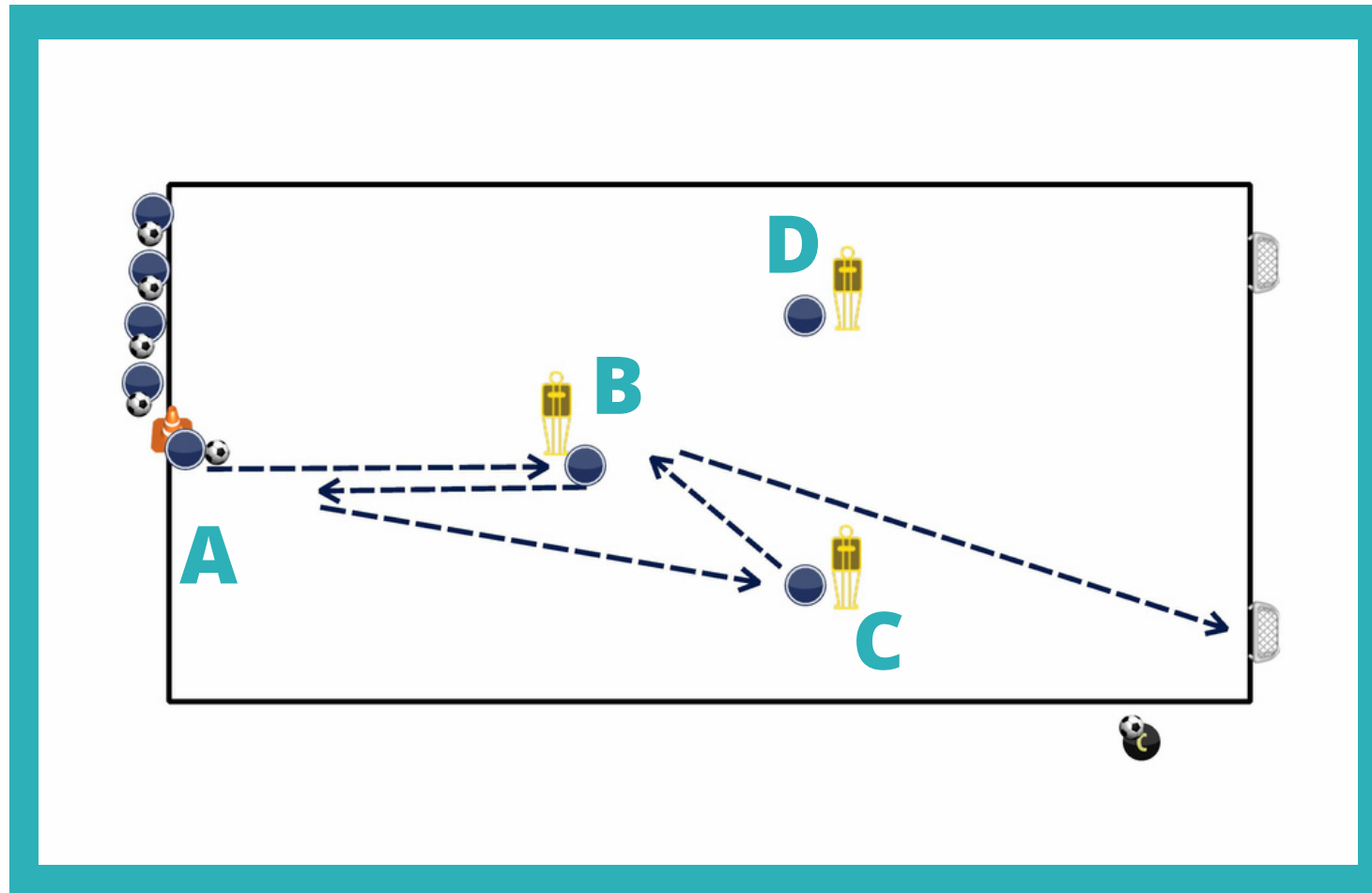
4

SEQUENCE

A will pass to C
C will set the ball for A
A will pass to B
B will set the ball for C
C will cross the ball to D

Session 83

Bielsa 3



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

1/3 Pitch

3

RULES

Players will follow the sequence of play.

4

SEQUENCE

A will pass to B

B will set the ball for A

A will pass to C

C will set the ball for B

B will finish into the target goal

A will pass to B

B will set the ball for A

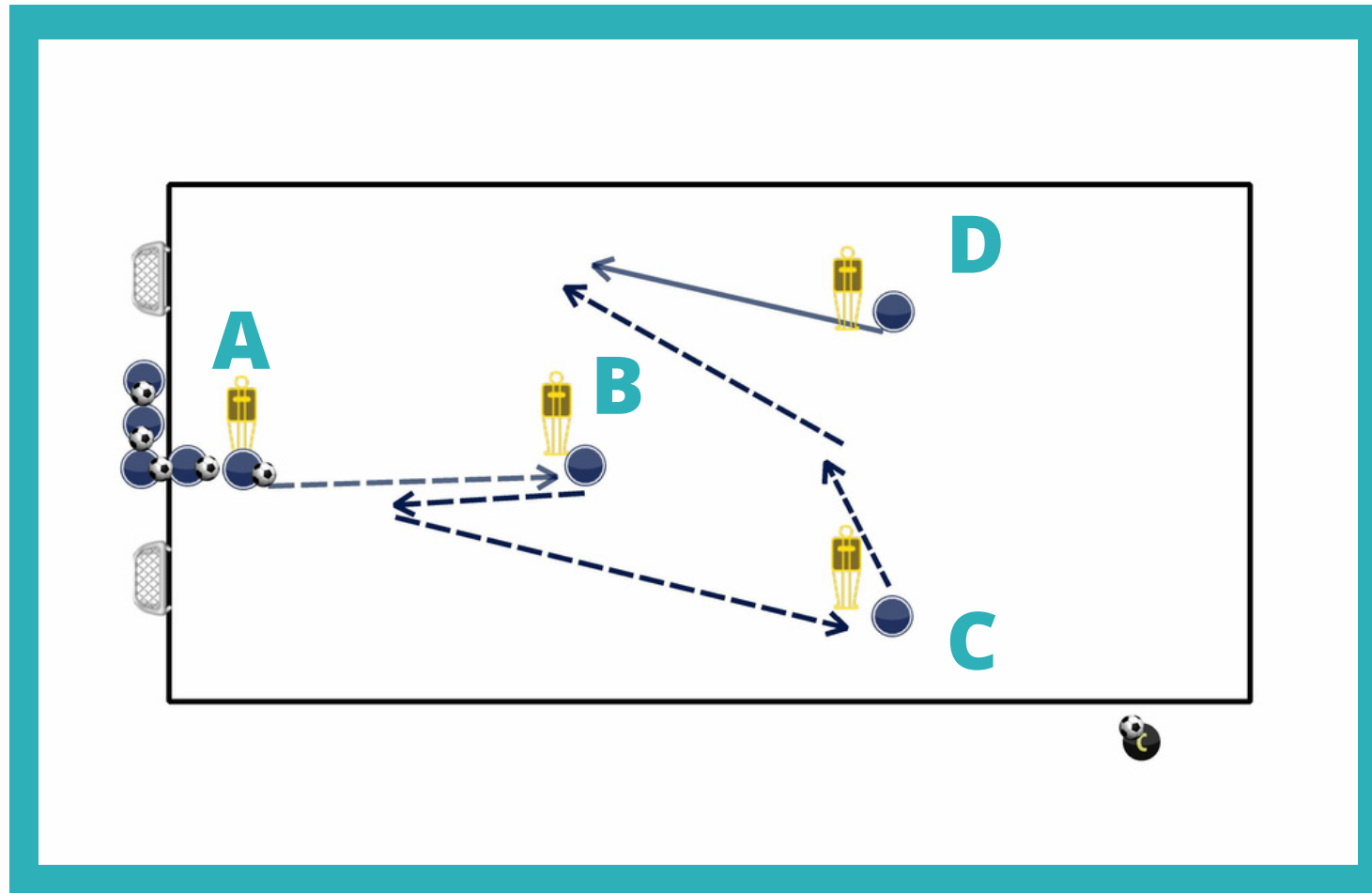
A will pass to D

D will set the ball for B

B will finish into the target goal

Session 84

Bielsa 4



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

1/3 Pitch

3

RULES

Players will follow the sequence of play.

4

SEQUENCE

A will pass to B

B will set the ball for A

A will pass to C

C will pass the ball through to D

D will finish into the target goal.

A will pass to B

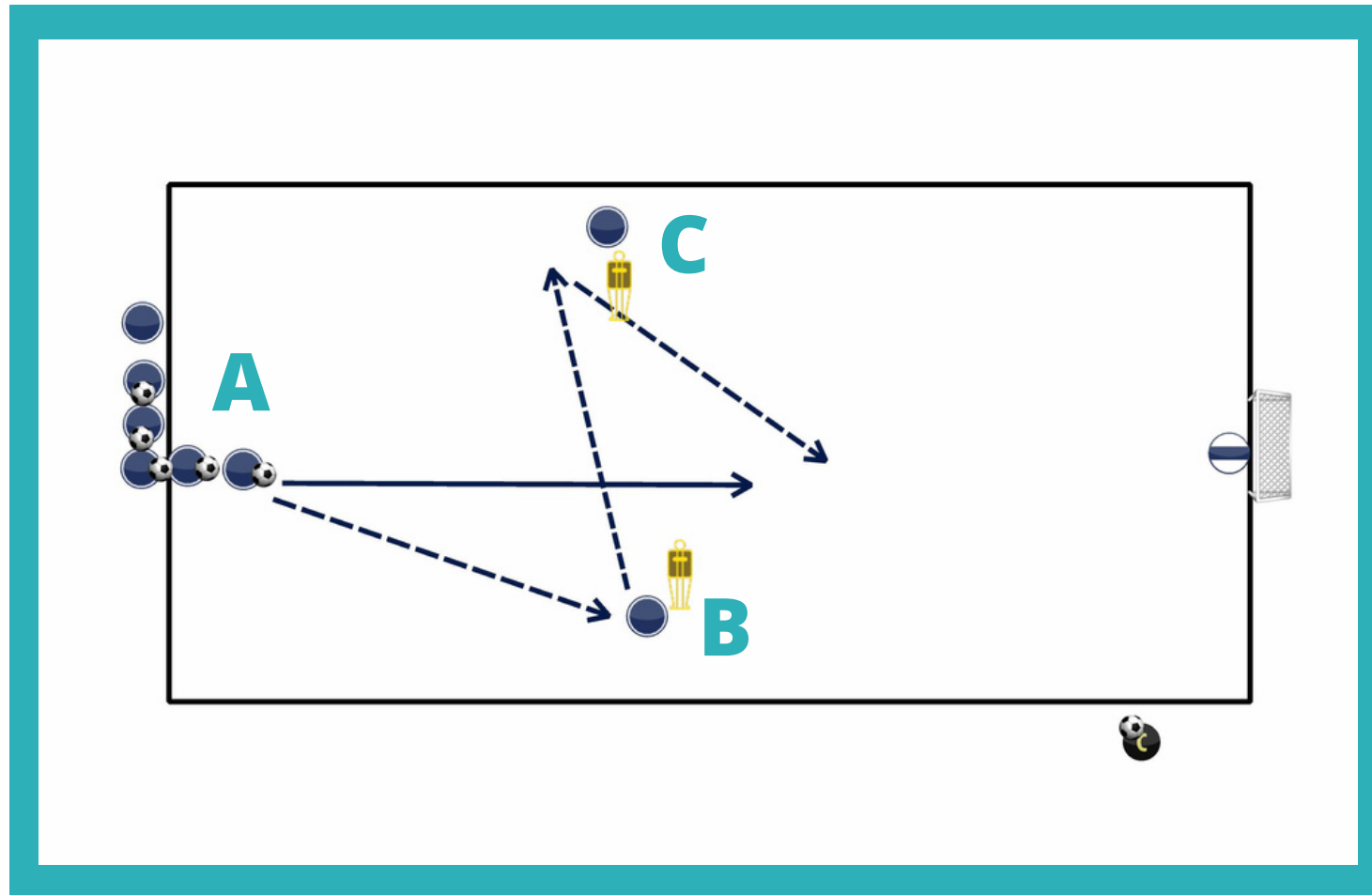
B will set the ball for A

A will pass to D

D will pass the ball through to C

C will finish into the target goal.

Session 85
Bielsa 5



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

1/3 Pitch

3

RULES

Players will follow the sequence of play.

4

SEQUENCE

A will pass to B

B will switch the ball to C

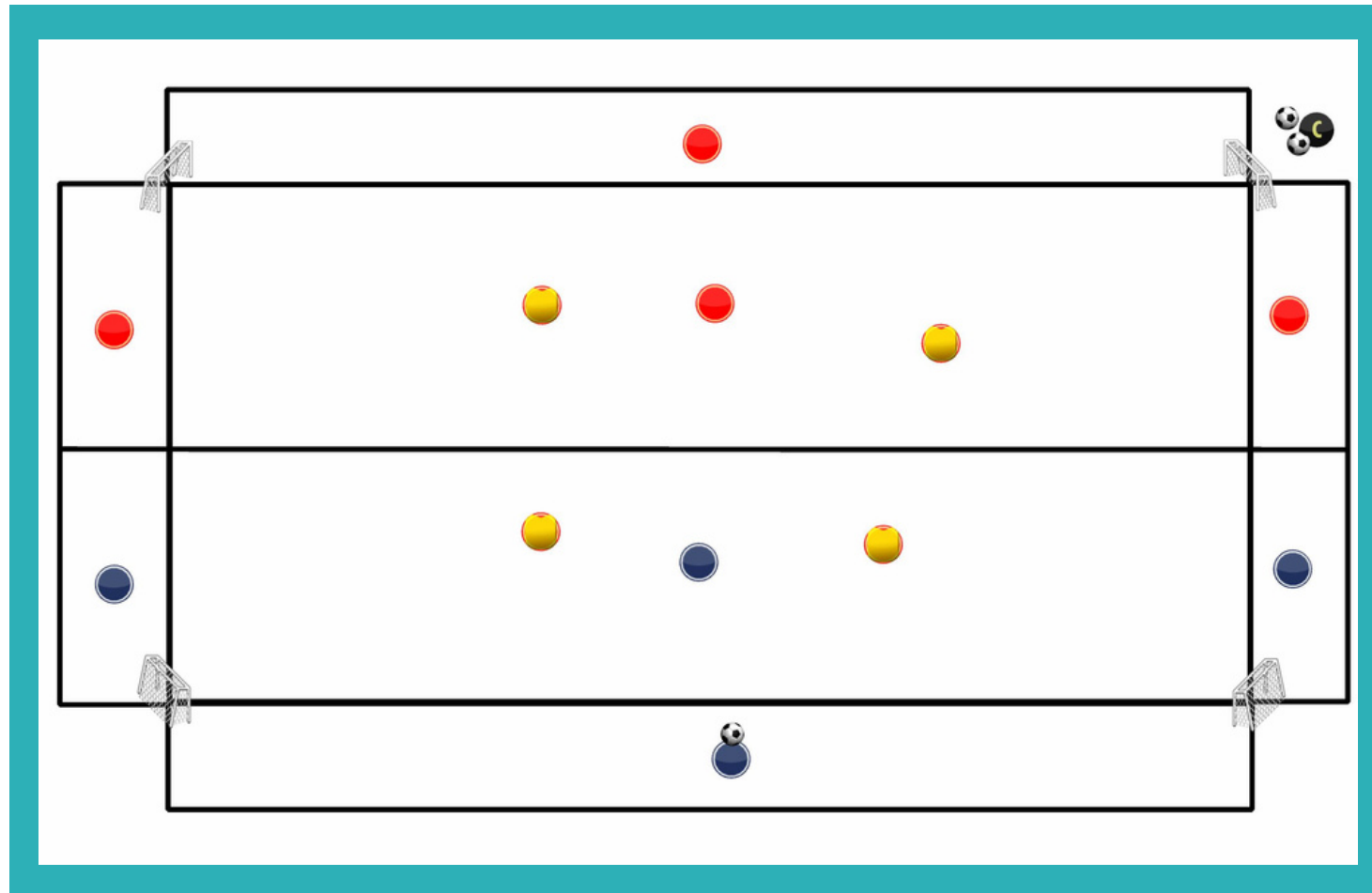
C will play the ball through to A

A will attempt to score a goal.

Session 86

8v4

Bielsa 6



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

20yd x 24yd

60 Foot Length x 72 Foot Width

3

RULES

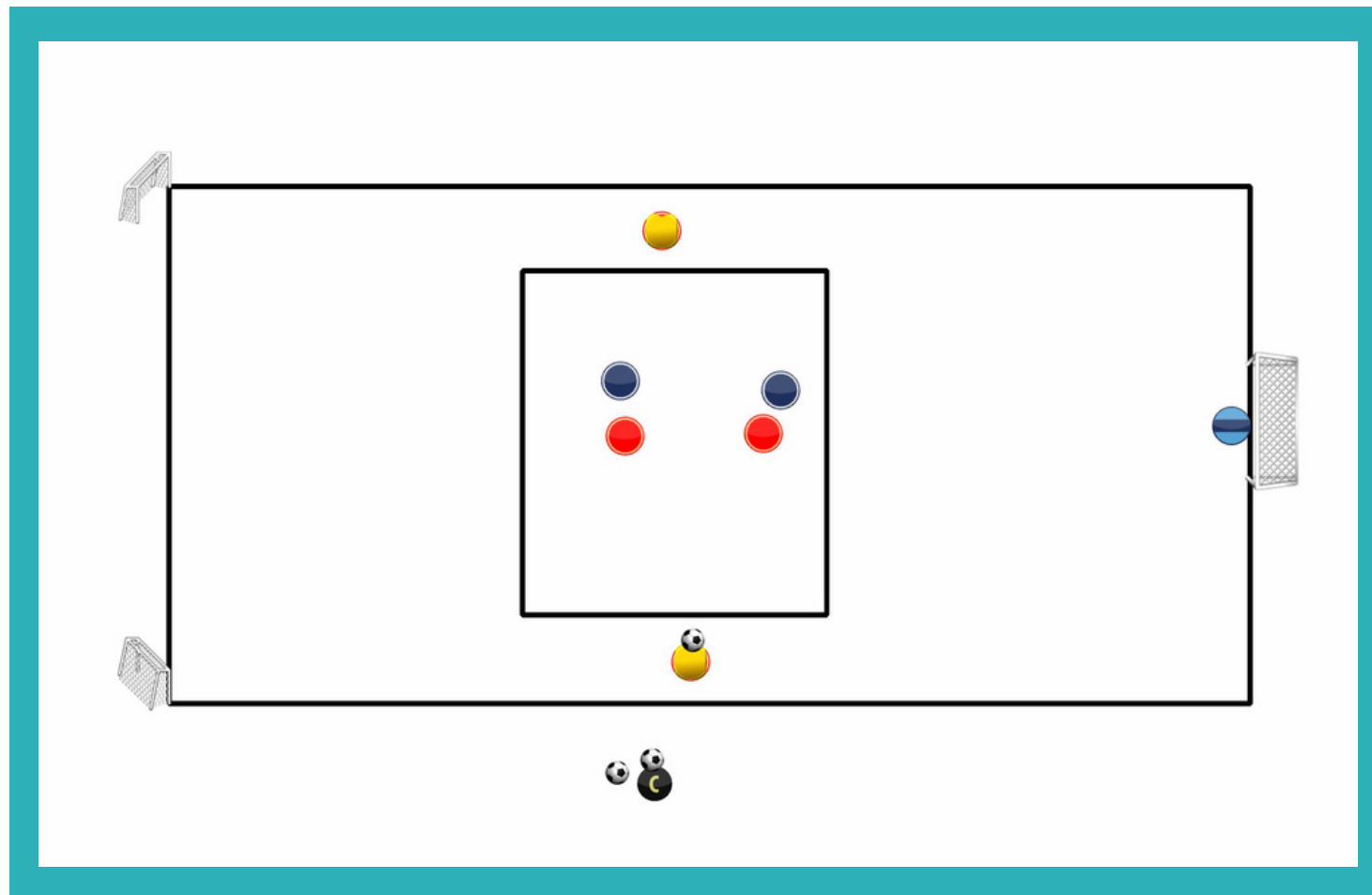
All players are restricted to their zones with the exception of the team that is pressing.

4

OBJECTIVE

Two teams attempt to retain the ball. The team pressing will attempt to win the ball and score in any of the four target goals placed around the playing area in order to reverse roles with the team who lose possession.

