

Title: Ball Retention: Shielding the Ball and Team Possession

Produced using Sportplan Session Planner 
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Date:
05/03/2013

Venue:
Training Ground

Duration:
90 Mins

No of Players:
All

Ability / Level:
All

Equipment:
Balls, Bibs, Cones

Session Goals:

To work on a variety of ball retention skills, starting with individual skills and then building to team keep ball skills.

To develop these skills so that the team can use them to play through the thirds.

Personal Coaching Goals:

To improve your team's competence and confidence in retaining the ball.

To get players making good movement to support each other to retain the ball.

Time	Task / Activity / Session Content	Coaching Points
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Warm Up

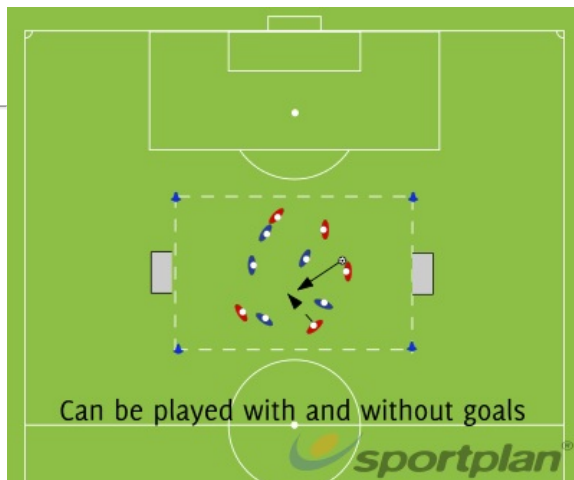
Handball warm up game

10 Mins

Split your players into 2 even teams. Play a game of handball. In this game players have to pass the ball around using their hands.

Scoring:

Teams score 1 point for every 5 successful passes (this can be increased to 10 passes to make the game more challenging).

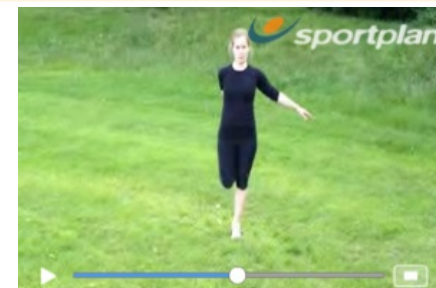


Notes

Perform dynamic stretches between every 2 minutes of play.

Encourage players to find space to complete more passes and score more points.

Initially don't allow players to move with the ball. Next only allow a maximum of 3 steps when in possession of the ball (like in handball).



Ball Retention - Individual Practice

1 vs 1 - Shield it

10 Mins

Play 1 vs 1

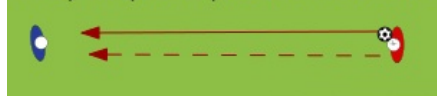
Player 1 is the passer (and tackler) while the second player is the receiver (and ball shielder).

1. Play starts with the passer making a pass and then moving to tackle the ball.
2. The shielder tries to retain the ball for as long as possible, not allowing the tackler to take it away.

Scoring

1 point for retaining the ball for 5 seconds; 2 points for 10 seconds; 3 points for 15 seconds and so on...

1. Play the pass & pressure the receiver



2. Shield the ball for as long as possible



Coaching Tips

Passing:

Demand good quality of passes from your players - pace and accuracy on the passes.

Encourage players to use a variety of passing techniques, such as driven passes with laces; curling passes with the interior of the big toe; solid passes with the interior; clipped passes with the front of the laces; etc. This will challenge the first touch of the receiving players and will allow for a variety of controlling methods/techniques.



Shielding:

Encourage the shielding player to keep his body between the ball and the tackler. Shielding players should have a good low body position, with knees bent be using their arms to feel where the defender is.

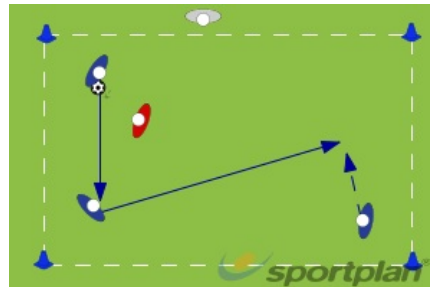
Look for good ball control ideally with the soles or the exterior of the feet.

