	Skill Level	Date	Age Groups
	Beginner Intermediate	**Title:** Possession Basics II	U10 U12 U13+

Skill Focus:
Ball Control Team Play
Maintaining Possession
Passing

Session Description:
This session is dedicated to maintaining possession of the soccer ball.

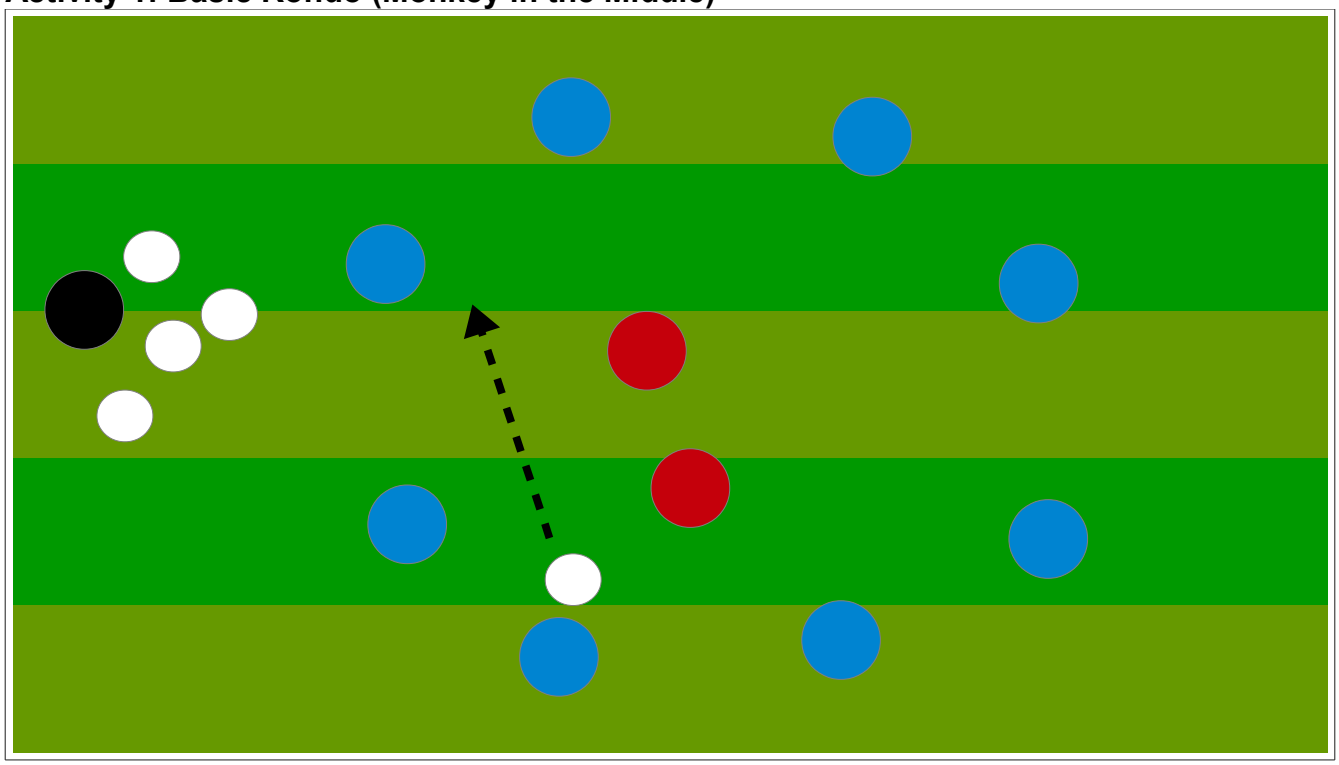
Warm up:
Juggling
Jogging with the ball

Scrimmage:
Activity 3 is a possession style scrimmage where the focus is on maintaining possession. 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. It can also be applied from U10 and up with increasing the intensity level as you go up in age groups.

Notes:
Activities 2 and 3 are at more of an intermediate level, so if your players are still struggling with basic ball control, be patient with them.

If they get frustrated, especially with activity 3, remove some of the rules and restrictions.

Activity 1: Basic Rondo (Monkey in the Middle)



Setup: 15 yd x 15 yd Players get in a circle.