Session 87
Creating Space To Shoot
Bielsa 7



1

NUMBER OF PLAYERS

7 Players

2

DIMENSIONS

8yd x 8yd (Playing Zone)

25 Foot Length x 25 Foot Width

3

RULES

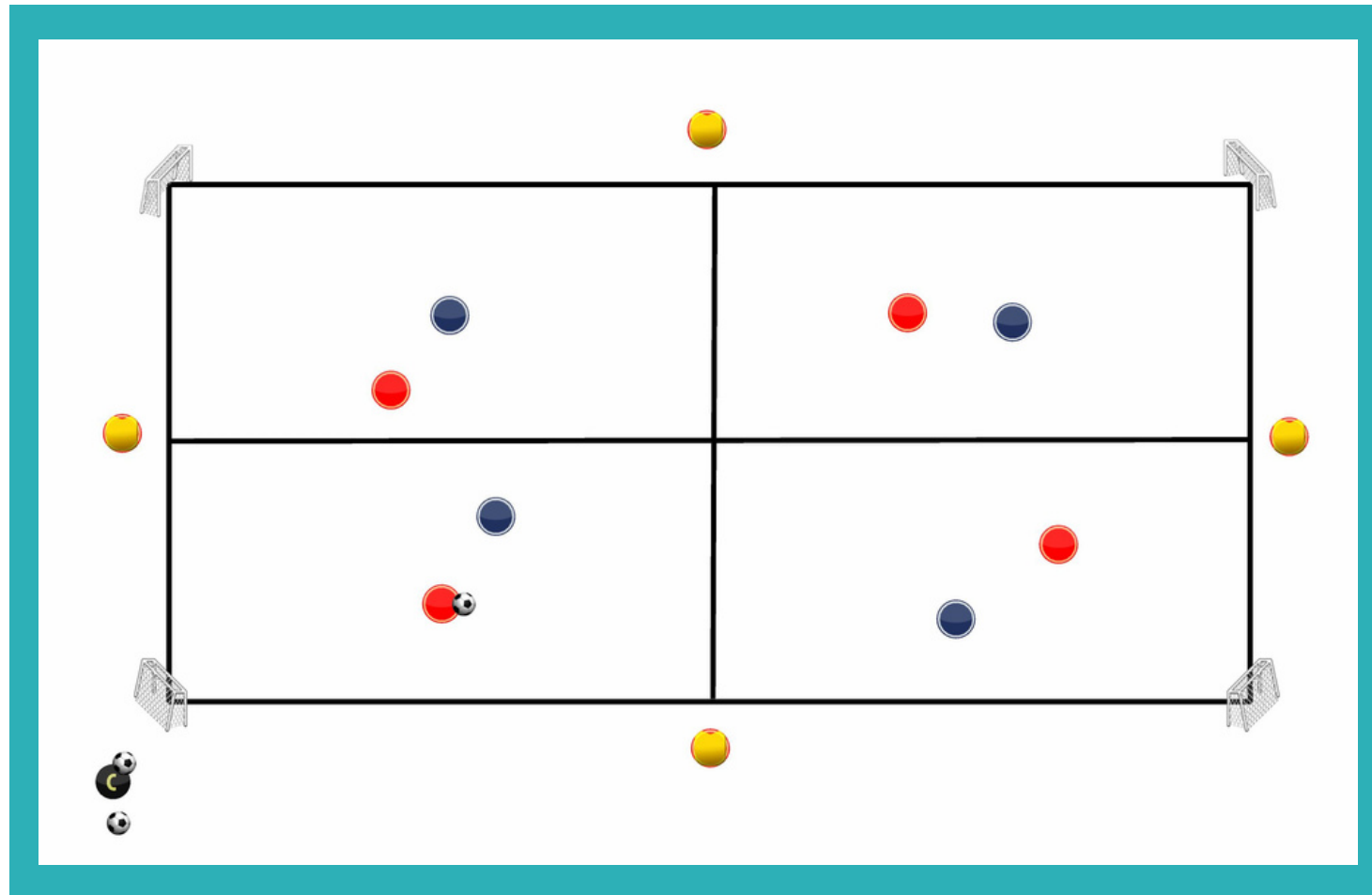
All players are restricted to their zones.
The two neutral players work with the team in possession.

4

OBJECTIVE

The team attacking will attempt to lose their marker and shoot on goal. The team defending will attempt to stop their opponent scoring and then attempt to score in any of the two target goals in order to reverse team roles.

Session 88
4v4 Plus 4
Bielsa 8



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

24yd x 18yd

72 Foot Length x 56 Foot Width

3

RULES

All players are restricted to their zones.

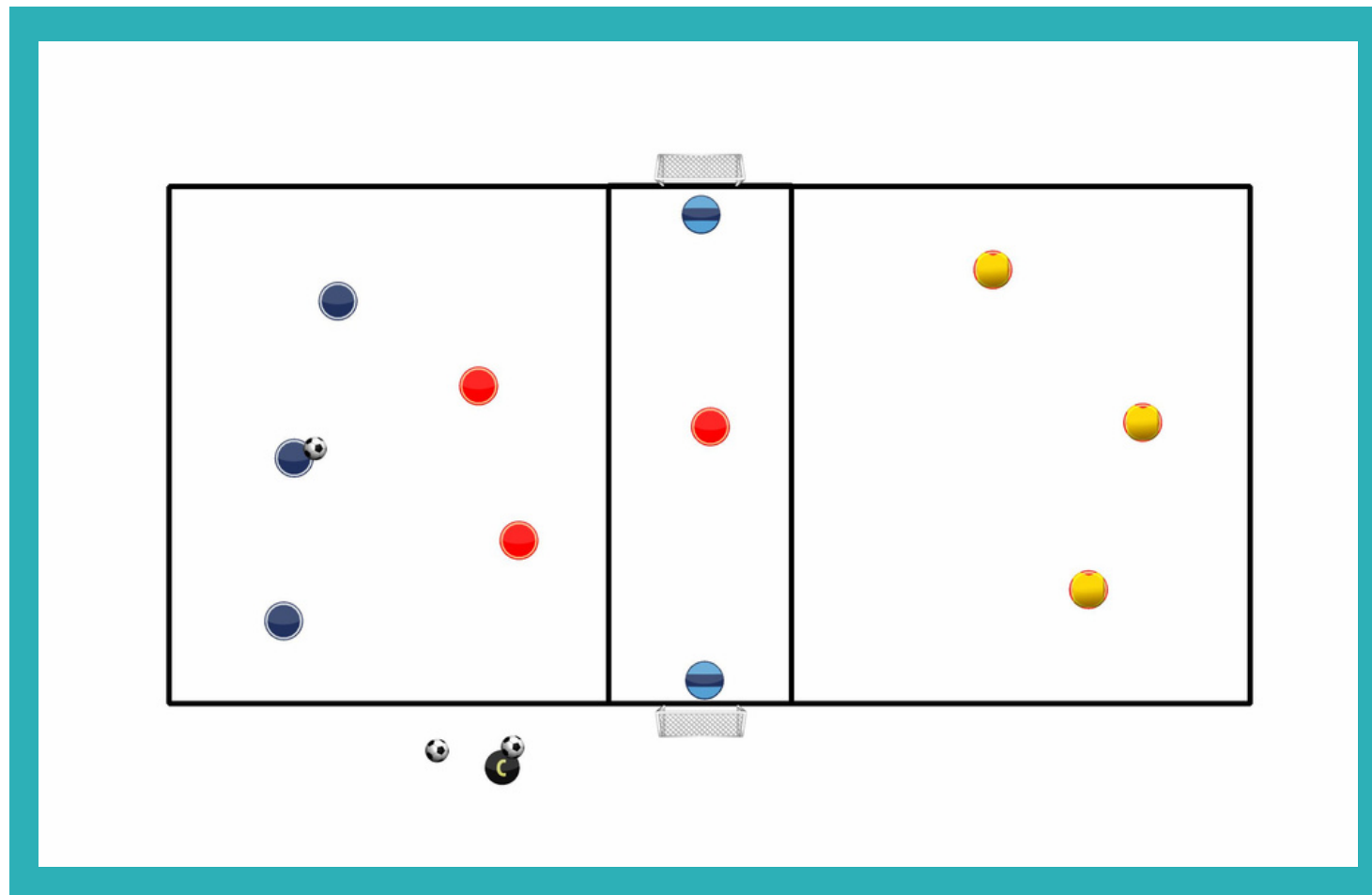
4

OBJECTIVE

One team will attempt to retain the ball.

One team will press. The team pressing will attempt to win the ball and score in any of the four target goals in order to reverse team roles. The emphasis is on counter pressing when possession is lost.

Session 89
Goalkeeper Footwork 8v3
Bielsa 9



1

NUMBER OF PLAYERS

11 Players

2

DIMENSIONS

30yd x 28yd

92 Foot Length x 86 Foot Width

3

RULES

All players are restricted to their zones with the exception of the team pressing. One player from the team pressing will remain in the central zone while two players enter the active zone to press. The goalkeepers will work with the team in possession. When the pressing team wins the ball, then the goalkeepers will attempt to deny goals.

4

OBJECTIVE

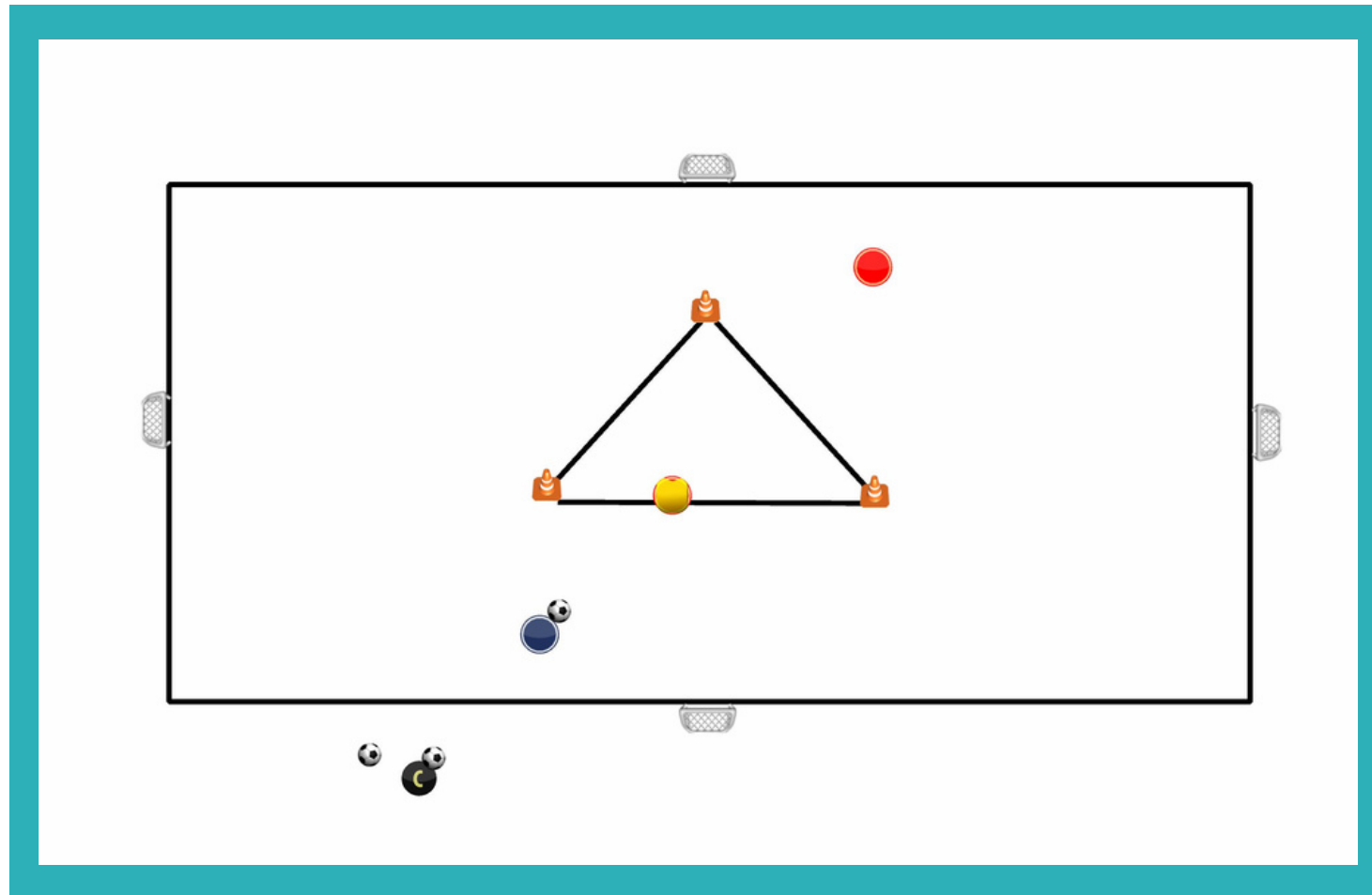
Two teams will attempt to retain the ball. One team will press. The team pressing will attempt to win the ball and score in any of of two goals in order to reverse team roles. The emphasis is on counter pressing when possession is lost.

POSSESSION WITH PURPOSE

Session 90

Agility Game (Screen Play)

Bielsa 10



1

NUMBER OF PLAYERS

3 Players

2

DIMENSIONS

18yd x 16yd

54 Foot Length x 48 Foot Width

3

RULES

Players in possession will play through any of the three passing gates in order to score points.

4

OBJECTIVE

Two players will attempt to work the ball through any of three target gates in order to score points. The player defending will attempt to win the ball and score in any of four target goals in order to reverse roles with the player who loses possession.

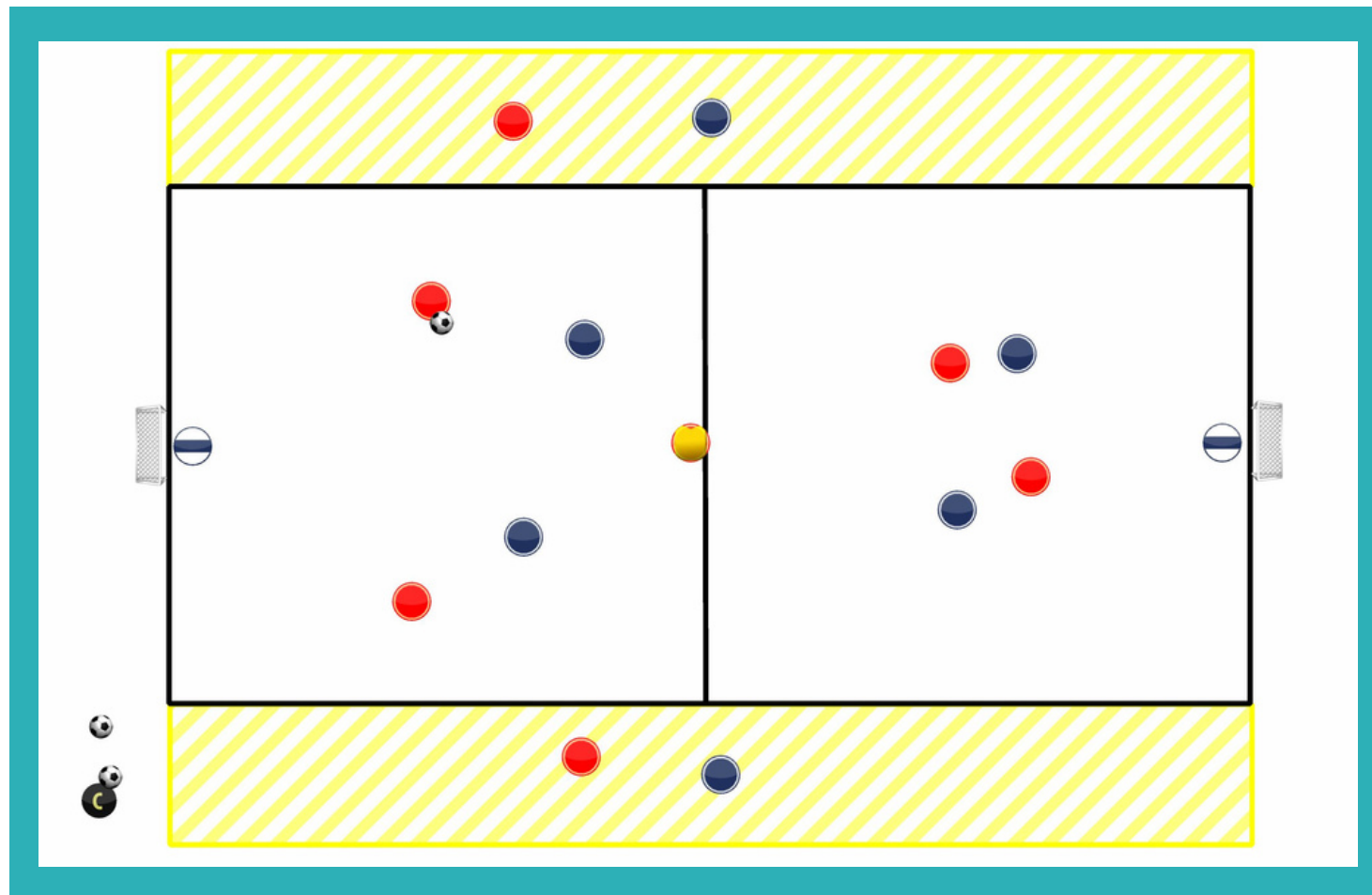


EXTRA SESSIONS

POSSESSION

THIRTY SESSIONS

Session 91
Small Sided Game
(Using Width)
7v7 Plus 1



1

NUMBER OF PLAYERS

15 Players

2

DIMENSIONS

60yd x 40yd

180 Foot Length x 120 Foot Width

3

RULES

All players are restricted to their zones with the exception of the neutral player who is free to move between the two central zones.

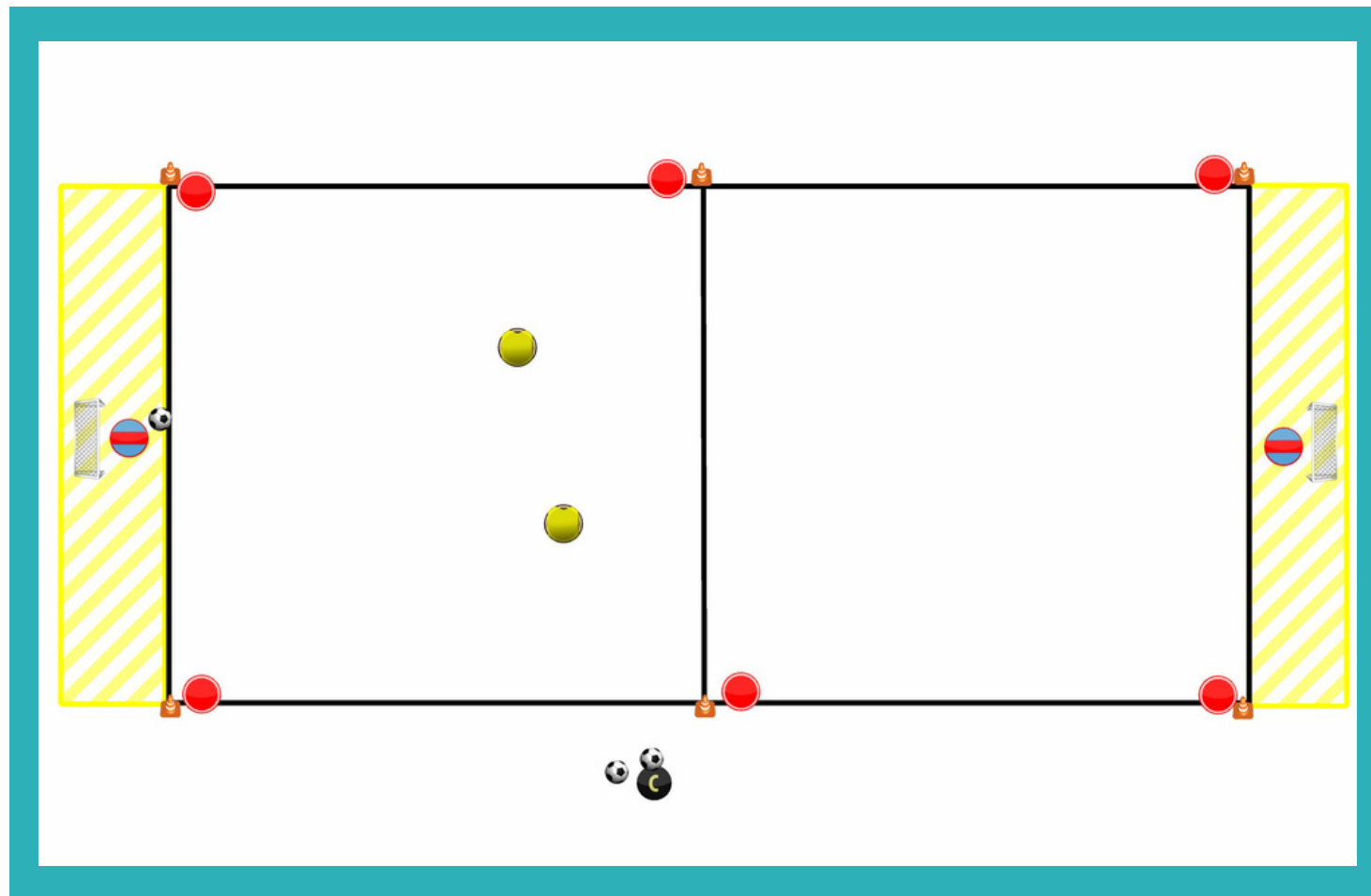
4

OBJECTIVE

Both teams will attempt to score goals. Players in the wide zones are free to support play in either zone. The neutral player is free to move between or support play in either zone.