Team Retention

Don't get caught on the ball!

15 Mins

Play 3 vs 1 in an area of 15x10m.
The retainers try to keep the ball for as long as possible between them.
The defending player tries to touch one of the players while they have the ball at their feet. If this happens they must swap roles.



Coaching Tips

Show your players how to offer good support angles and demand them to get in positions where they can be most effective to the player on the ball.
Look for players to keep the ball if they have time (dribbling where possible) and for them to play the ball quickly (with 1 and 2 touches) when they are in danger of being pressed by the defender.
This is hard for the defender so change his role after 90 seconds if he/she is not successful at touching a player on the ball.

3 vs 2 - Switch Box

20 Mins

Set up:

3 teams of 3 plus 1 joker player who plays for the team in possession.

The team with the ball (blues) start in 1 box. The other team (yellows) have 1 player in each box while the defending team (red) begin in the middle box (red area).

The Game:

The blue team tries to make 5 passes and then pass to one of the yellow team players. The defenders send 2 players to try and win back the ball - this will be a 3v2 (or a 4v2 if you use a joker player).

Once this is done the yellow team all play in the box where the pass was received. Each player from the blue team then occupies 1 box each (from the remaining 3).

The yellow team now try to do the same, completing 5 passes before finding 1 of the players from the blue team.

If the defenders win the ball they try to play it to the defender who has remained inside the central (red) area.

The Joker:

The joker (red player) helps the team on the ball, making it an overload of 4 vs 2 when working with attacking team and helping make a 3 vs 3 when the defenders win it and try to play it to their partner who remains in the red zone. You can remove the joker if this clears things up, and have him/her as an additional option for the game, depending on whether the group is struggling with the game or not.



Coaching Tips

Look for good supporting angles and general support play.
Demand quick touches to release the ball and keep the defenders moving.
Look for them to play with head up and to use 2-3 touches in order to make the 5 passes as quickly as possible.
Look for good passes which switch play effectively once the 5 passes have been made.



Final Game

Keep the ball - small sided game

Setup:

Split the pitch up into 3 zones and play a 10 vs 10 with:

- 4 players in defending zone
- 3 players in middle zone
- 2 players in attacking zone

Stage 1 (5 mins):

Team with the ball has to keep possession of the ball playing it from defence to middle and to attack before passing to the goalkeeper and then doing the same backwards from attack to defence.

Stage 2 (10 mins):

Play through the thirds but when the ball reaches the attacking third the aim is now to score.

Stage 3 (15 mins):

Free Play as normal match with emphasis on establishing consistency in keeping the ball and making good decisions in order not to lose the ball.

30 Mins



Coaching Tips

Allow the player who makes a forward pass to follow up on the pass by moving to support in the next zone.

For example:

- Defender passes into midfield and then goes into midfield to make a 4v3 overload
- Midfielder passes into attack and then moves to support the attackers in the attacking zone; allowing for a 4 vs 4 (2 attackers, 1 supporting midfielder + goalkeeper).

Encourage support play from the goalkeeper.

Demand movement which allows the pitch to remain big and movement which allows individual players to create many passing angles/options for each other.

Cool Down

Finish as a team

Warm down with light jogging and static stretching as a group.

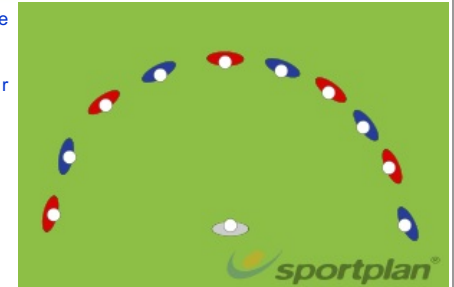
5 Mins



Coaching Tips

Gather your players around in a circle for some stretches of the main muscles groups.

You can lead the stretches yourself or alternatively call out the name of a muscle and one of your players will have to show a stretching exercise to the rest of your group for them all to perform.



Other Comments:

"Confidence is everything. From there, it's a small step to winning" Craig Stadle

Evaluation: