	Skill Level	Date	Age Groups
	Intermediate	**Title:** Possession and More	U10 U12 U13+

Skill Focus:
Ball Control Passing Possession

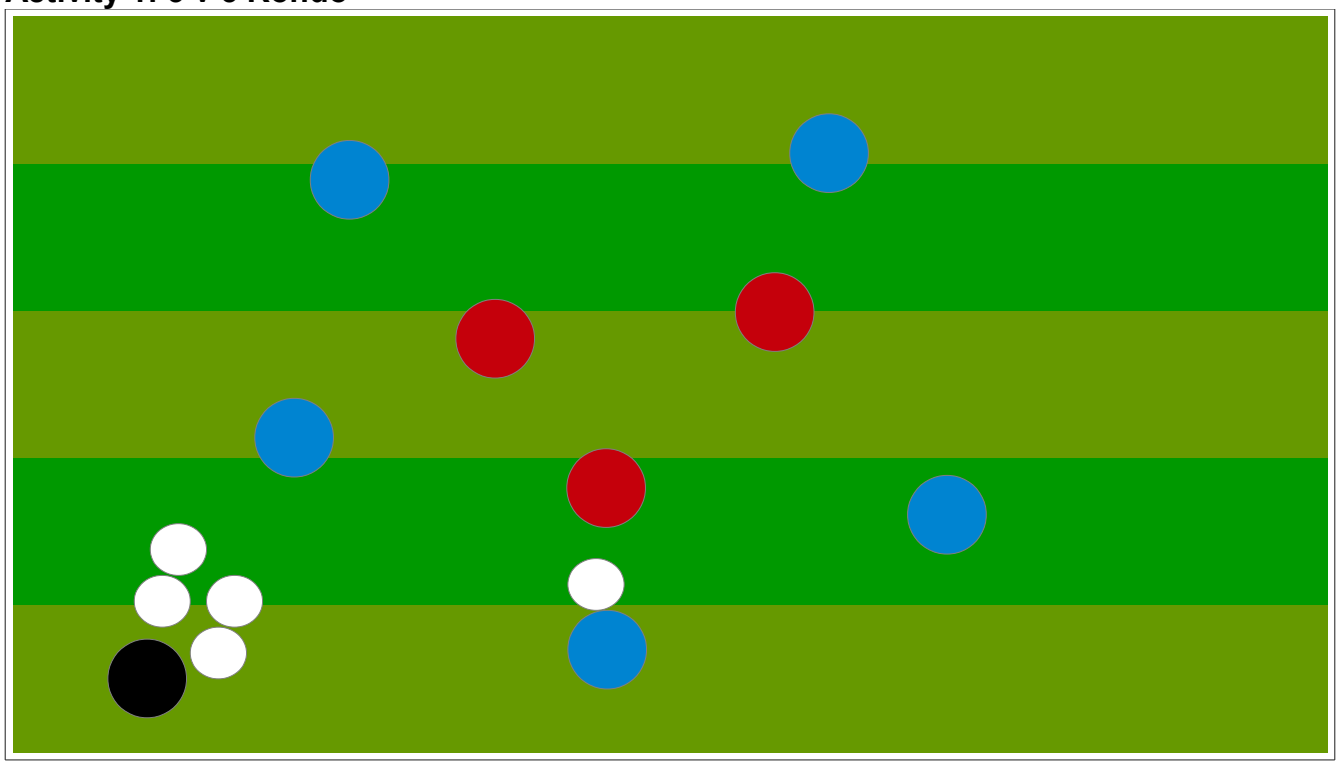
Session Description:
This session focuses on possession.

Warm up:
Juggling or 3 touches

Scrimmage:
Activity 3 is a possession style scrimmage where the focus is on maintaining possession and not on scoring goals. There are very specific rules with this scrimmage so there ends up being very little scoring if any. This activity is a very good one if you want your players to be able to make good decisions in tight spaces and maintain possession of the ball. It can also be applied from U10 and up with increasing the intensity level as you go up in age groups.

Notes:

Activity 1: 3 v 5 Rondo



Setup: 15 x 15 yd area, bigger if needed

Time: 10 minutes

Equipment: balls, and pennies

Description:
Setup 5 players in a circle with three players in the middle. If you have more players add the extras around the circle with only 3 in the middle.