Session 92

Positional Rondo - With Counter Pressing (Goalkeeper Footwork) 8v2



1

NUMBER OF PLAYERS

10 Players

2

DIMENSIONS

22yd x 16yd

68 Foot Length x 48 Foot Width

3

RULES

All players are restricted to their zones or designated start points with the exception of the players pressing. All players in possession with the exception of goalkeepers are limited to one touch. When possession of the ball is lost play is open. The emphasis is on quick counter pressing when possession is lost.

4

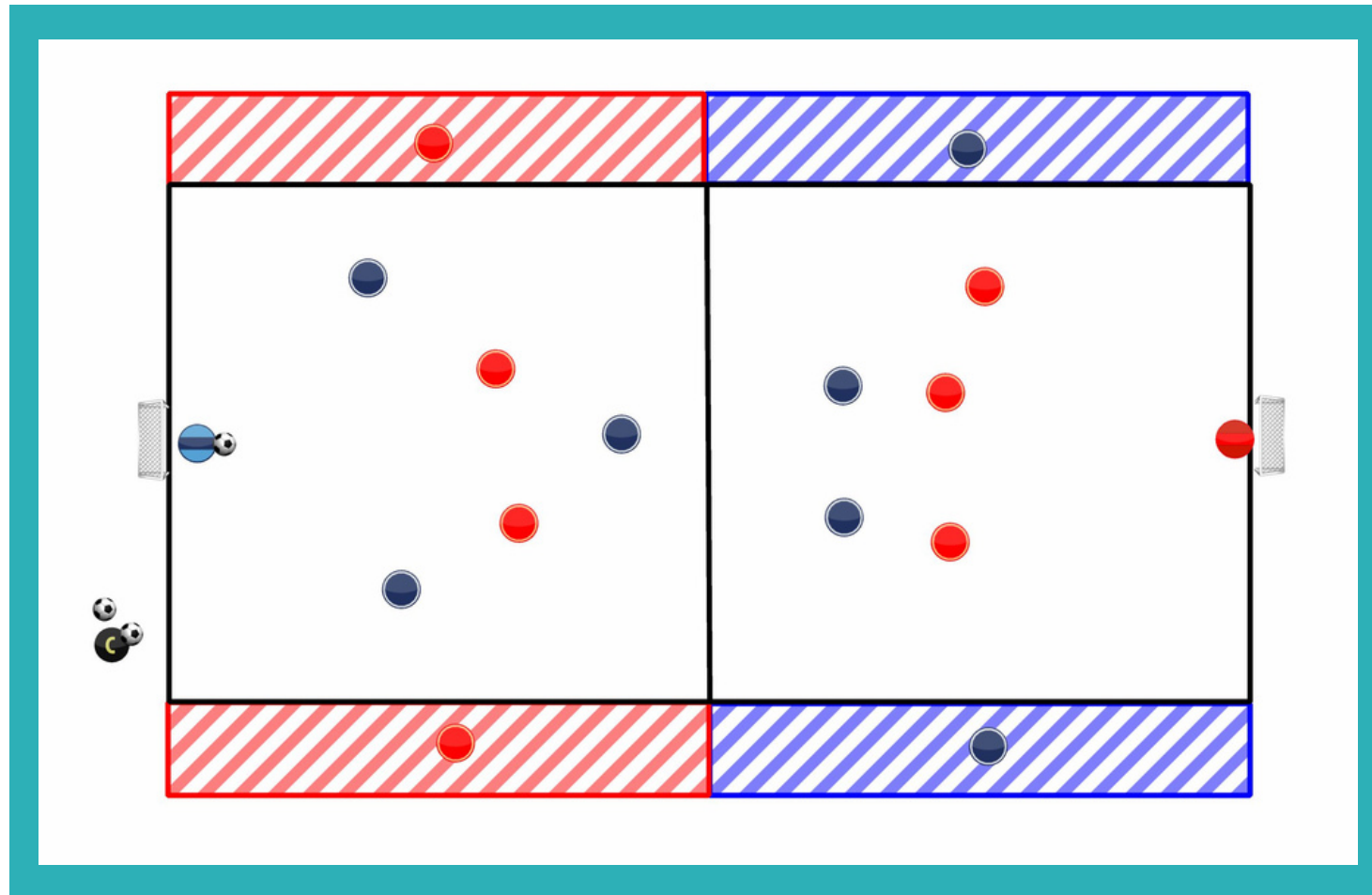
OBJECTIVE

Players in possession will attempt to retain the ball. The two players pressing will attempt to win the ball and score in either of two goals in order to reverse roles with the team who lost the ball.

Session 93

8v8 Game

(Overloads Playing Out & Overloads Attacking)



1

NUMBER OF PLAYERS

16 Players

2

DIMENSIONS

60yd x 40yd

180 Foot Length x 120 Foot Width

3

RULES

All players are restricted to their zones.

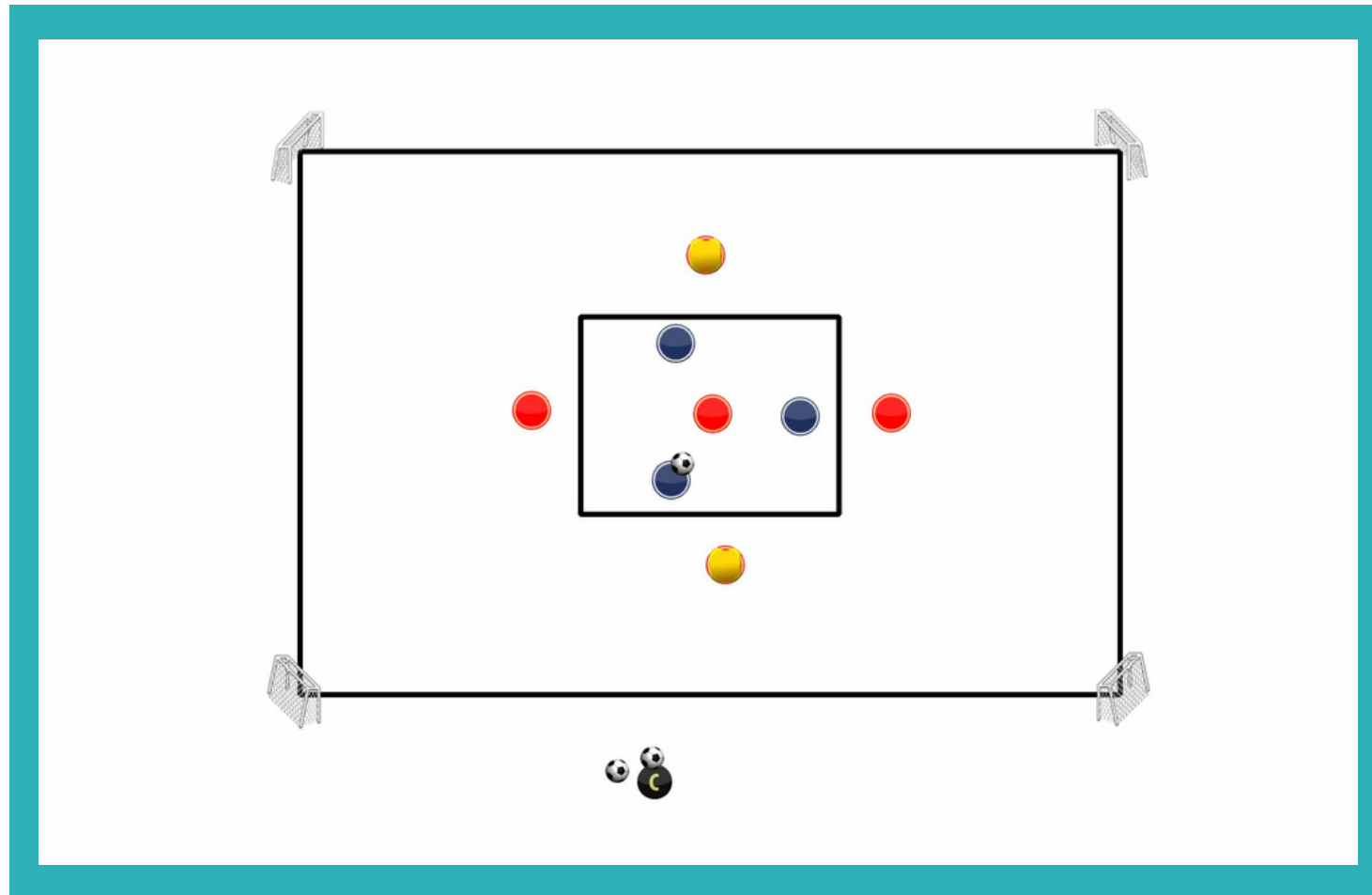
4

OBJECTIVE

Teams will attempt to score goals. The players in wide zones are restricted to two touches.

POSSESSION WITH PURPOSE

Session 94
3v3 Plus 2
(Breakout Rondo)



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

8yd x 8yd (Rondo Box)

25 Foot Length x 25 Foot Width (Rondo Box)

3

RULES

The two neutral players will work with the team in possession.

4

OBJECTIVE

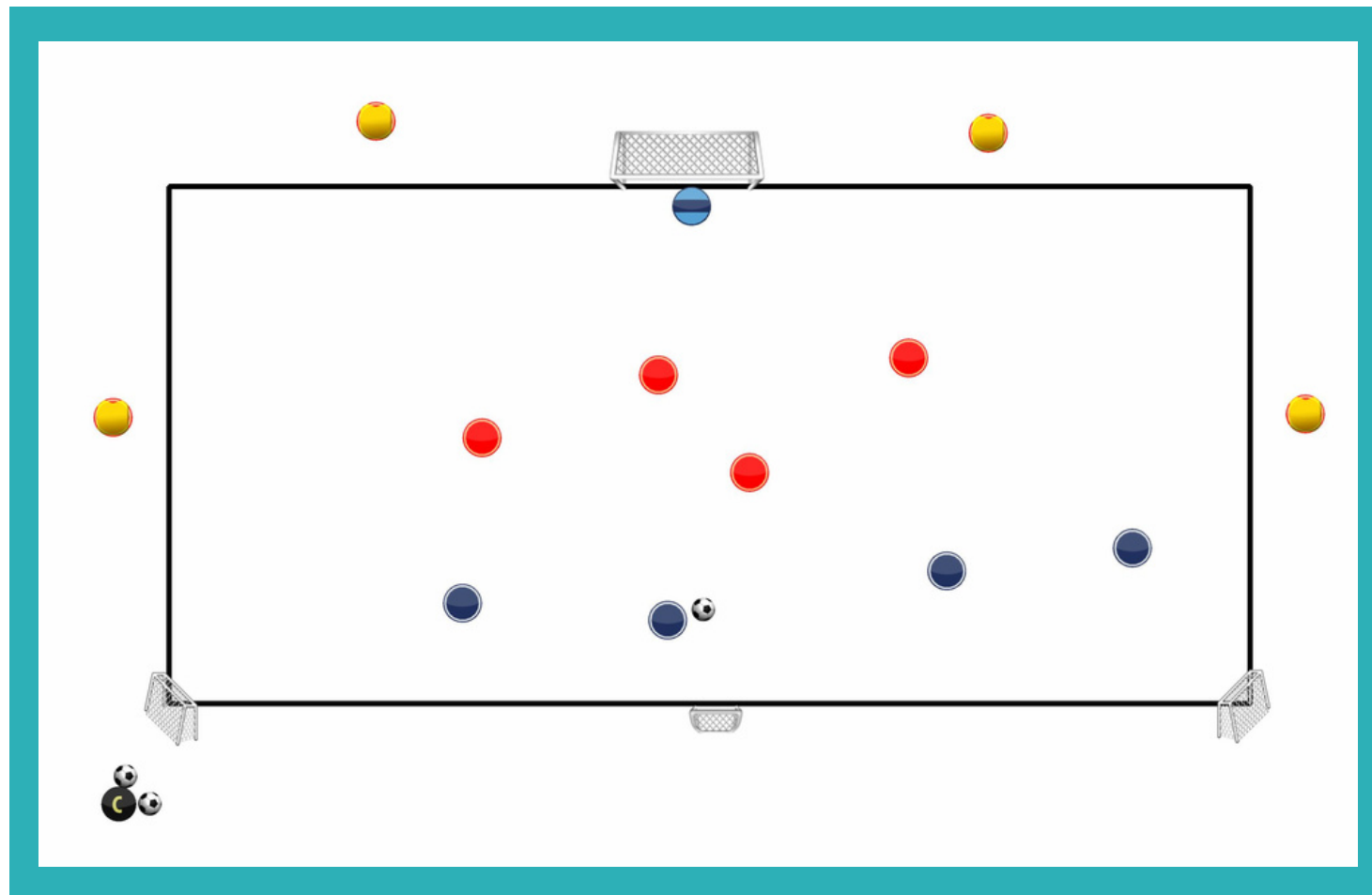
One team will play as a 3v1 Plus 2 in the rondo zone. After ten or more passes the team in possession can break out in an attempt to score in any of the four target goals. The team pressing will attempt to win the ball and score in any of the four target goals in order to reverse team roles.

POSSESSION WITH PURPOSE

Session 95

4v4 Plus 4

(High Intensity Finishing)



1

NUMBER OF PLAYERS

13 Players

2

DIMENSIONS

26yd x 22yd

78 Foot Length x 66 Foot Width

3

RULES

Four neutral players will be positioned around the playing zone. Neutral players will work with the team in possession.

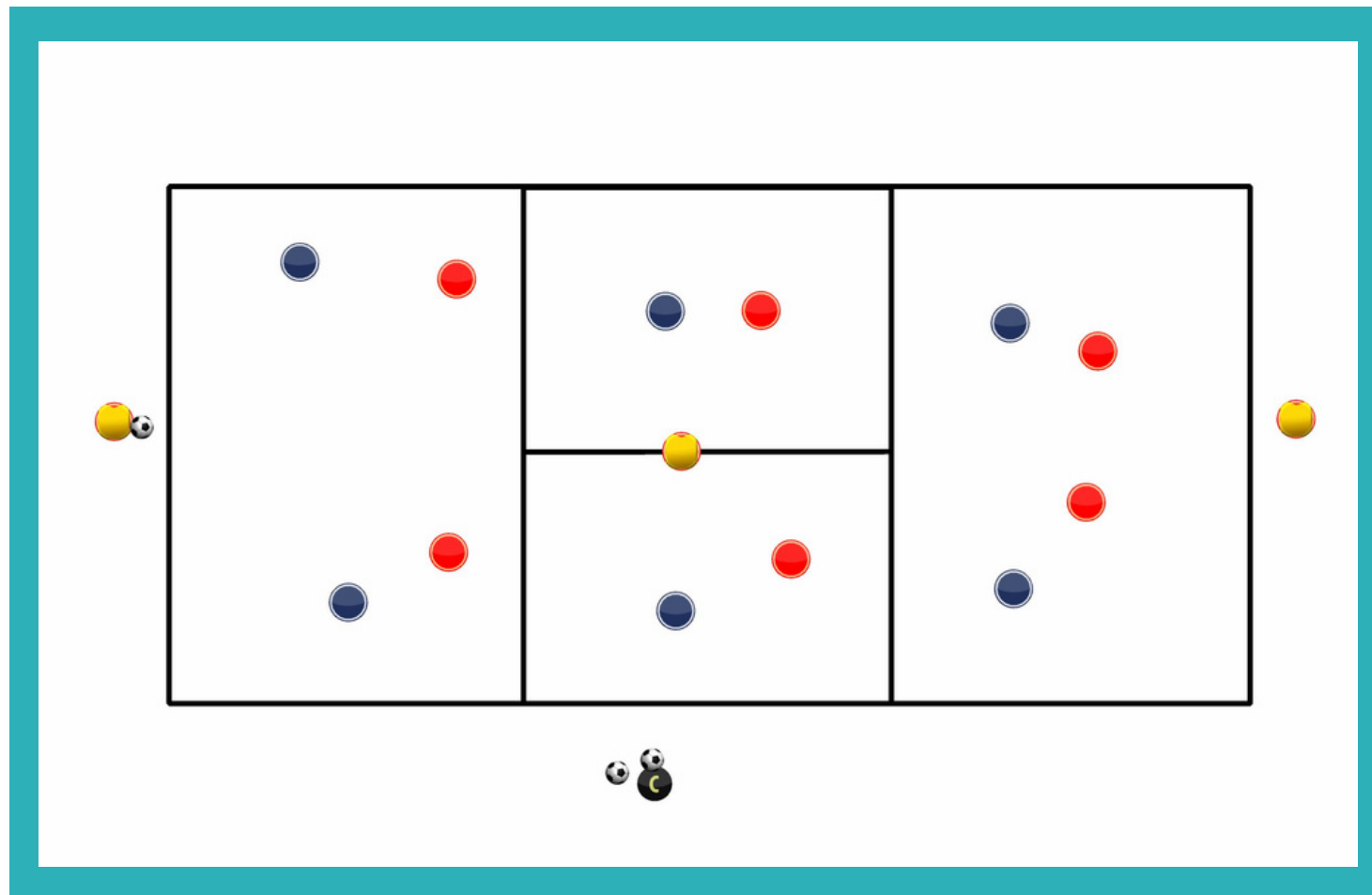
4

OBJECTIVE

One team will attack on goal. The team defending will attempt to win the ball and score in any of the three target goals in order to reverse team roles.

Session 96

6v6 Plus 3



1

NUMBER OF PLAYERS

15 Players

2

DIMENSIONS

48yd x 16yd

144 Foot Length x 48 Foot Width

3

RULES

All players are restricted to their zones with the exception of the neutral player in the centre of the playing zone. The neutral player in the centre of the playing zone is free to move between zones.

Neutral players will work with the teams in possession.