Time: 10-15 minutes

Equipment: Balls and Pennies

Description: 6 v 2
Players set up on a circle and the pass the ball between them. While 2 defenders work to recover the ball.

Defenders can only add pressure, no stealing off the outside players foot
If a defender wins the ball they switch with the outside player that made the last pass.
If the outside player makes a bad pass they switch out with the closest defender.
If the ball goes out of play, add a new ball to keep it going.

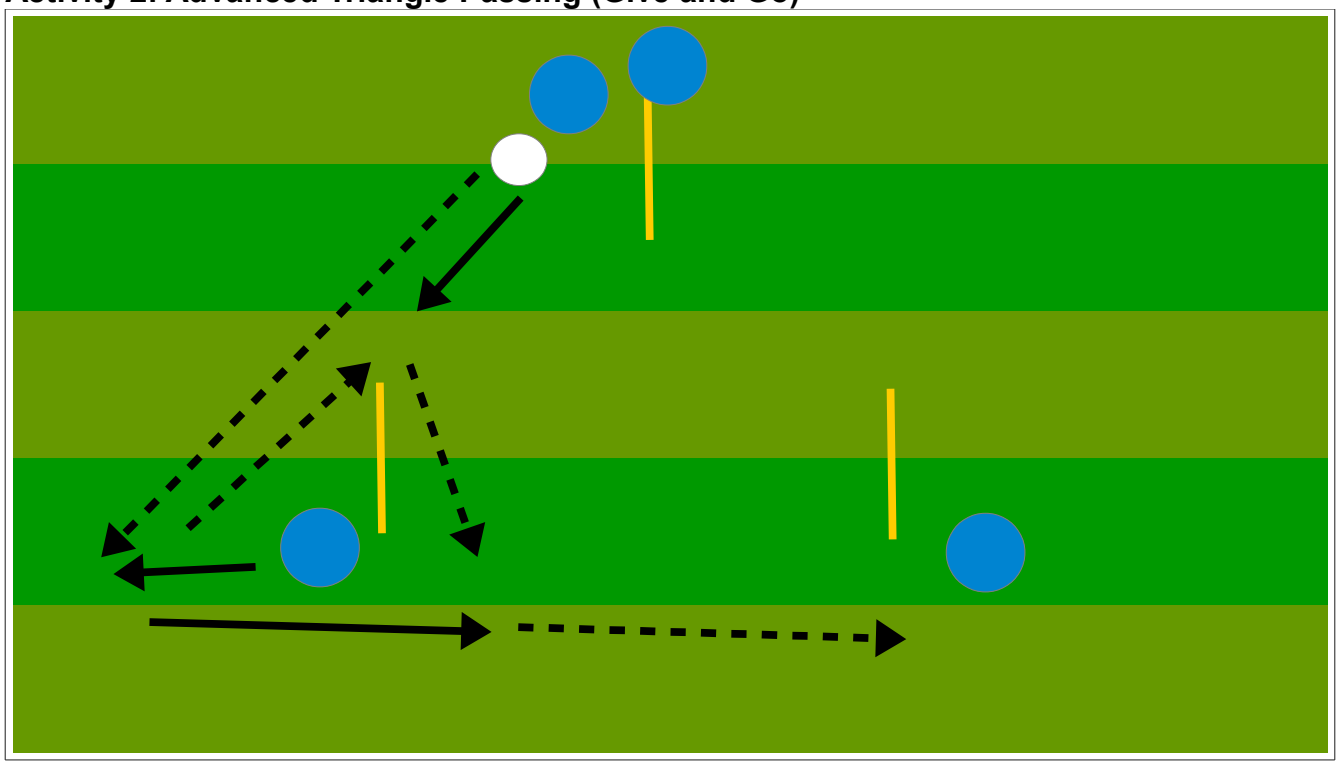
Coaching Points:

- Strong passes
- 1 or 2 touch passes
- Monkeys, use the ABCs of defending (Attack the ball handler, Backup up the attacker, Cover space)

Progressions:

1. Add a point system,
    - 1 points for a pass that skips the player next to you in the circle
    - 2 points for a pass that goes between the monkeys
    - Defenders get 2 points for a steal

Activity 2: Advanced Triangle Passing (Give and Go)



Setup: Create a triangle of cones or agility poles 10-15 yd apart
Time: 10-15 minutes
Equipment: cones or agility poles, balls
Description:
Use 4 players minimum, put a player at each cone/pole one player starts with the ball, the cone where the ball starts should have 2 players. Players should follow their second pass.

Player 1,
- passes to player 2.
- goes half way between the 2 cones

Player 2
- checks away from the defender
- plays 1 touch to player 1

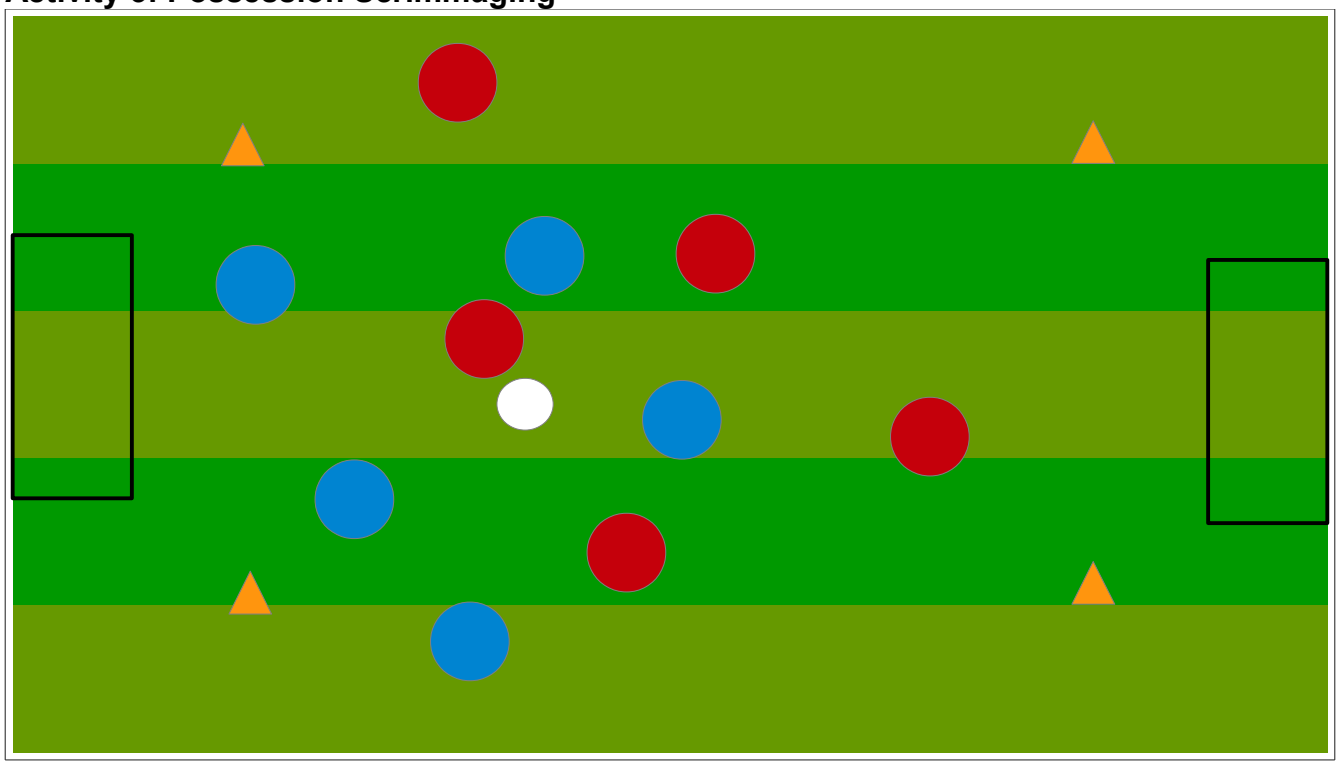
Player 1,
- Plays back to player 2 across the defender

Player 2,
- Passes to player player 3

Process repeats

Coaching Points:
- Make a good solid pass. You should not be able to catch up to your pass.
- When receiving the ball, check away from the cone/defender to create a good angle to make your pass
- Do not stop the ball and then back up to make your pass.

Activity 3: Possession Scrimmaging



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 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