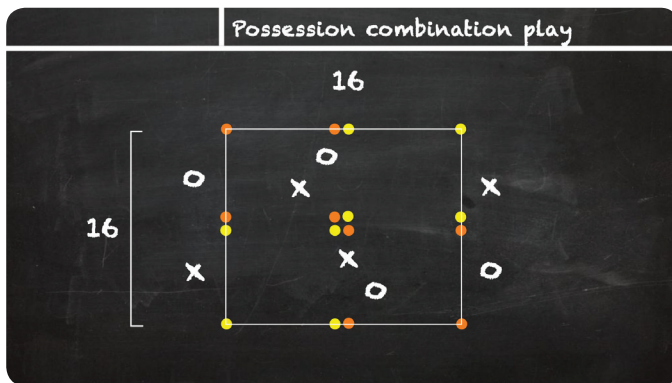


POSSESSION

SESSION COMBINATION PLAY		PLAYERS 8 – 16
AREA 16 X 16	AGE 11+	TIME 15 MINS



KEY FACTORS

Move as the ball travels to get in position

Body position when receiving –
get 'side on'

Play forward

SET UP:

- Pitch divided into 4 squares of 8x8 metres/yards.
- Mark them out using 2 sets of different coloured cones (orange and yellow). Clockwise: orange, yellow, orange, yellow.
- 2 teams of 4 players per team.
- 2 players from each team play inside the area. 2 players from each team play on the outside of the area facing opposite their teammates (see diagram). 1 ball is in play.
- Play begins with an outside player. He must play to a teammate inside the area. That teammate inside the area then plays to his other teammate inside the area. The pass must be made into the square diagonally opposite. The ball is then played back out to a teammate on the outside of the area.
- The player receiving the ball on the outside plays it to the other team, specifically to the player on the same side as him.
- Team 2 then run through the same drill.
- Repeat.

PROGRESSION: Use 2 players from 1 team inside the area to act as defenders. They can only defend the 2 squares in their side of the pitch. The 2 attackers can use the whole area but must receive the ball in a different square to their teammate. Score points by keeping possession whilst passing through the area and to the outside. Defenders score by winning the ball and getting it to their teammates on the outside. At this point they then become the attackers.

SKILL DEVELOPMENT: Control, spatial awareness, communication, interceptions, weight of pass.