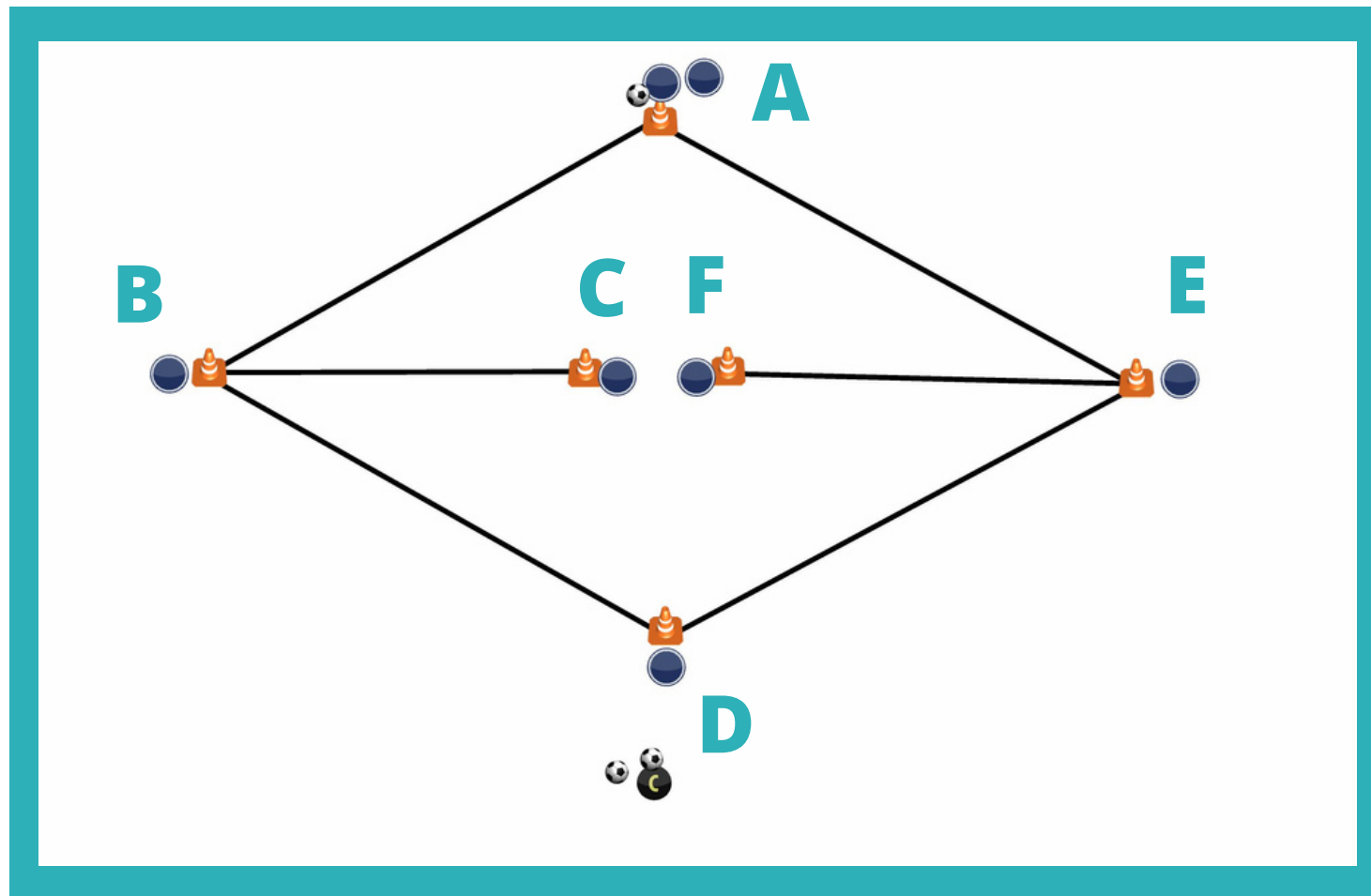
4

OBJECTIVE

The team in possession will attempt to retain the ball whilst working with the three neutral players. The team pressing will attempt to win the ball in order to reverse team roles.

Session 97

Combination Set Up



1

NUMBER OF PLAYERS

7 Players

2

DIMENSIONS

Varied

3

RULES

Players will follow the sequence of play.

4

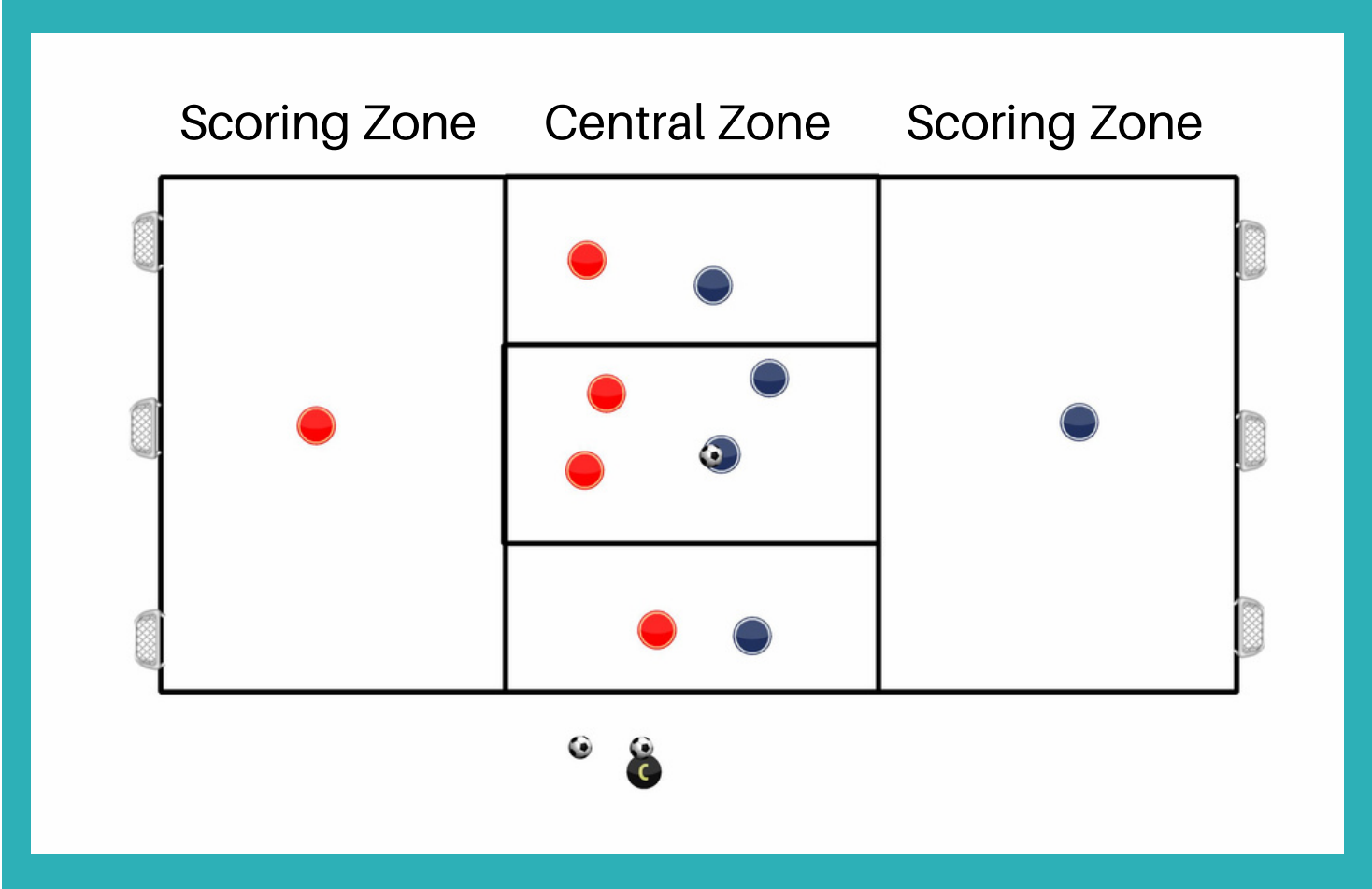
SEQUENCE

A will pass to B
B will pass to C
C will pass to D
D will pass to E
E will pass to F
F will play to A

Note: Change direction over time. Can also be progressed to dribble from one point to the next.

Session 98

Breaking a High Line (Into 1v1)



1

NUMBER OF PLAYERS

10 Players

2

DIMENSIONS

45yd x 16yd

136 Foot Length x 48 Foot Width

3

RULES

All players are restricted to their zones with the exception of when a forward dribble or pass is made into the scoring zone.

4

OBJECTIVE

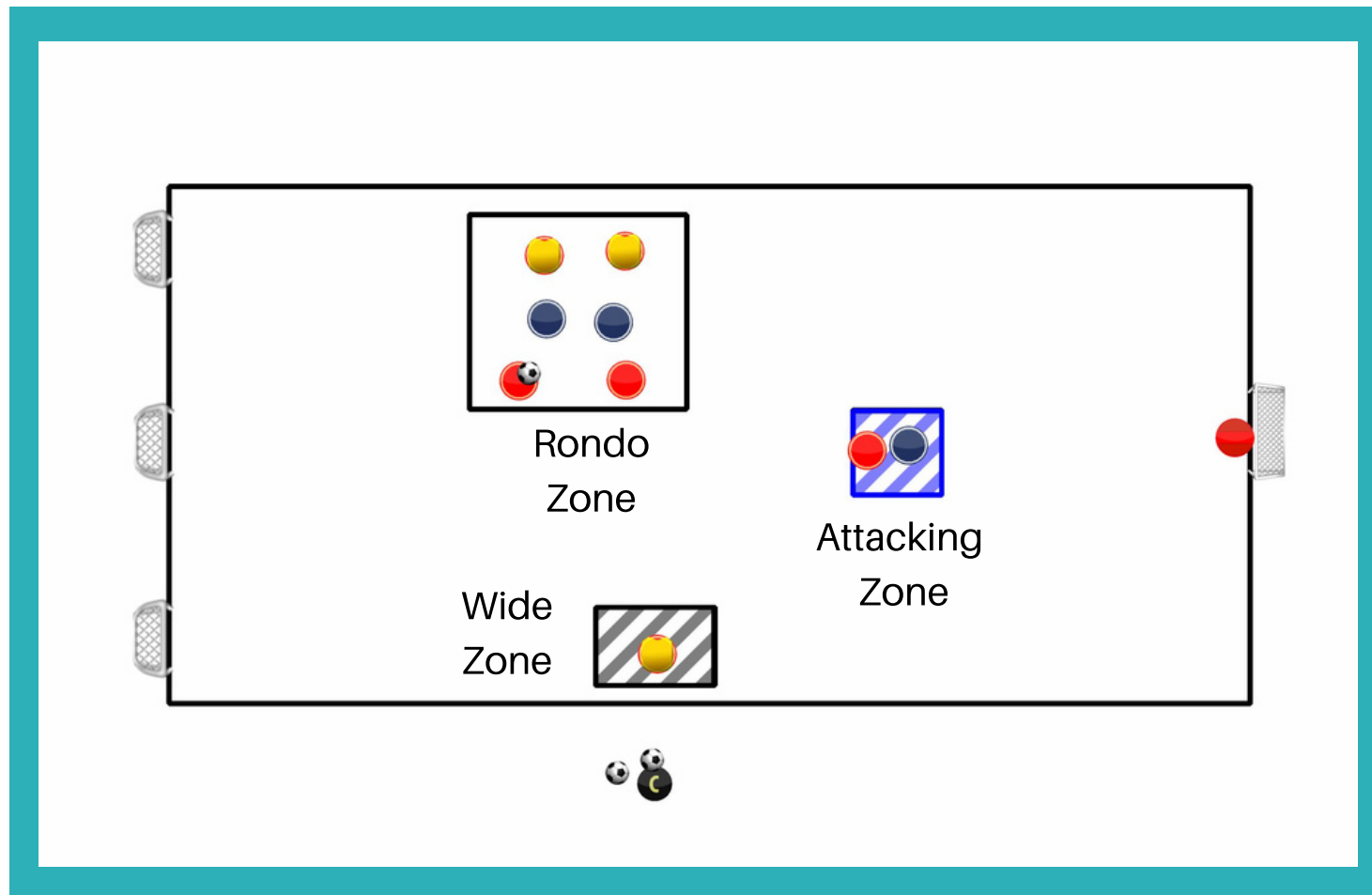
Teams will attempt to score in any of the 3 target goals by dribbling or passing into the scoring zone and attacking the defender 1v1.

POSSESSION WITH PURPOSE

Session 99

Phase of Play (Switching Point of Attack)

3v3 Plus 3



1

NUMBER OF PLAYERS

10 Players

2

DIMENSIONS

1/2 Pitch

3

RULES

The three neutral players will work with the team in possession. Play will begin 2v2 plus 2 in the rondo zone. One player per team will begin at an attacking zone.

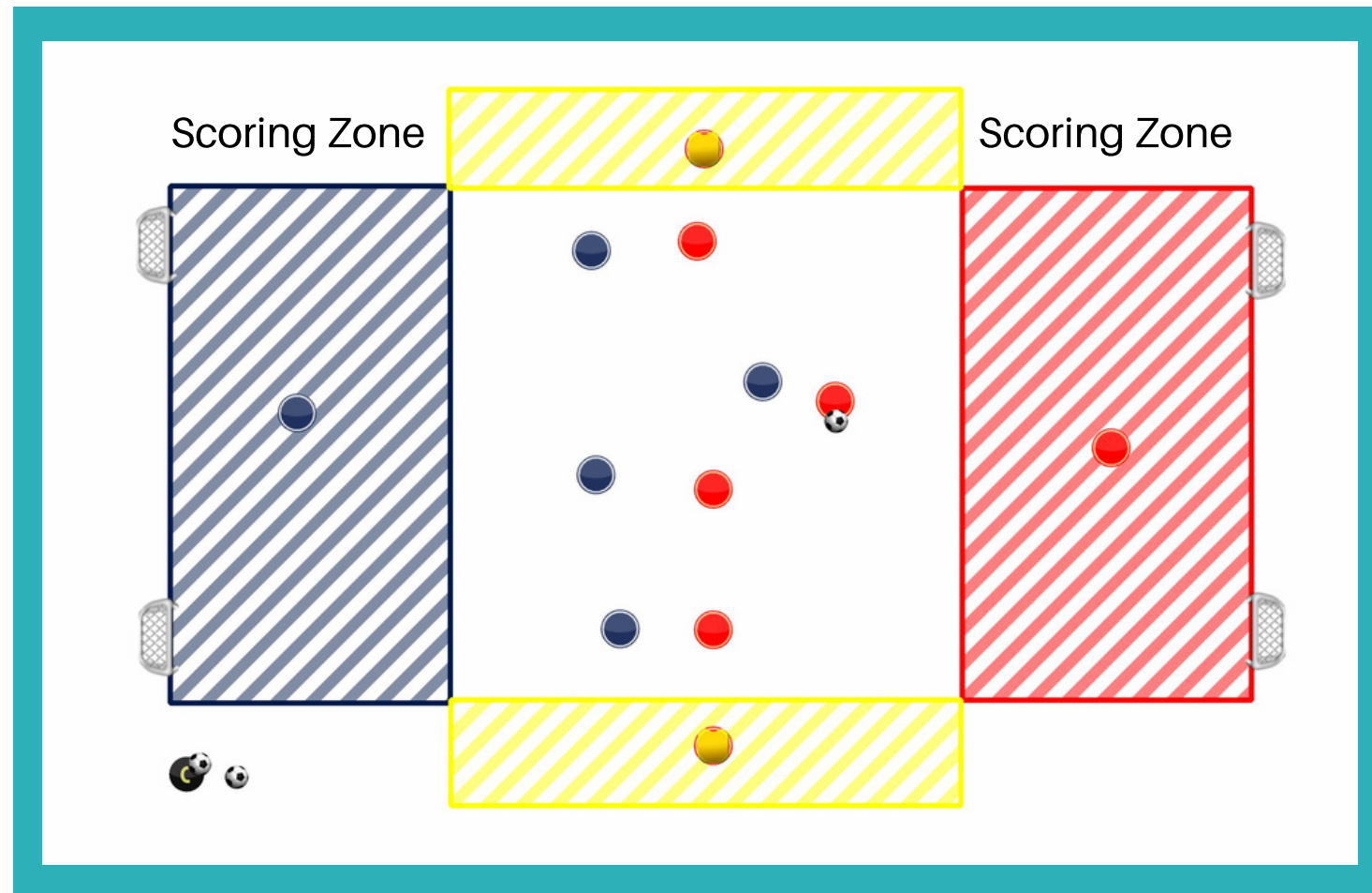
4

OBJECTIVE

Teams in the rondo zone will attempt to complete five or more passes before switching the point of attack to the neutral player in the wide zone or a teammate in the attacking zone. Play becomes open following a switch of play. The team defending will attempt to score points by winning the ball and scoring in any of the three target goals. The team attacking will attempt to score in the main goal.

Session 100

Central Penetration



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

46yd x 18yd

140 Foot Length x 54 Foot Width

3

RULES

All players are restricted to their zones with the exception of when a forward dribble or pass is made to enter into the scoring zone.

4

OBJECTIVE

Teams will attempt to score in either of the opposition target goals by dribbling or passing into the scoring zone and attacking the defender 1v1.

A photograph of Marcelo Bielsa, a football manager, crouching on a grassy field. He is wearing a black quilted jacket with 'SBOTOP' and 'adidas' logos, black trousers with white stripes, and glasses. He is looking off to the side with a serious expression. The background is a blurred stadium setting.

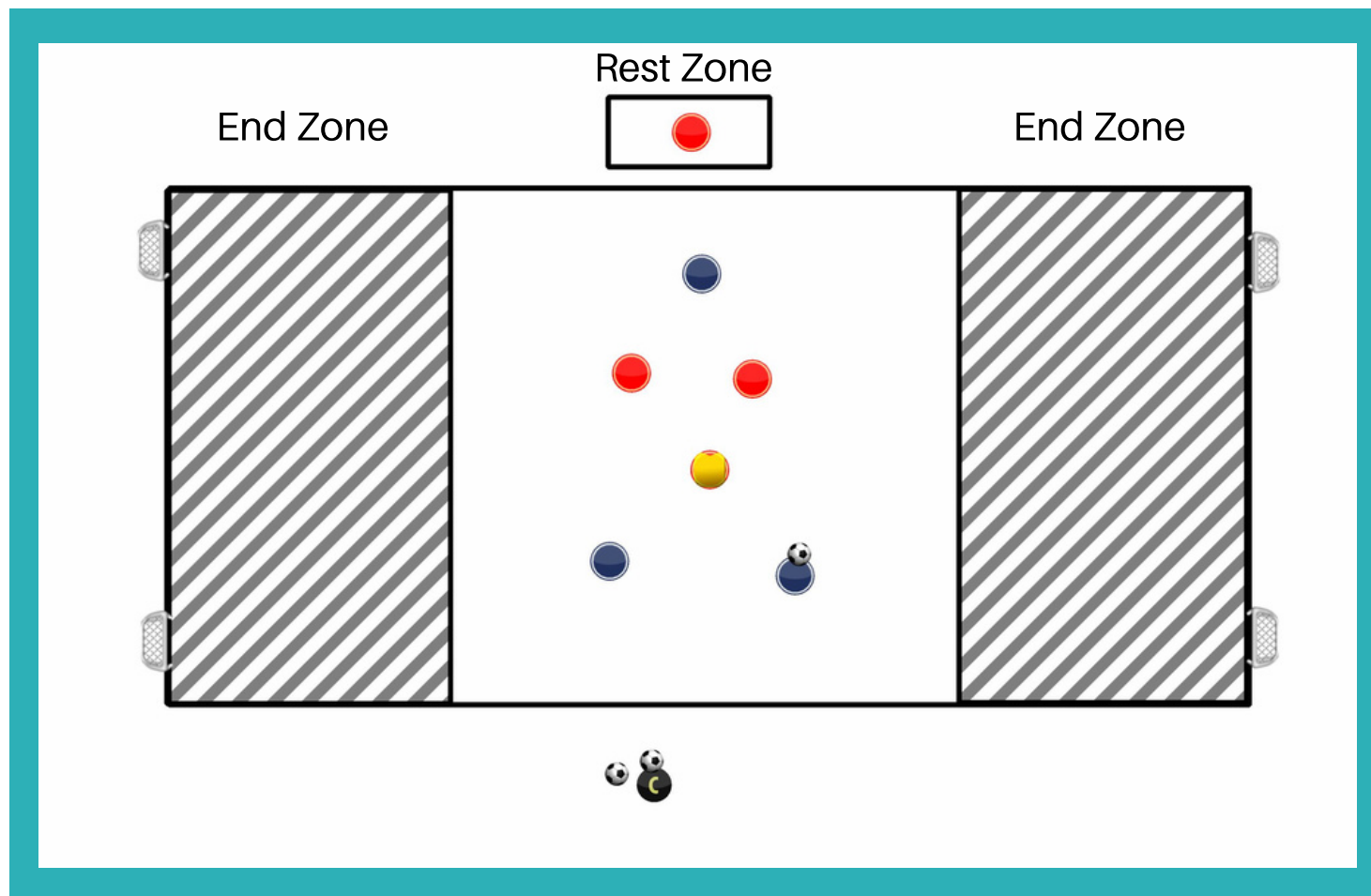
MARCELO BIELSA

***"IF THE COACH ASKS THE
PLAYERS TO DO SOMETHING
THEY HAVE BEEN TRAINING
FOR, BUT THEY ARE NOT YET
ABLE TO EXECUTE IT, THE
COACH MUST TAKE
RESPONSIBILITY"***

Session 101

Constant Intensity When Pressing

3v3 Plus 1



1

NUMBER OF PLAYERS

7 Players

2

DIMENSIONS

30yd x 16yd

90 Foot Length x 48 Foot Width

3

RULES

Play will be 3v2 plus 1 at all times. The neutral player will work with the team in possession. The team pressing must keep one player in the rest zone at all times. The rest zone player is permitted to rotate with either of the pressing players at any time in order to maintain pressing intensity.

