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

Skill Focus:
Passing Receiving Dribbling

Equipment:
Cones, Balls, Small Goals (optional)

Session Description:
This session learning how to maintain possession.

Warm up:
3 touches (toe taps, tick tocks, brushes)
juggling

Scrimmage:
Activity 3 can be the scrimmage for this session

Notes:
Soccer at its most basic level is a game of keep away until you can move the ball up closer to your opponents goal to get into a scoring position.

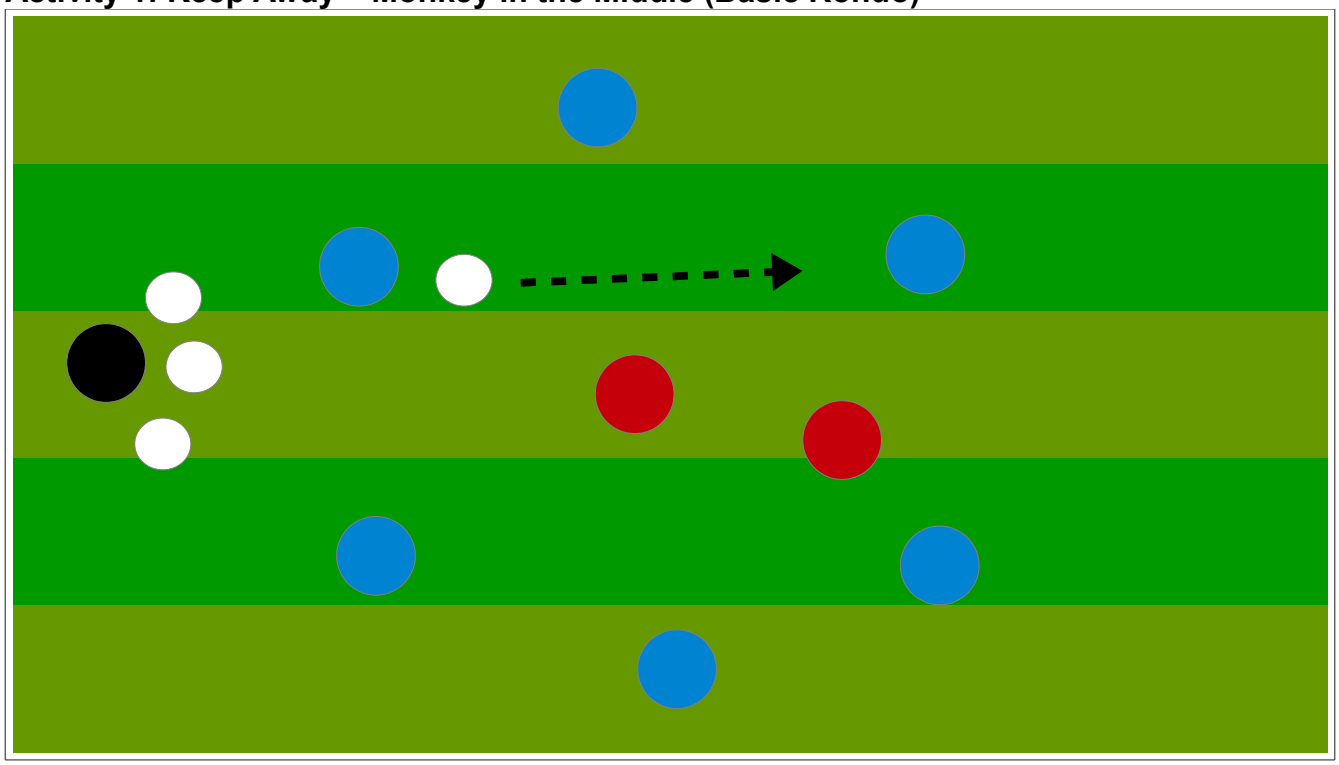
These games are call Rondos and they are foundational game to learning possession style soccer. Teams all the way to professional teams use Rondo style games.

‘Everything that goes on in a match, except shooting, you can do in a rondo. The competitive aspect, fighting to make space, what to do when in possession and what to do when you haven’t got the ball, how to play ‘one touch’ soccer, how to counteract the tight marking and how to win the ball back’ - Johan Cruyff

7 Fun Competitive Rondo Variations

Ask the players, “What is the most important 'thing' on the field?”
Answer, “the ball. And we don't want to share the ball with the other team.”