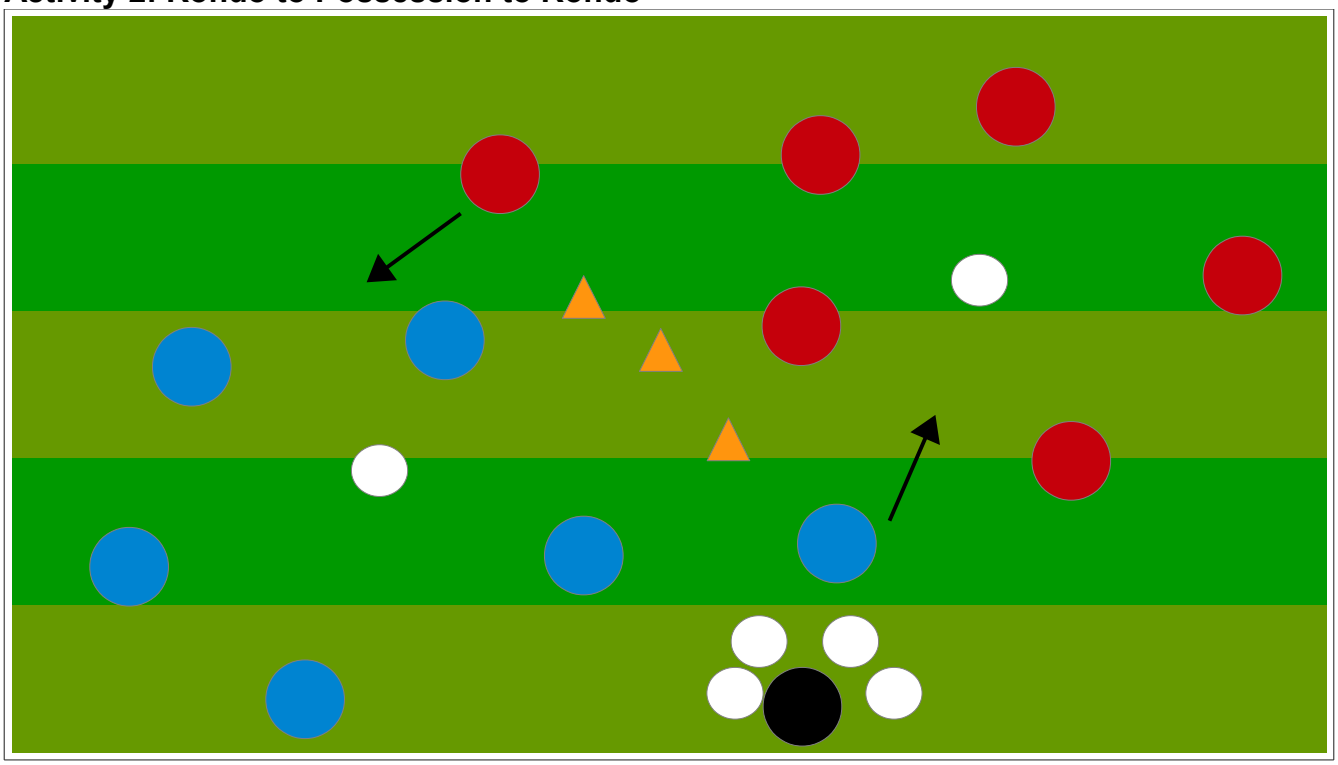
Players around the circle attempt to make a pass to another player around the circle.
The players in the middle try to intercept the pass.

If a pass is intercepted the outside player that lost the ball switches with the inside player that won it. If it goes out of play, the player that made the bad pass or didn't control the pass switches with the nearest middle player.

Coaching Points:
- Quick 1 & 2 touch passes
- Get your head up to find a pass
- Remember the ABCs of defending

Progressions:
1. Add a point system
    1. 1 point if the pass skips an outside player
    2. 2 points if you the pass splits a defender
    3. Defenders get 3 points for an interception

Activity 2: Rondo to Possession to Rondo



Setup: 2 15 x 15 yd areas separate the areas with cones

Time: 10-15 minutes

Equipment: Cones and pennies

Description:
Split the players up evenly. Give each player in the group a number (each group should have a #1, #2, #3, etc.)