4

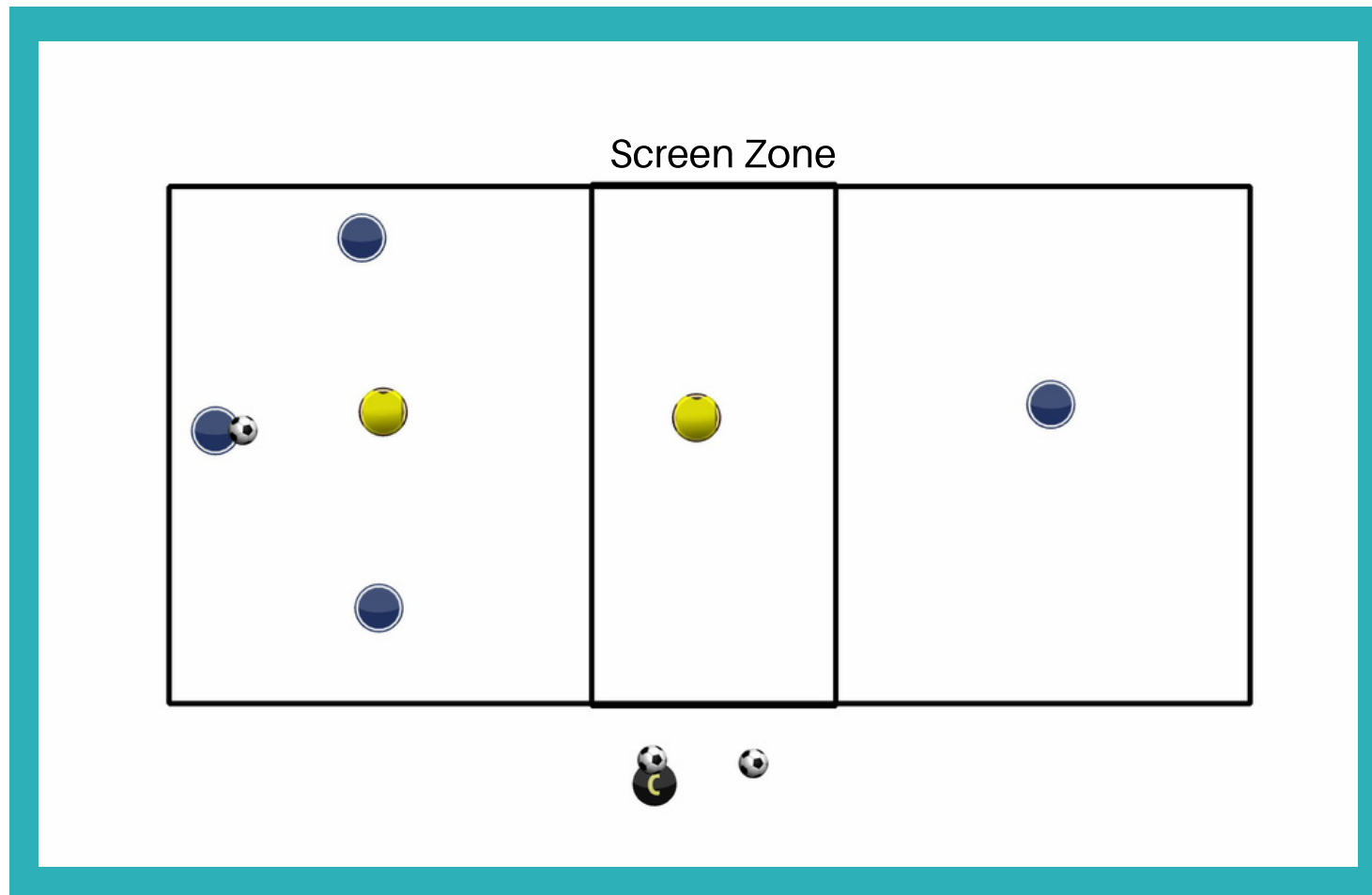
OBJECTIVE

One team will attempt to retain the ball.

One team pressing will attempt to win the ball and score in any of the four target goals in order to reverse team roles.

Session 102

Double Rondo



1

NUMBER OF PLAYERS

6 Players

2

DIMENSIONS

20yd x 8yd

60 Foot Length x 25 Foot Width

3

RULES

The pressing team will send one player to press in the active zone at all times. One pressing player will remain in the screen zone. When a switch of play is made two players from the team in possession will sprint to support play in the opposite playing zone.

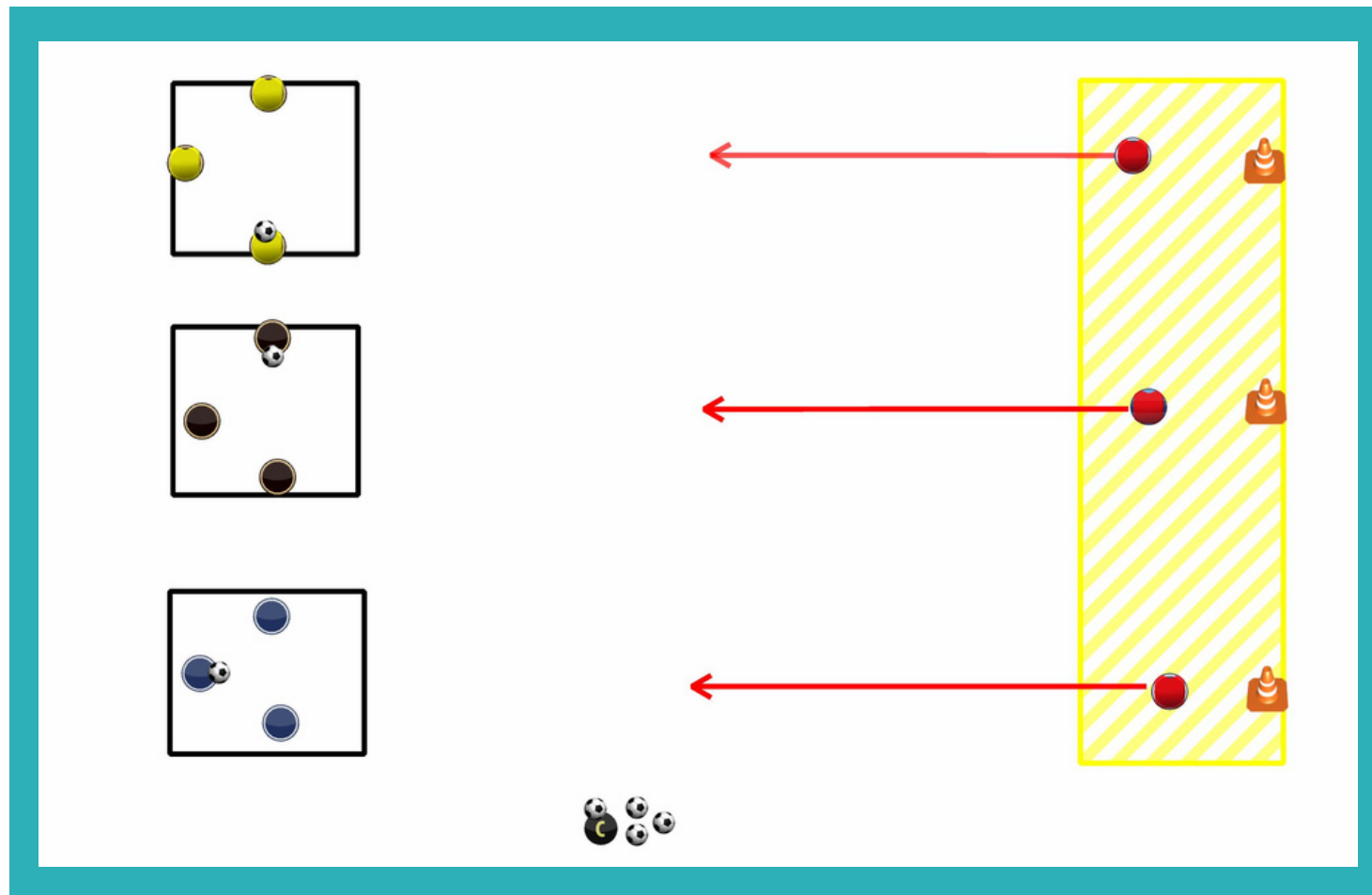
4

OBJECTIVE

Four players will attempt to retain the ball and score points by switching play. The pressing players will attempt to win the ball as many times as possible in the allocated time period set by the coach.

Session 103

Conditioning Rondo



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

8yd x 8yd (Rondo Areas)

25 Foot Length x 25 Foot Width

3

RULES

All players in possession are restricted to their rondo zone. The first team to lose possession will become the team pressing.

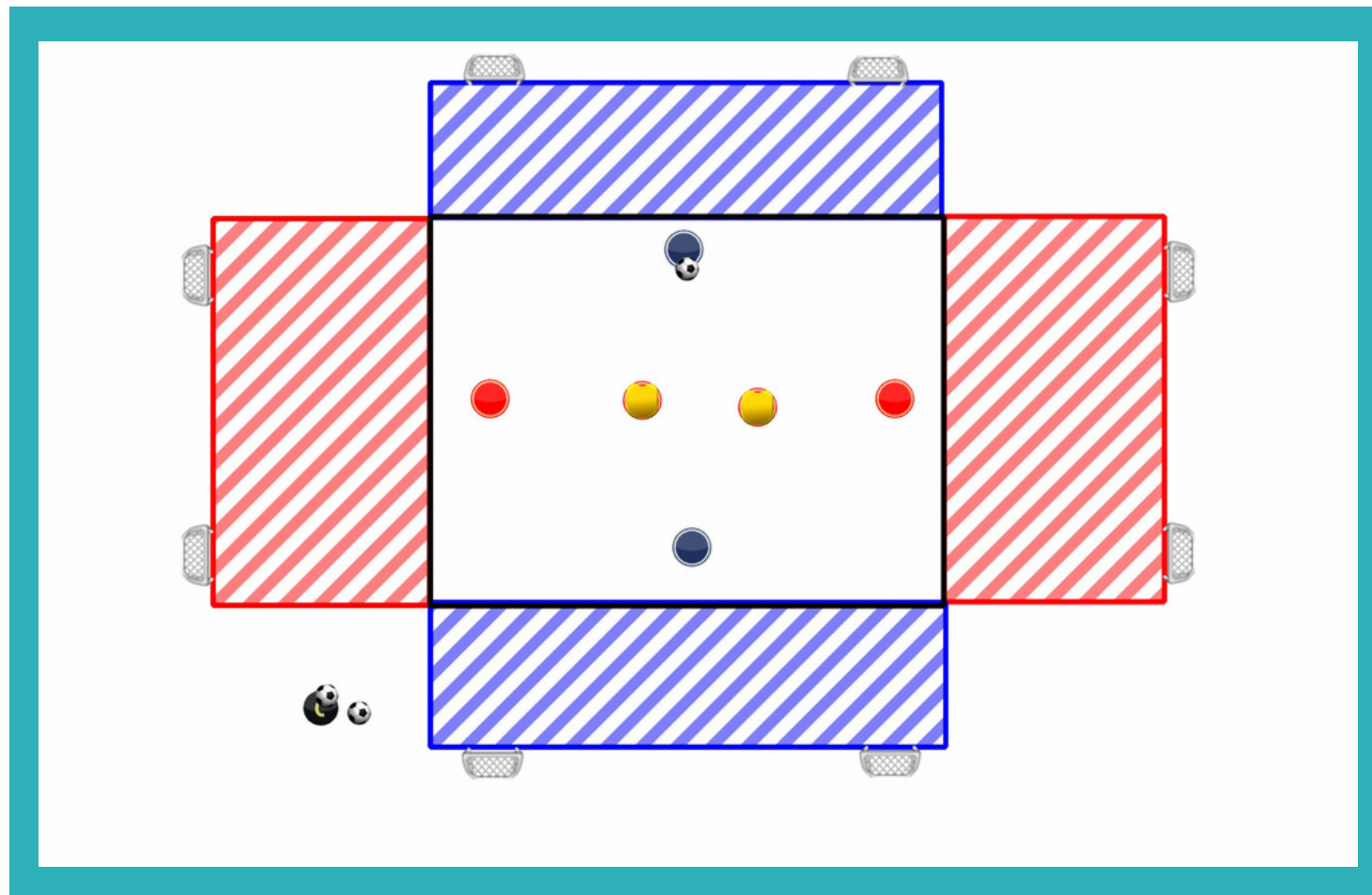
4

OBJECTIVE

Three teams will attempt to retain the ball within their rondo zone in a 3v1 situation. The team pressing will attempt to win the ball in all three rondo zones. The first team to lose possession will complete a conditioning run before they reverse roles with the pressing team.

Session 104

Rondo with Defensive Transition



1

NUMBER OF PLAYERS

6 Players

2

DIMENSIONS

20yd x 16yd

60 Foot Length x 48 Foot Width

3

RULES

The pressing team will attack any of four target goals belonging to the team who lose possession.

4

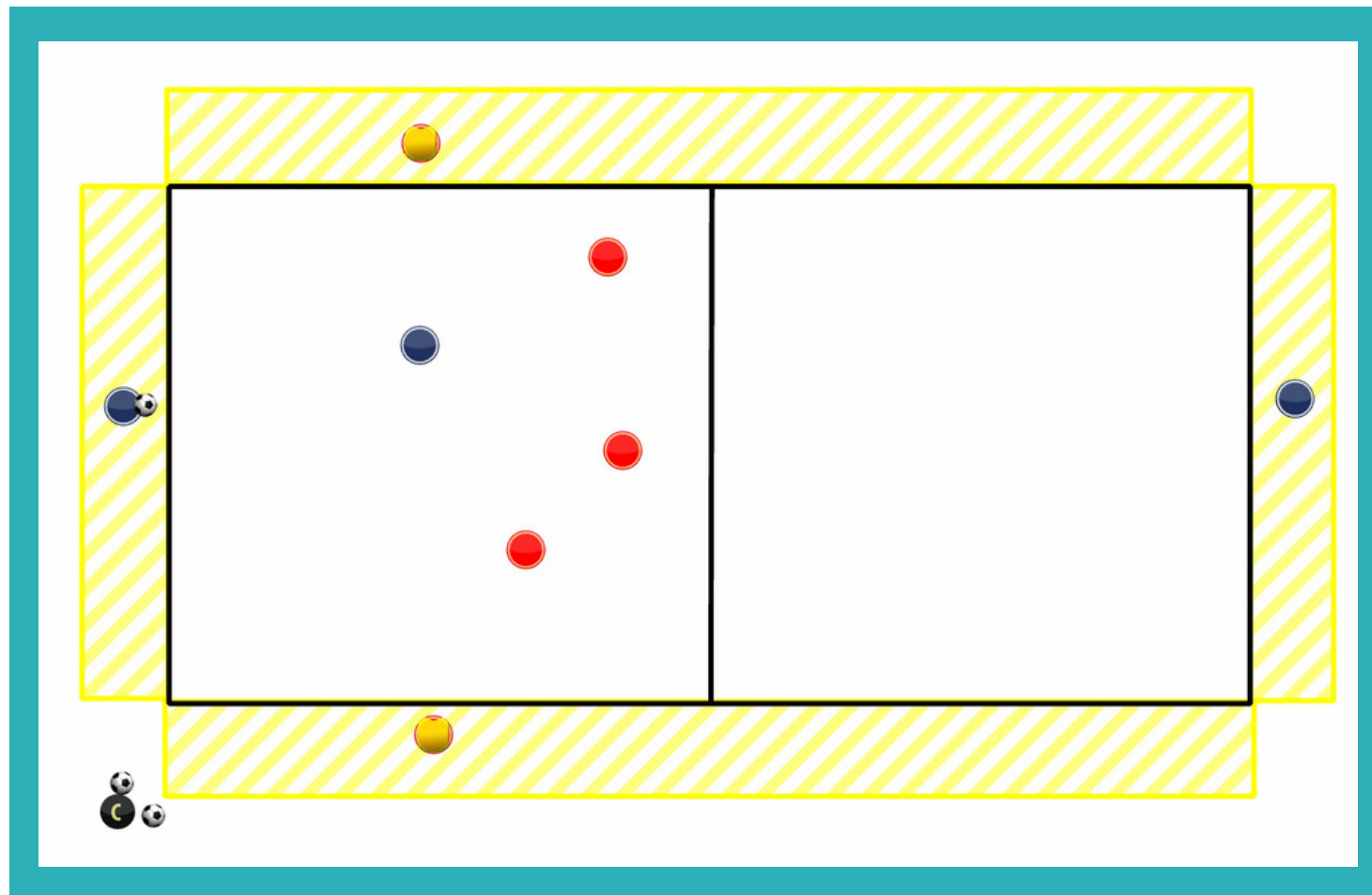
OBJECTIVE

Two teams will work together in an attempt to retain the ball within a 4v2 rondo. The team pressing will attempt to win the ball and score in any of the four target goals belonging to the team who lose possession. When possession is lost the emphasis will be on recovery runs and transitions. The team who loses possession are free to race to support teammates with a recovery run.

Session 105

Positional Double Rondo

3v3 Plus 2



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

15yd x 15yd

46 Foot Length x 46 Foot Width

3

RULES

The three pressing players are free to move anywhere. All the players in possession are restricted to their zone with the exception of the player in the middle of the playing zone. The two neutral players will work with the team in possession.

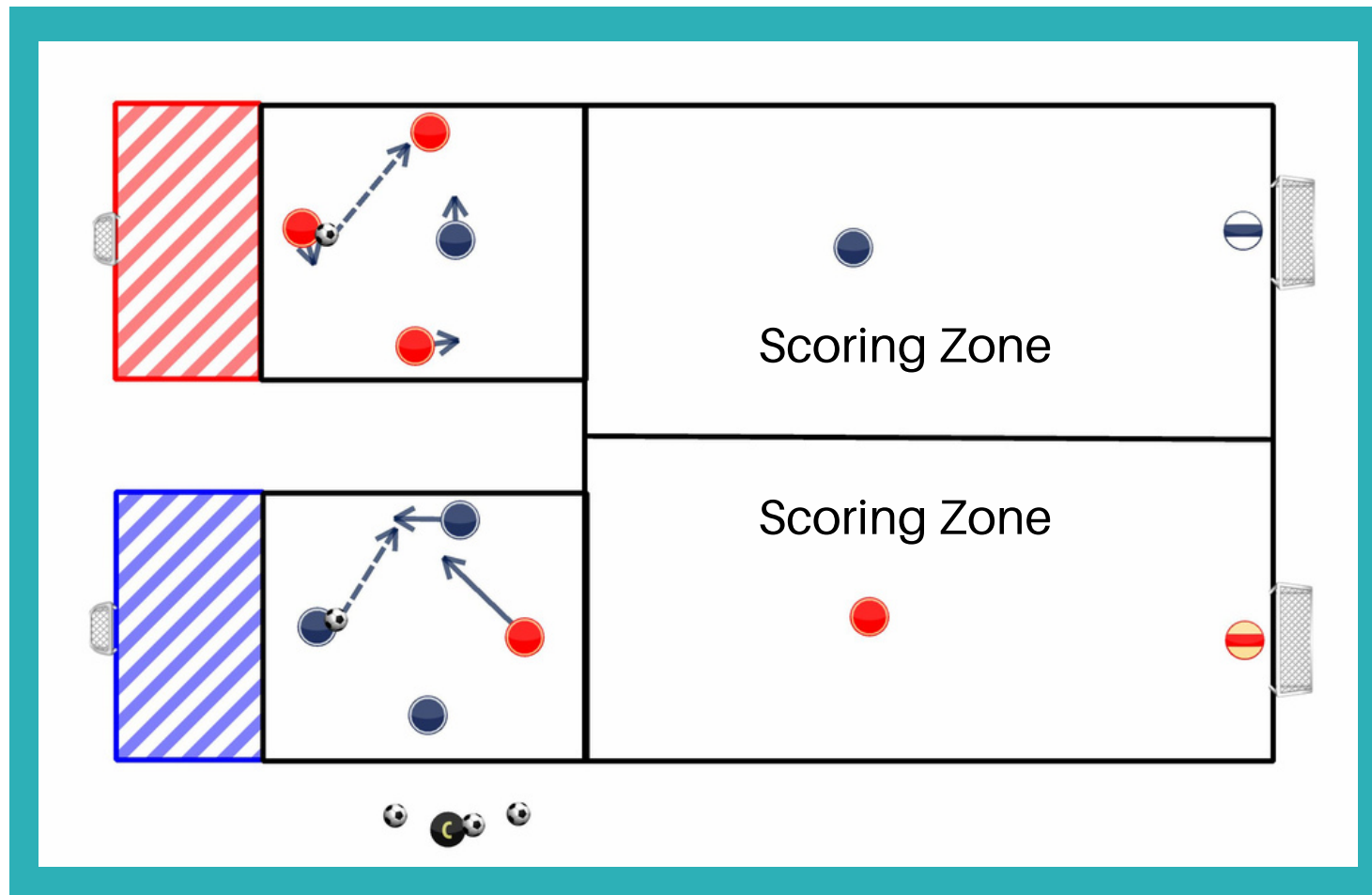
4

OBJECTIVE

The team in possession will attempt to retain the ball. The team pressing will attempt to win the ball and play a pass to either of the neutral players in order to reverse team roles.

Session 106

Competition Rondo 6v6



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

1/3 Pitch

3

RULES

All players are restricted to their zones with the exception of when a forward pass or dribble is made into the scoring zone. Teams must complete five or more passes before they can progress to the scoring zone.

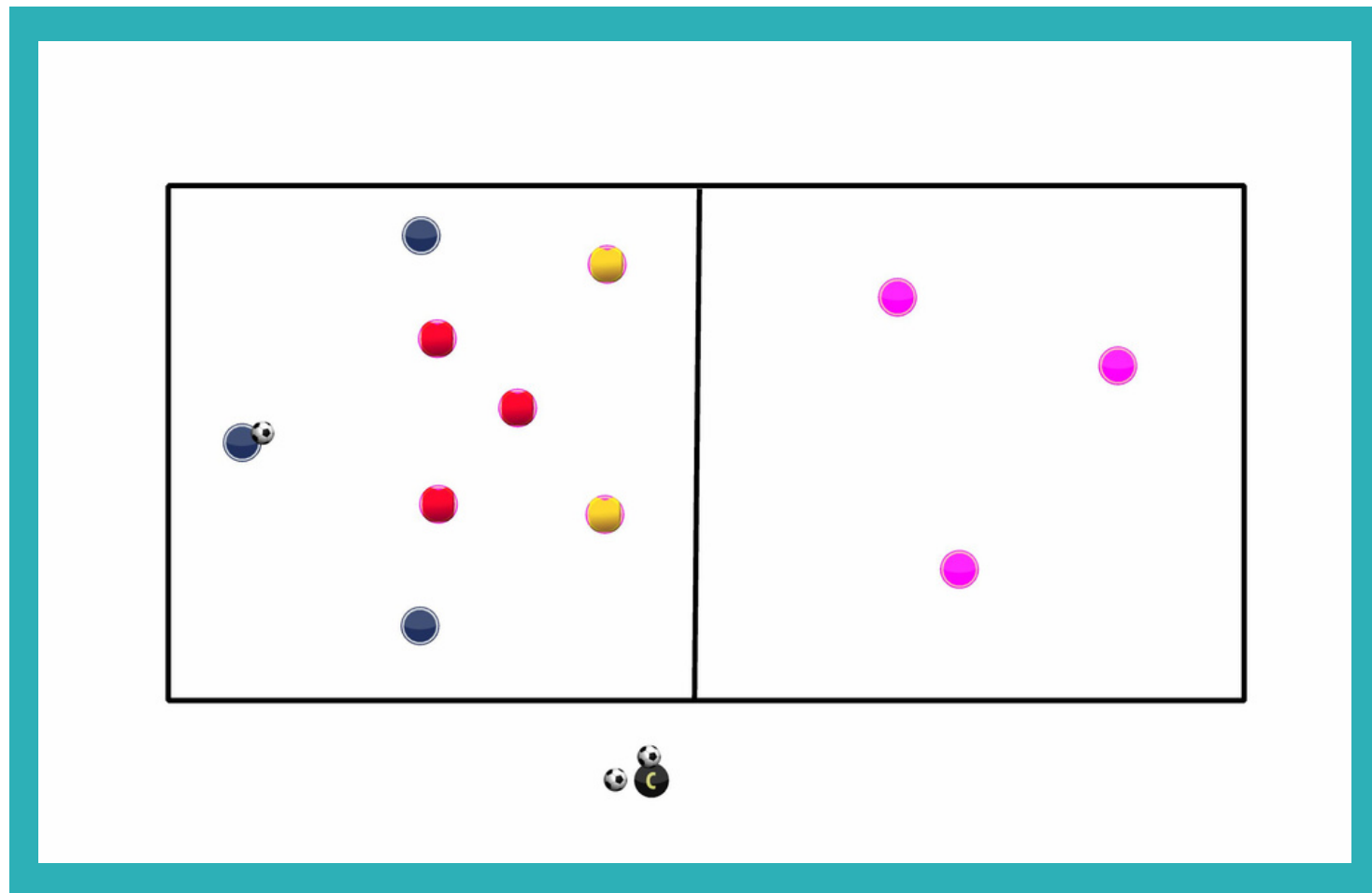
4

OBJECTIVE

Teams will attempt to progress to the scoring zone in order to score goals. When they are defending a team can win the ball and score in a target goal during the transition in order to score. The team with the most goals after a set time period win.

Session 107

Possession, Pressing and Counter Pressing 6v3 Plus 2



1

NUMBER OF PLAYERS

11 Players

2

DIMENSIONS

26yd x 22yd

80 Foot Length x 66 Foot Width

3

RULES

There will be a 3v3 Plus 2 in the active zone at all times. The two neutral players are permitted to move from one zone to the other and they will work with the team in possession.

4

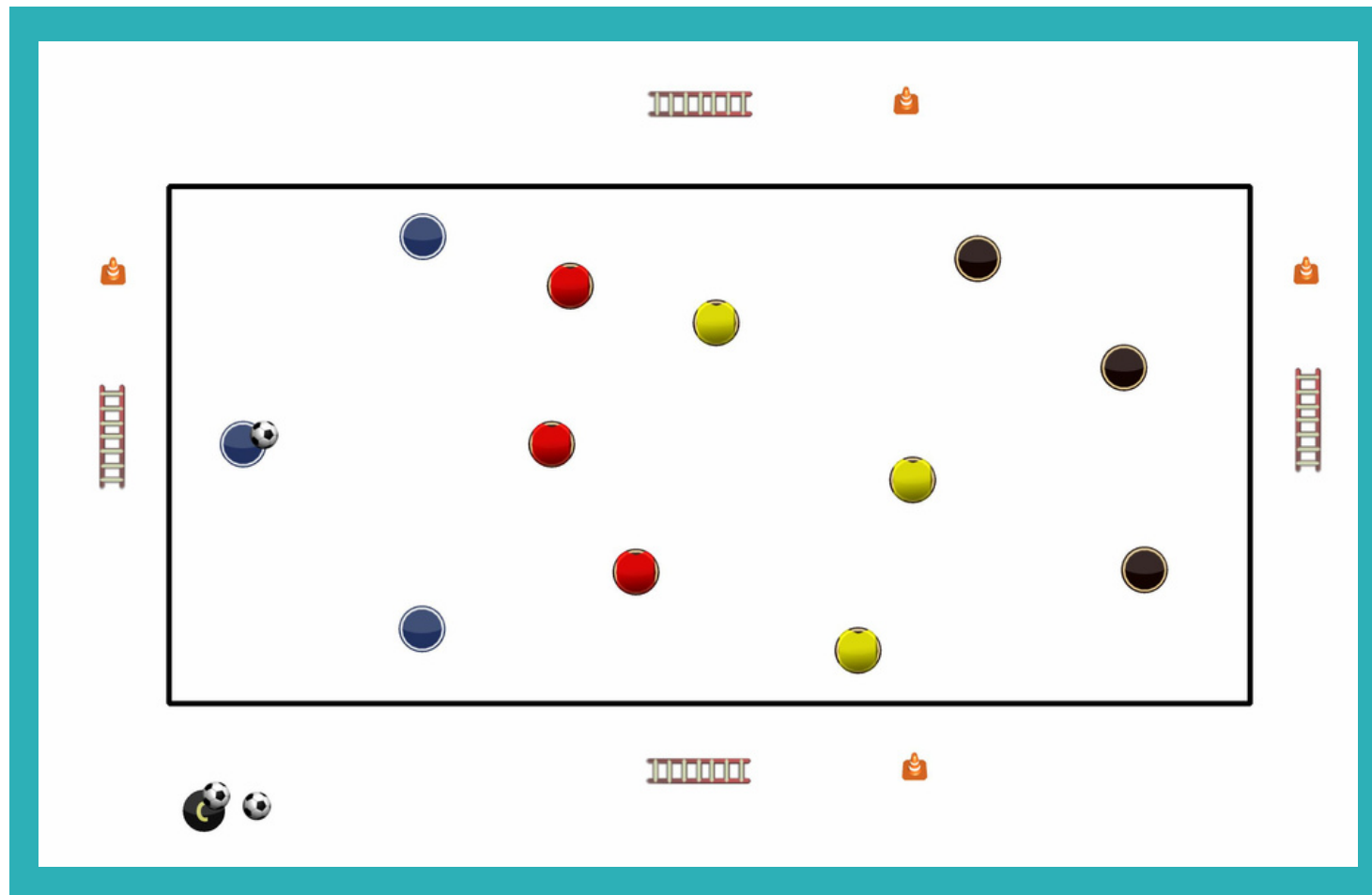
OBJECTIVE

Two teams will attempt to retain the ball. One team will press. If the pressing team wins the ball they must switch play to the opposite playing zone in order to reverse team roles.

Session 108

Possession (Conditioning Focus)

Spatial Awareness 9v3



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

28yd x 24yd

86 Foot Length x 72 Foot Width

3

RULES

One team will press. When a player from a team in possession makes a pass they must leave the playing zone to complete one SAQ activity before rejoining the playing zone.

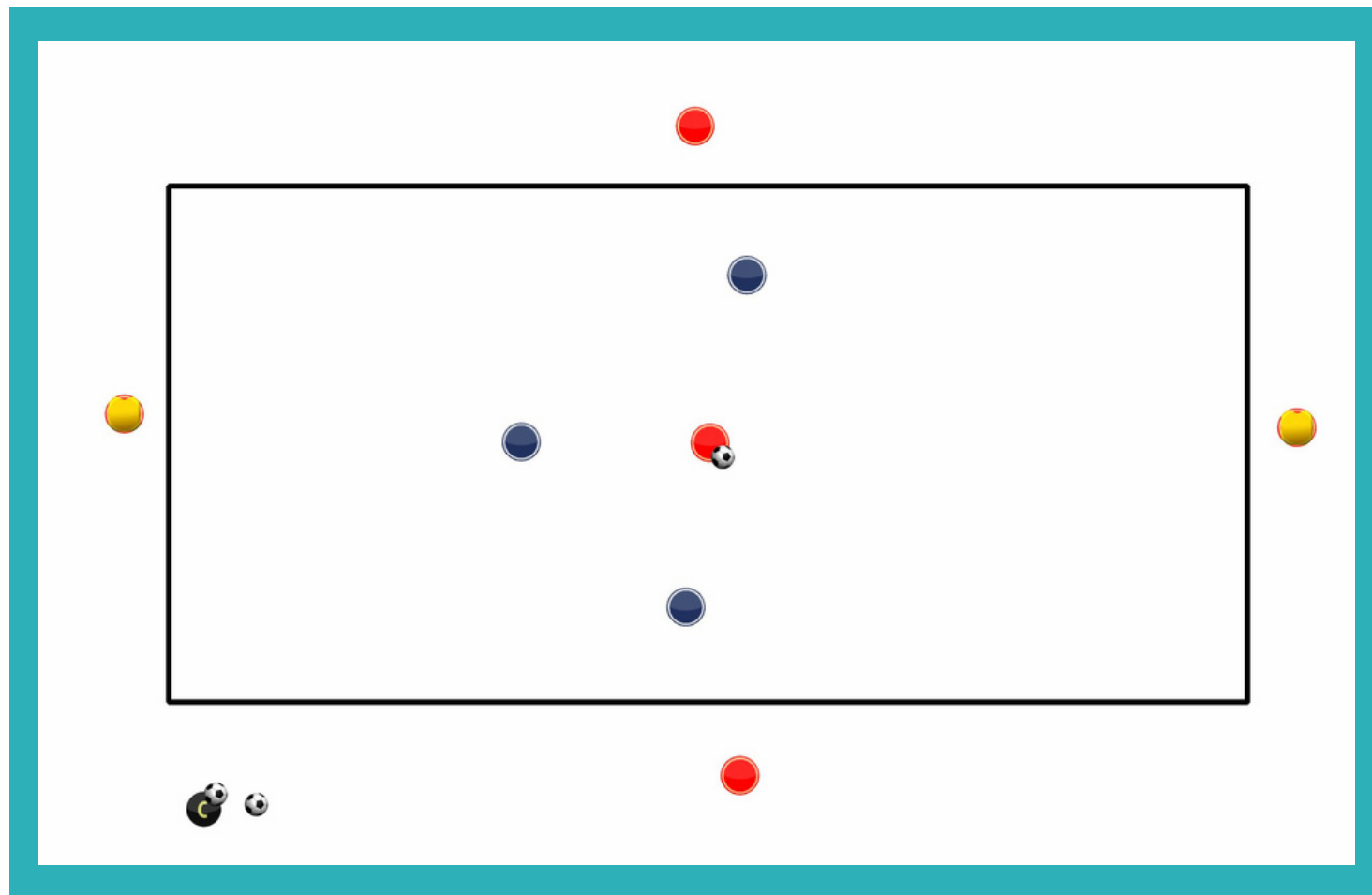
4

OBJECTIVE

The team pressing will attempt to win the ball in order to reverse roles with the team who lost possession. The teams in possession attempt to complete ten passes. When the teams in possession complete ten passes of the ball all the players from the team pressing must leave the field of play and complete a full round of SAQ stations.

Session 109

Possession 3v3 Plus 2



1

NUMBER OF PLAYERS

8 Players

2

DIMENSIONS

15yd x 12yd

46 Foot Length x 36 Foot Width

3

RULES

The two neutral players work with the team that is in possession.

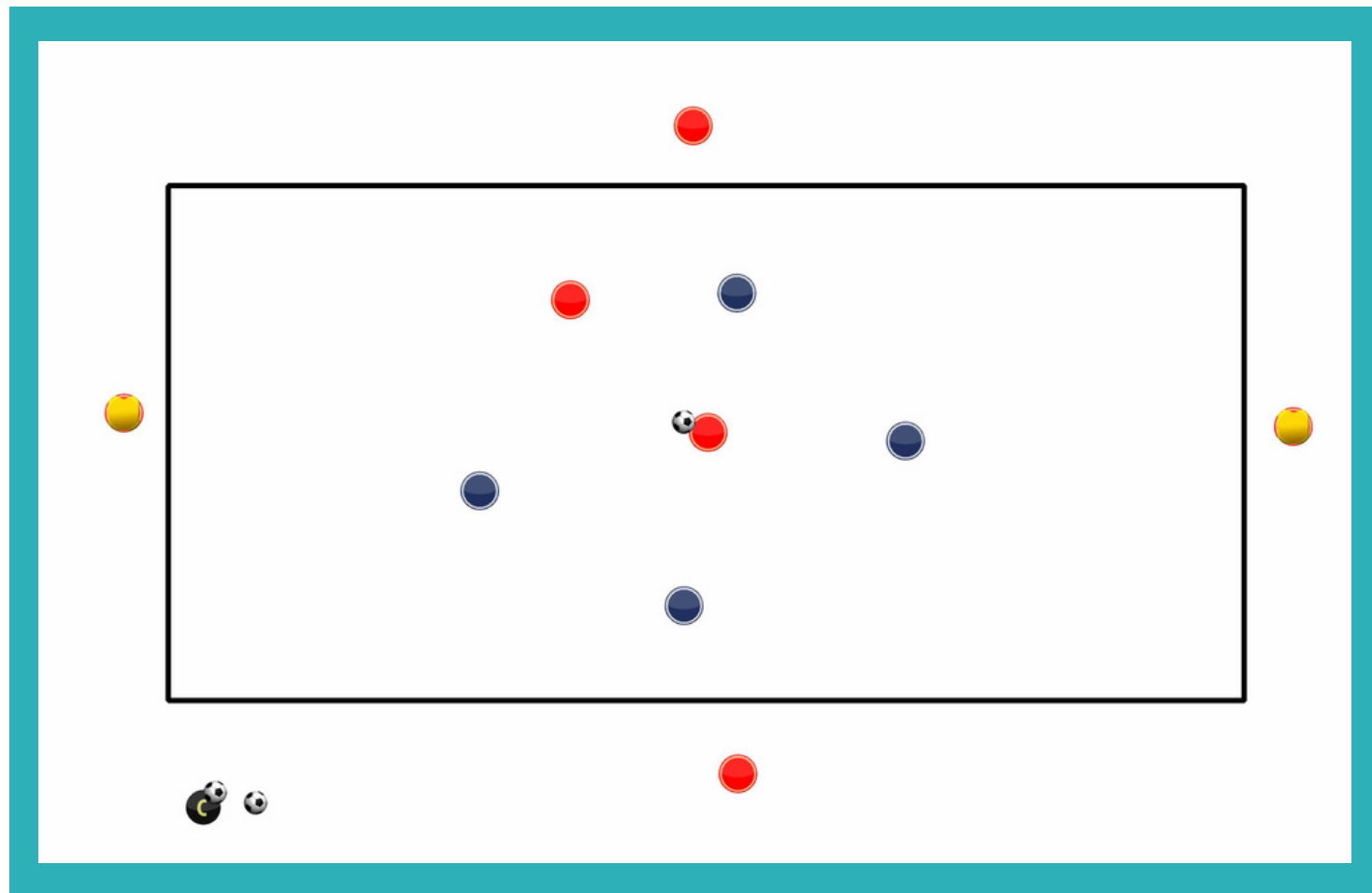
4

OBJECTIVE

The team in possession position one player in the middle of the playing zone and two players at end lines either side of the playing area. The team pressing are free to press anywhere. The team in possession attempt to retain the ball. The team pressing attempt to win the ball and complete a pass to either neutral player in order to reverse team roles.

Session 110

Possession 4v4 Plus 2



1

NUMBER OF PLAYERS

10 Players

2

DIMENSIONS

18yd x 16yd

54 Foot Length x 48 Foot Width

3

RULES

The two neutral players work with the team that is in possession.

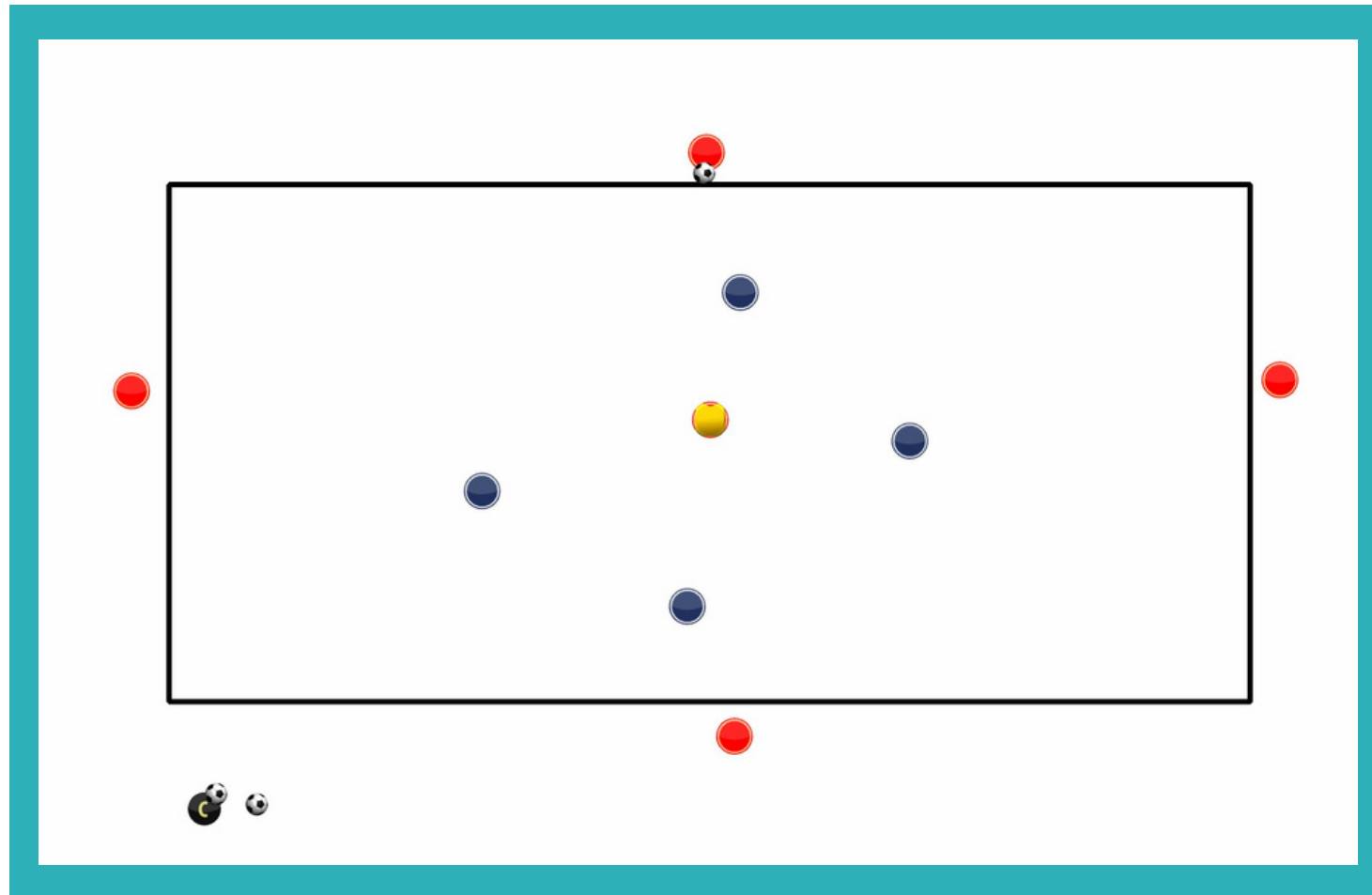
4

OBJECTIVE

The team in possession position two players in the middle of the playing zone and two players at end lines either side of the playing area. The team pressing are free to press anywhere. The team in possession attempt to retain the ball. The team pressing attempt to win the ball and complete a pass to either neutral player in order to reverse team roles.