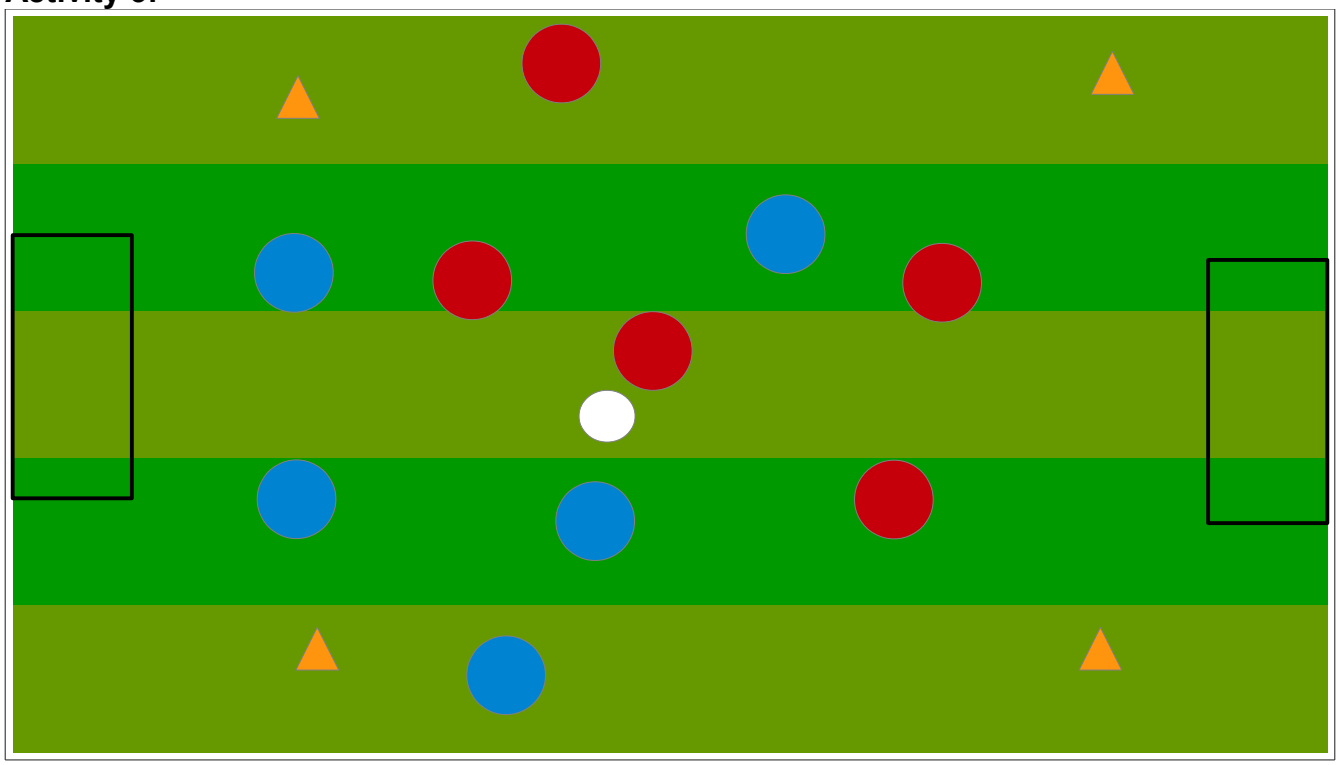
The groups start by passing the ball to each other, when the coach calls out a number, the player from each group with that number runs to the other side and tries to intercept the pass.

Once one team wins the ball, the two players return to their group and the activity starts over.

Coaching Points:
- Call out “Man on” when the player from the other group is coming
- Look over your shoulder to see where the pressure is coming from
- Good strong 1 and 2 touch passes.

Progressions:
1. Call out 2 numbers
2. Add a point system, first team to intercept the ball gets 3 points
3. Add a time limit to how long the defenders have to win the ball.

Activity 3:



Setup: 15 yd x 10 yd or 20 yd x 15 yd
Two small goals at either end. You can make the goals out of cones if needed.
Set up a lane of the long sides of the playing area with cones.
Time: 15 - 20 minutes
Equipment: Cones, balls, small goals (optional)

Description:
Two players set up as defenders at the back (3 at the back if needed)
One player sets up in the lane, this player can not be tackled. You can only apply pressure.
Two other players act as a forward and a midfielder (add an extra midfielder and forward if you have enough players).

One team begins play from one of the defenders, the first pass is free.
If one of the defenders has the ball, then only 1 of the forward players from the other team can attack the ball handler and provide pressure.

A team can only attempt a shot on goal after each player on their team has touched the ball uninterrupted.

If a ball goes out of play, the coach puts in a new ball to a defender of the last team in possession

Shift players to different positions after 5 minutes.

Coaching Points:
- Play quickly, no dribbling
- Move into open space to create good passing angles.
- Use short passes to team mates
- Keep the ball, it's better play the ball backward and keep the ball than to give it away
- You can pass backwards
- If a defender moves up, then the midfielder should take their place

Progressions:
1. Raise the intensity level