Session 111

Possession 4v4 Plus 1



1

NUMBER OF PLAYERS

9 Players

2

DIMENSIONS

17yd x 16yd

52 Foot Length x 48 Foot Width

3

RULES

The neutral player will work with the team that is in possession of the ball.

4

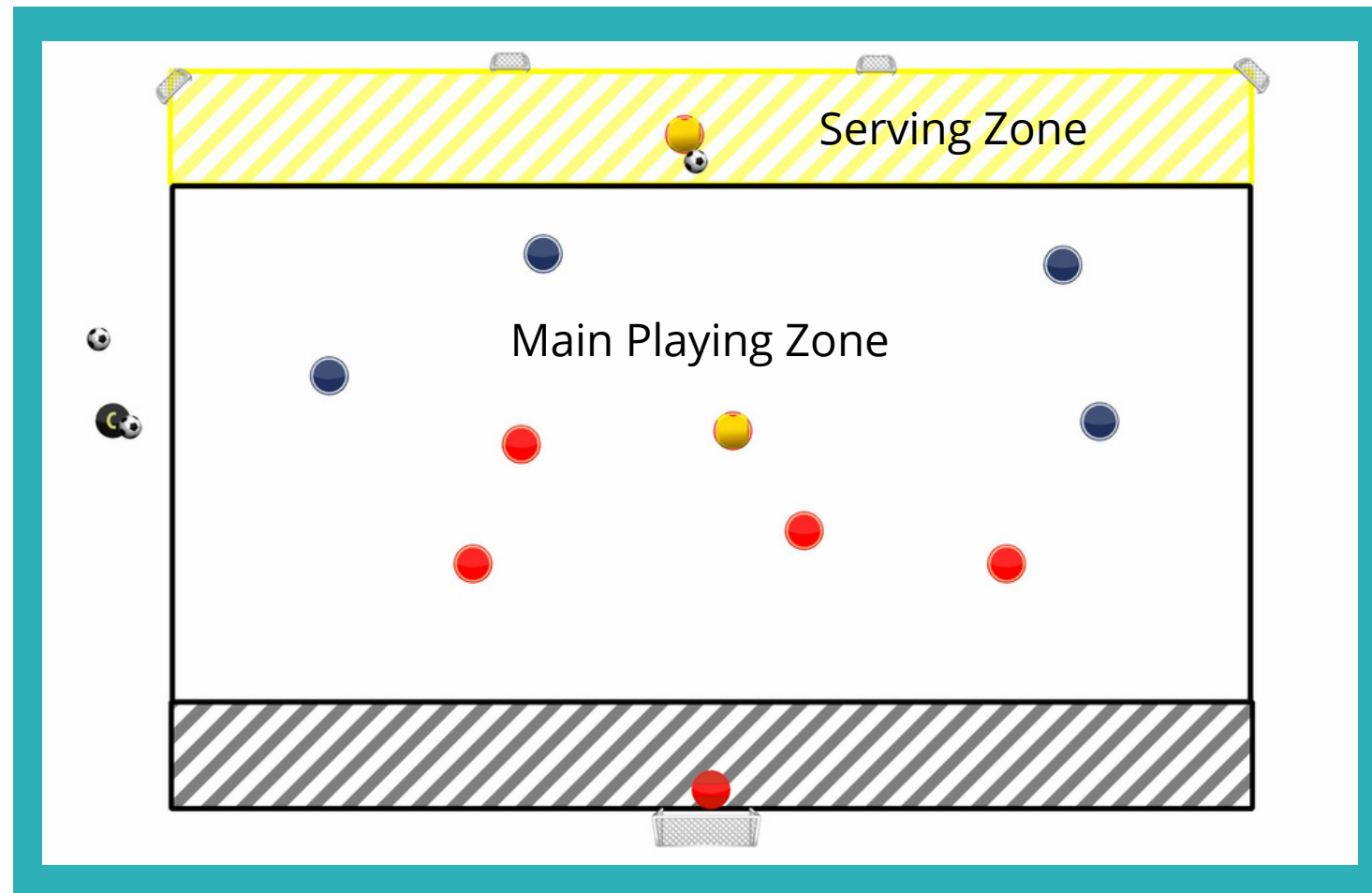
OBJECTIVE

The team in possession will be positioned around the playing zone. The team in possession will attempt to retain the ball.

The team pressing will attempt to win the ball in order to reverse team roles.

Session 112

4v5 Plus 2



1

NUMBER OF PLAYERS

11 Players

2

DIMENSIONS

1/3 Pitch

3

RULES

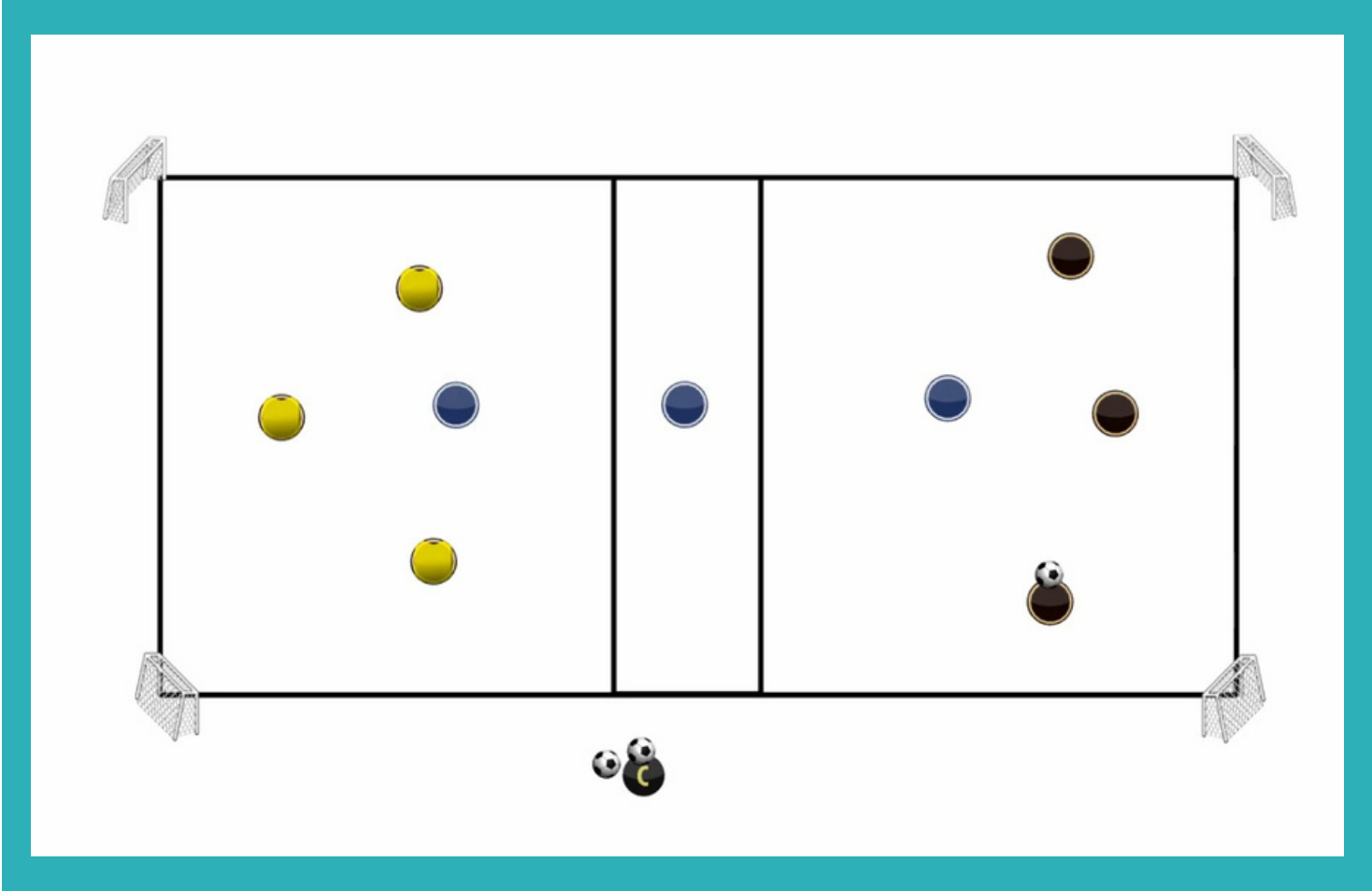
The two neutral players will work with the team in possession. One neutral player will be positioned in the serving zone. The other neutral player will be positioned in the main playing zone.

4

OBJECTIVE

One team will attack the goal in an attempt to score. The team defending will attempt to win the ball and score in any of the four target goals in order to reverse team roles.

Session 113
6v3



1

NUMBER OF PLAYERS

9 Players

2

DIMENSIONS

21yd x 9yd
65 Foot Length x 28 Foot Width

3

RULES

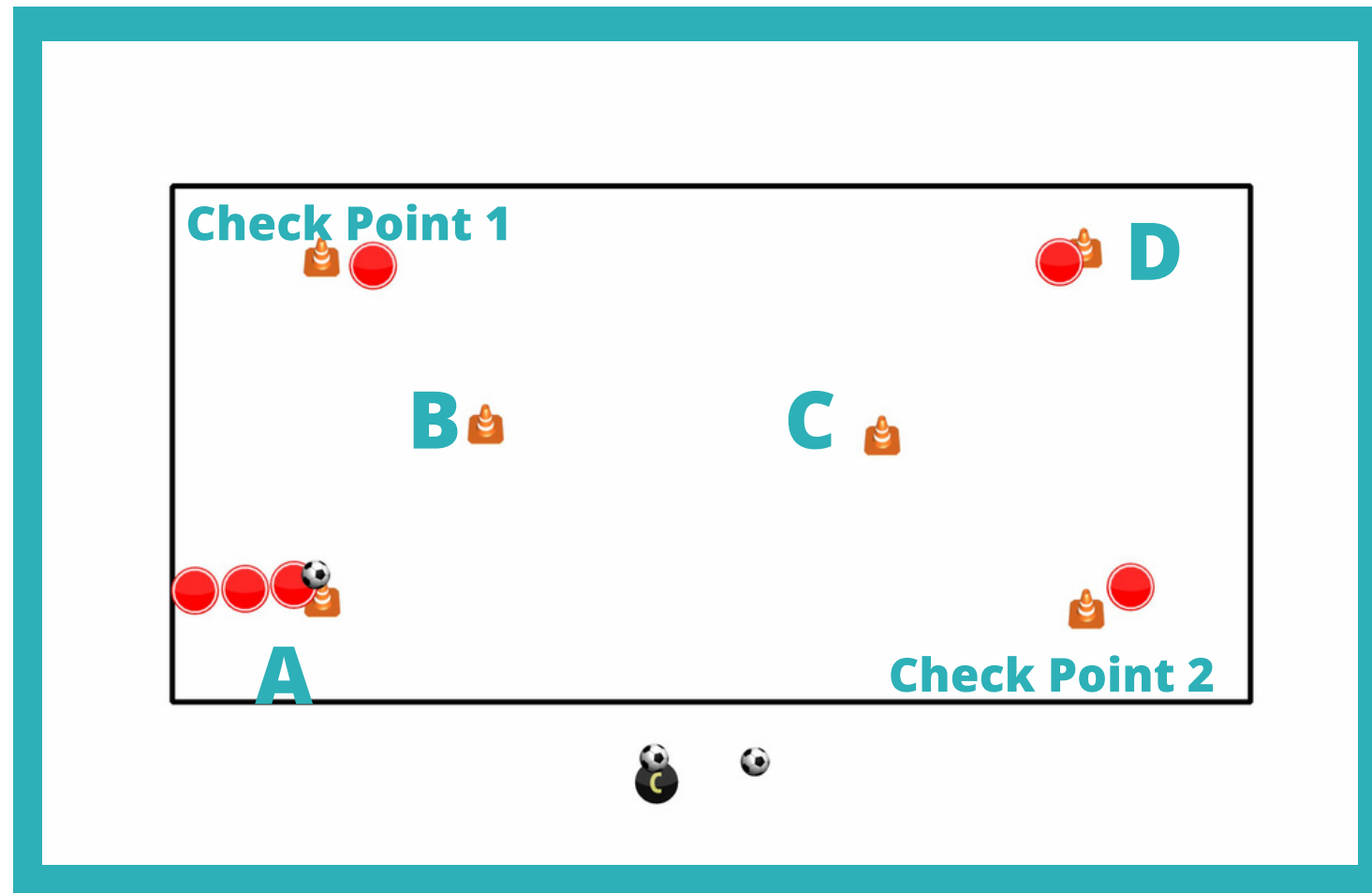
The team pressing will place one player in all three zones.

4

OBJECTIVE

Two teams will attempt to retain the ball.
The team pressing will attempt to win the ball and score in any of the four target goals placed around the playing area in order to reverse roles with the team who lost possession.

Session 114
Liverpool First Team
Combination Set Up



1

NUMBER OF PLAYERS

6 Players

2

DIMENSIONS

Varied

3

RULES

Players will follow the sequence of play.

4

SEQUENCE

A will pass to the player who runs to B from check point 1.

B will set pass to A then return to the checkpoint 1

A will pass to the players who runs to C from checkpoint 2

C will set pass to A

A will pass to D before moving to checkpoint 2

D will pass to C

C will set pass to D before moving to D position

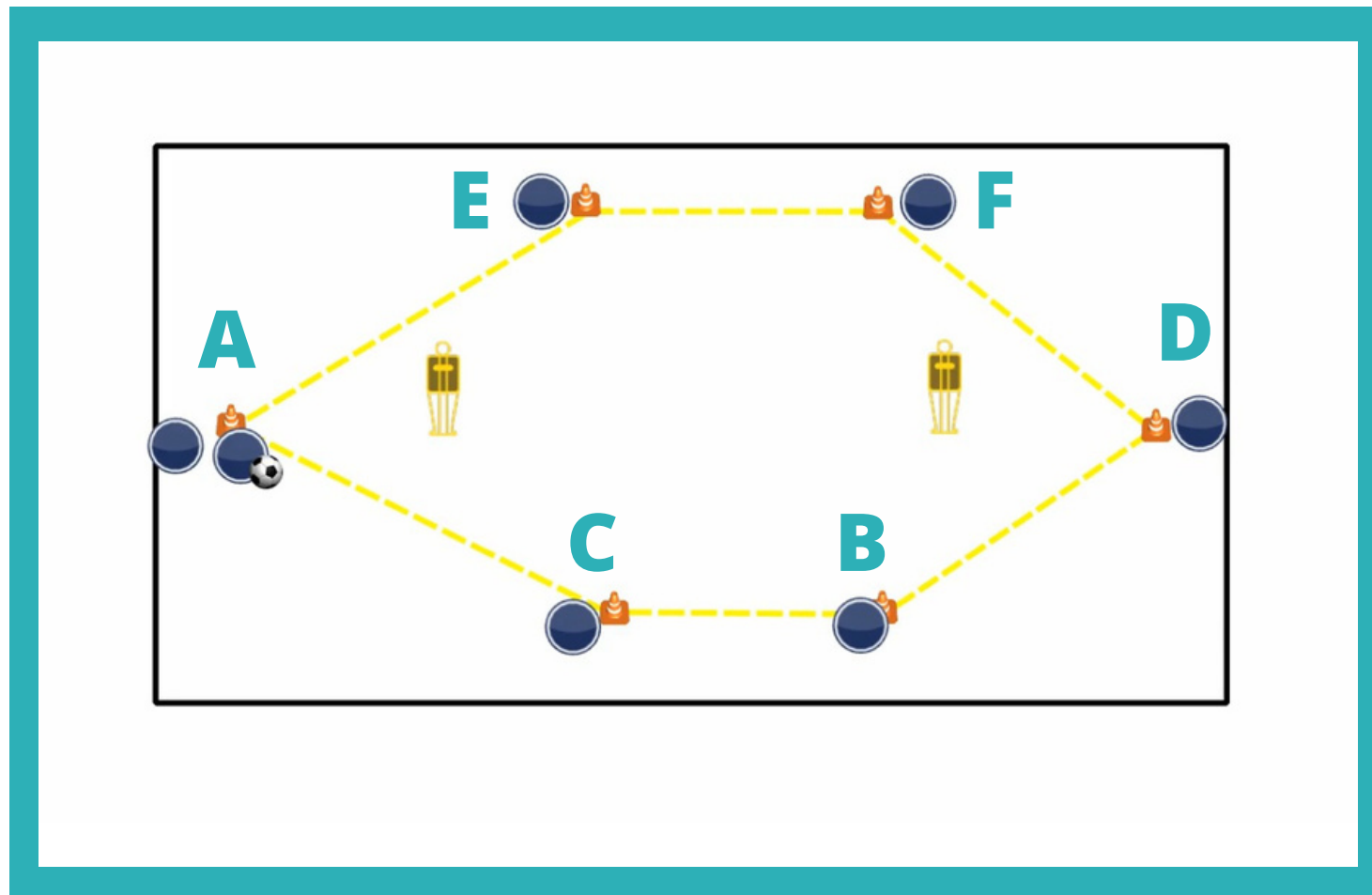
D will pass to the player who runs to B from checkpoint 1

B will set pass for D

D will pass to A before moving to checkpoint 1

The player in position B will leave the zone to point A

Session 115
Sevilla First Team
Combination Set Up



1

NUMBER OF PLAYERS

7 Players

2

DIMENSIONS

Varied

3

RULES

Players will follow the sequence of play.

4

SEQUENCE

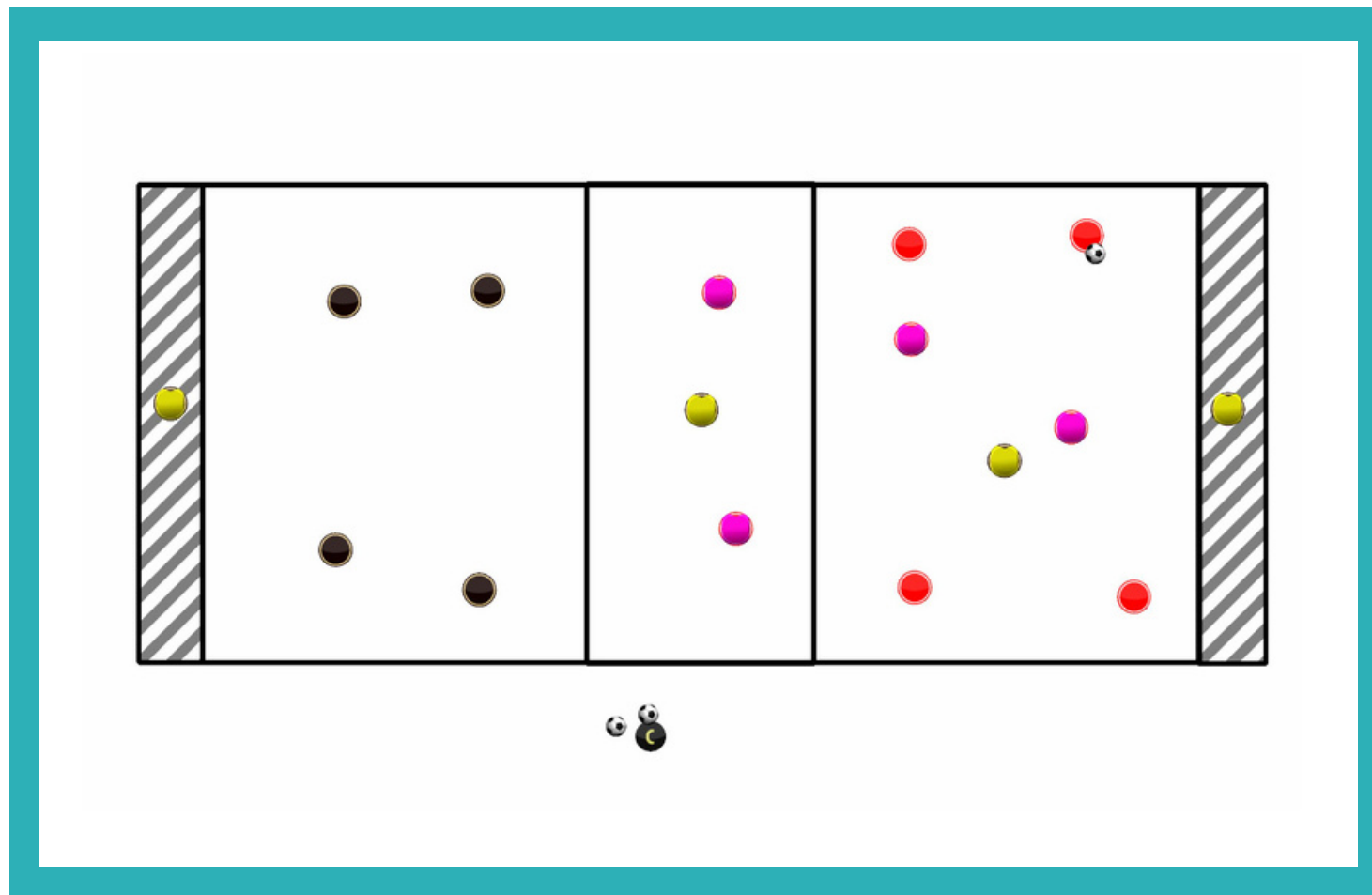
A will pass B
B will set pass for C
C will pass to D
D will pass to E
E will set pass to F
F will pass to A

Note: All players follow their pass.

Session 116

Manchester City First Team

8v4 Plus 4



1

NUMBER OF PLAYERS

16 Players

2

DIMENSIONS

46yd x 18yd

140 Foot Length x 56 Foot Width

3

RULES

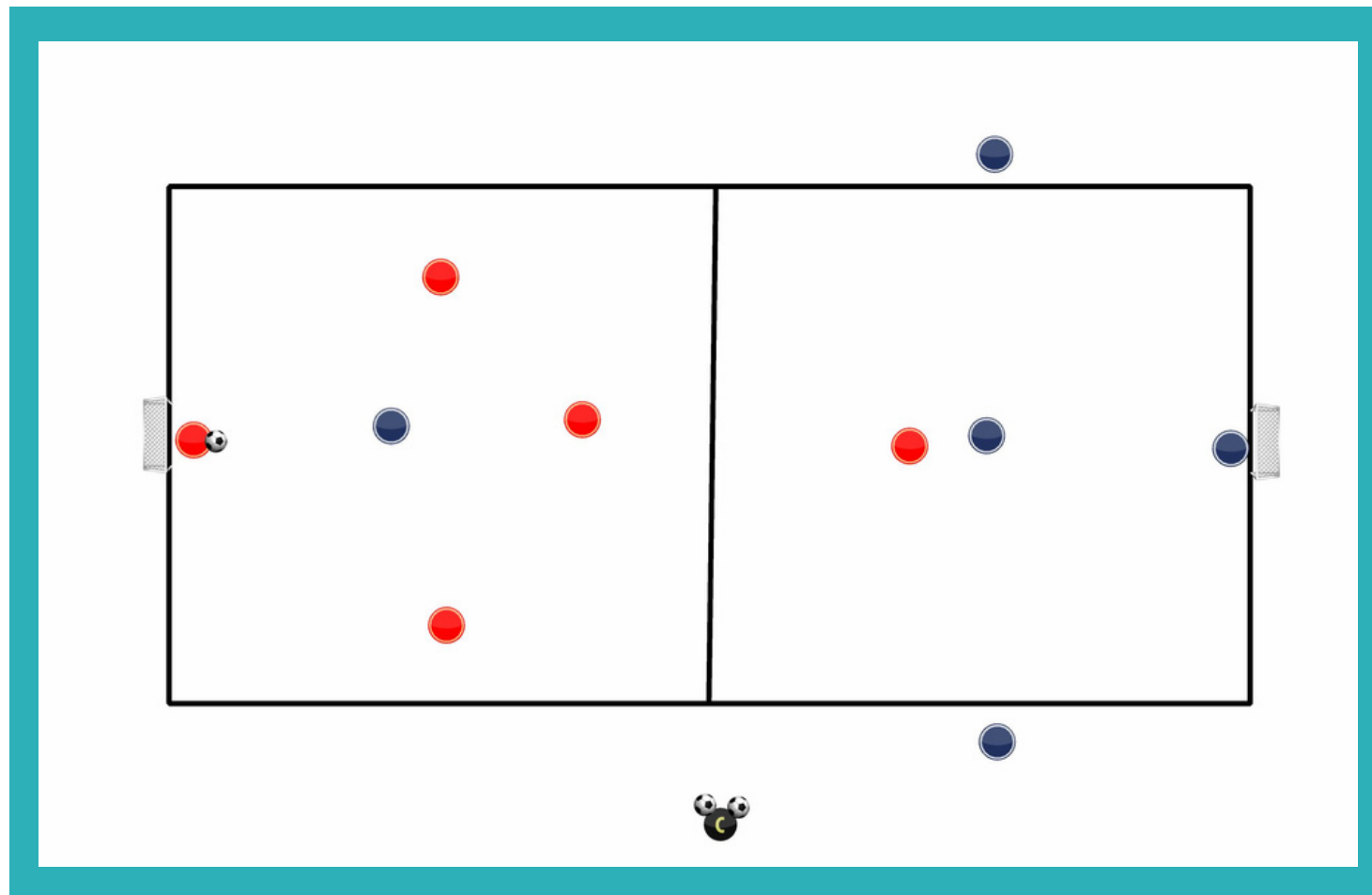
One neutral player will be positioned at both end lines. There will be one neutral player in the active zone and another in the screen zone at all times. All four neutral players will work with the team in that is in possession of the football. The team pressing will send two players into the active zone while two players remain in the screen zone.

4

OBJECTIVE

Two teams will work with the four neutral players in an attempt to retain the ball. The team pressing will attempt to win the ball and switch play to the opposite playing zone in order to reverse team roles.

Session 117
5v5
Support Play



1

NUMBER OF PLAYERS

10 Players

2

DIMENSIONS

38yd x 15yd

116 Foot Length x 46 Foot Width

3

RULES

One team will begin in possession as a 4v1.

The team in possession will attempt to complete five passes before playing a forward pass to a teammate in the opposition half. When a forward pass is made, play becomes open. The team defending will position one player in each half and a goalkeeper in goal. Two more players must begin outside of the playing zone. The players who begin outside of the playing zone may enter the field of play to defend following a pass into their half.

4

OBJECTIVE

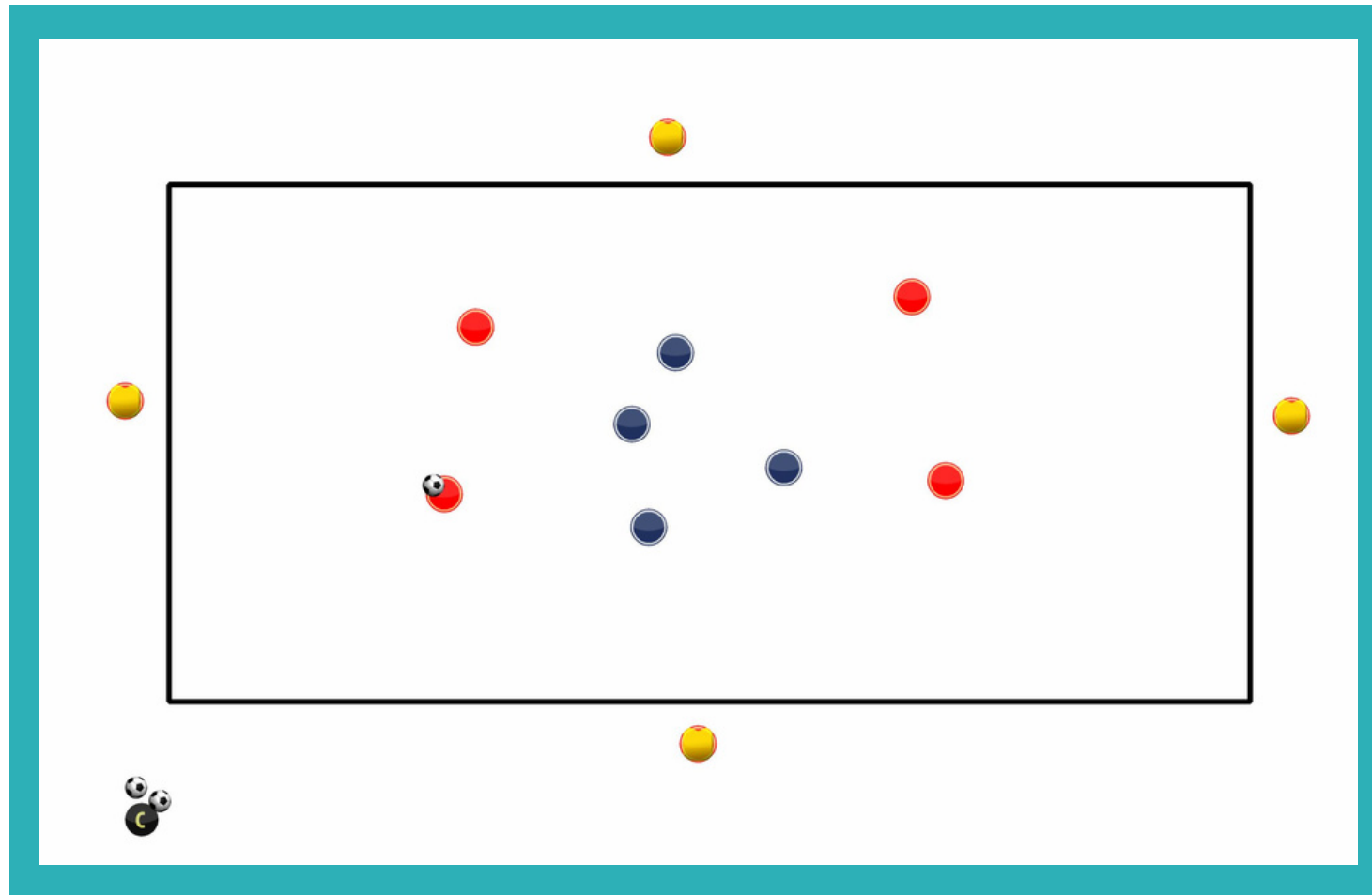
Teams will attempt to score in the opposing goal with emphasis on the fast approach play following a pass forwards.

POSSESSION WITH PURPOSE

Session 118

4v4 Plus 4

Movement to Receive



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

18yd x 21yd

56 Foot Length x 64 Foot Width

3

RULES

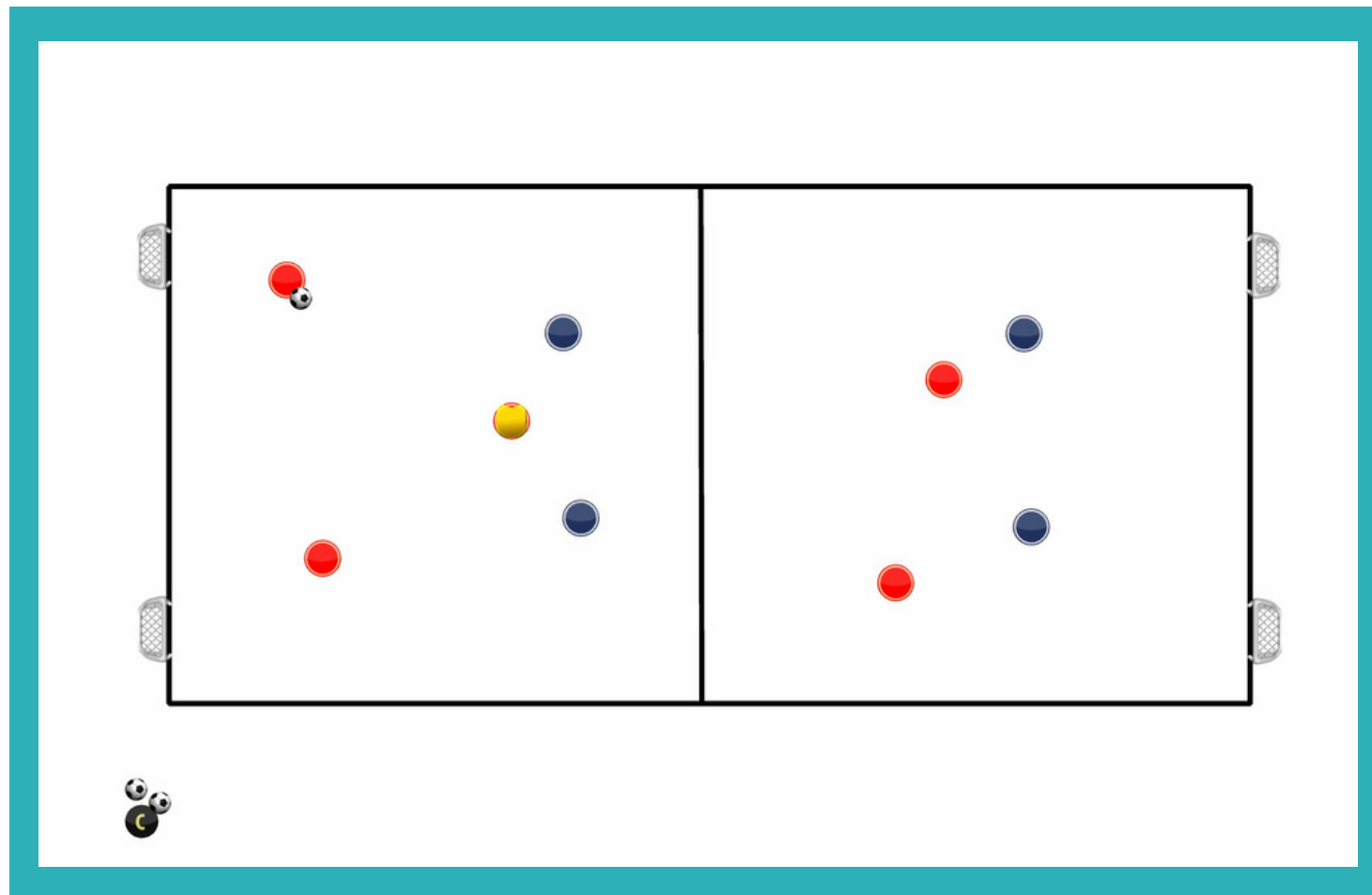
One team will attempt to retain possession. Four neutral players placed around the playing zone will work with the team in possession.

4

OBJECTIVE

The team in possession will attempt to retain the ball. The pressing team will attempt to win the ball and pass to any of the neutral players in order to reverse team roles.

Session 119
4v4 Plus 1
Small Side Game



1

NUMBER OF PLAYERS

12 Players

2

DIMENSIONS

23yd x 15yd

70 Foot Length x 46 Foot Width

3

RULES

All players are restricted to their half of the pitch with the exception of the neutral player. The neutral player will work with the team who are in possession of the ball.

4

OBJECTIVE

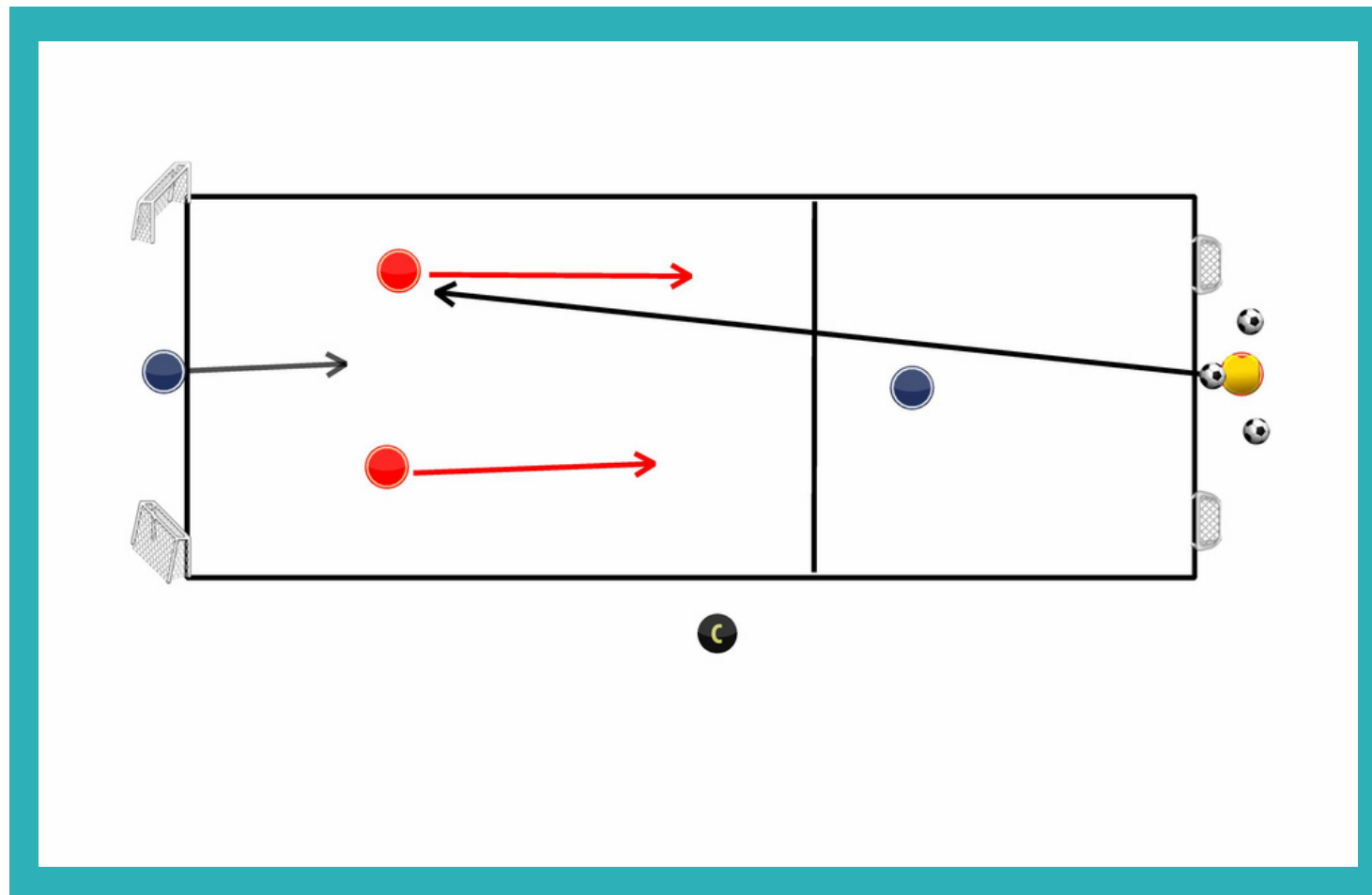
Teams will attempt to work the ball into the opposing half of the pitch in order to score in any of two opposition target goals.

POSSESSION WITH PURPOSE

Session 120

2v2 Plus 1

Phase of Play (Exploiting Overloads)



1

NUMBER OF PLAYERS

5 Players

2

DIMENSIONS

30yd x 11yd

90 Foot Length x 34 Foot Width

3

RULES

One neutral player will work with the team in possession from a designated position.

4

OBJECTIVE

The neutral player begins play by playing a long pass to either of the two attacking players. The attacking players will attempt to attack and score in either of the two target goals. The defending team will attempt to win possession and score in any of two target goals at the opposite playing end in order to reverse team roles. One player from the team defending will begin from behind play as a recovery run.

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