Activity 1: Keep Away – Monkey in the Middle (Basic Rondo)



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

Time: 10-15 minutes

Equipment: Balls and Pennies

Description: 6 v 2
The first round have the players set up on a circle and the pass the ball between them.

Once they get the idea, add 2 monkeys. Monkeys can only add pressure, no stealing off the outside players foot
If a monkey 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 monkey.
If the ball goes out of play, add a new ball to keep it going.

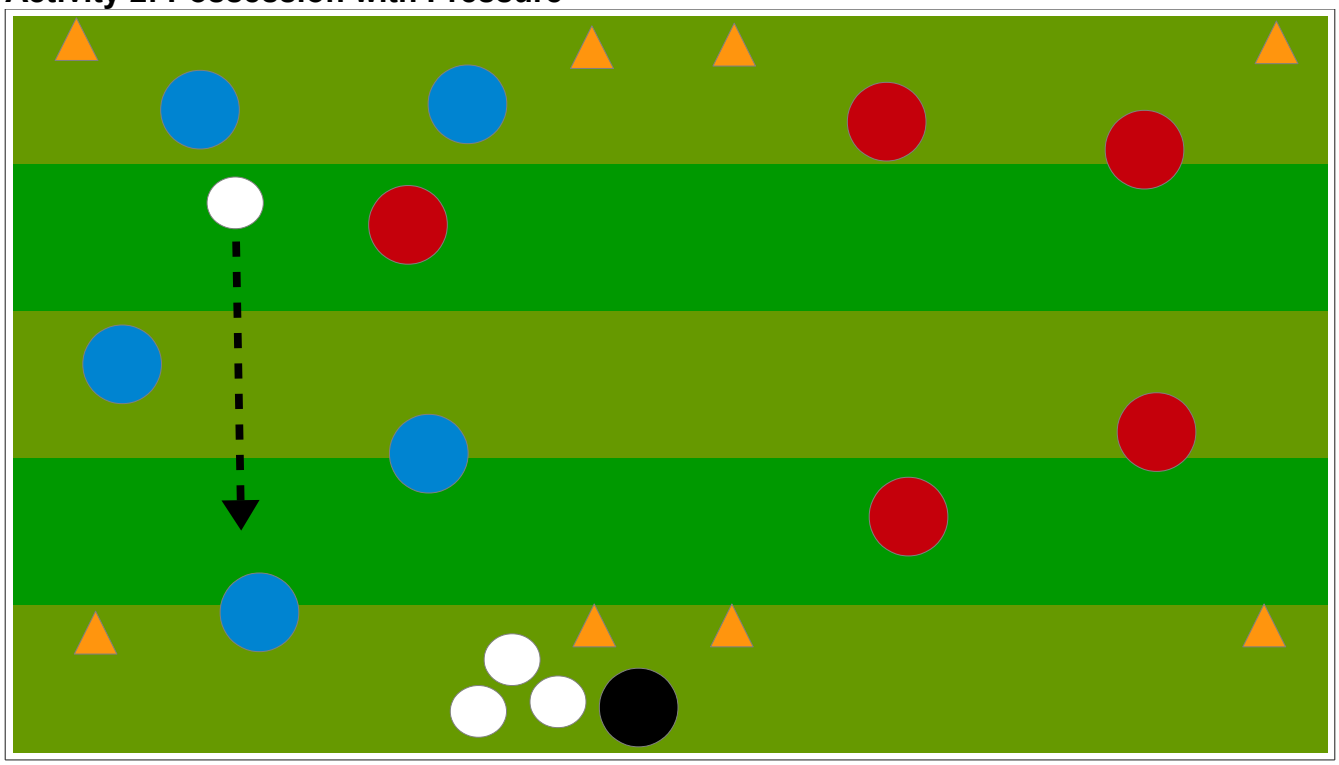
Coaching Points:

- 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
    - Monkeys get 2 points for a steal

Activity 2: Possession with Pressure



Setup: 2 - 10 yd x 10 yd areas with cones with a small space between them
Time: 10-15 minutes

Equipment: 1 ball with lots of balls in reserve
Split players up into even teams (3v3, 4v4, etc)

Description:
Players in one square begin passing the ball between, each time they complete 3 passes the other team sends a defender.

If the defending team wins a ball or it goes out of bounds, a ball is played to the other team and the teams switch roles.

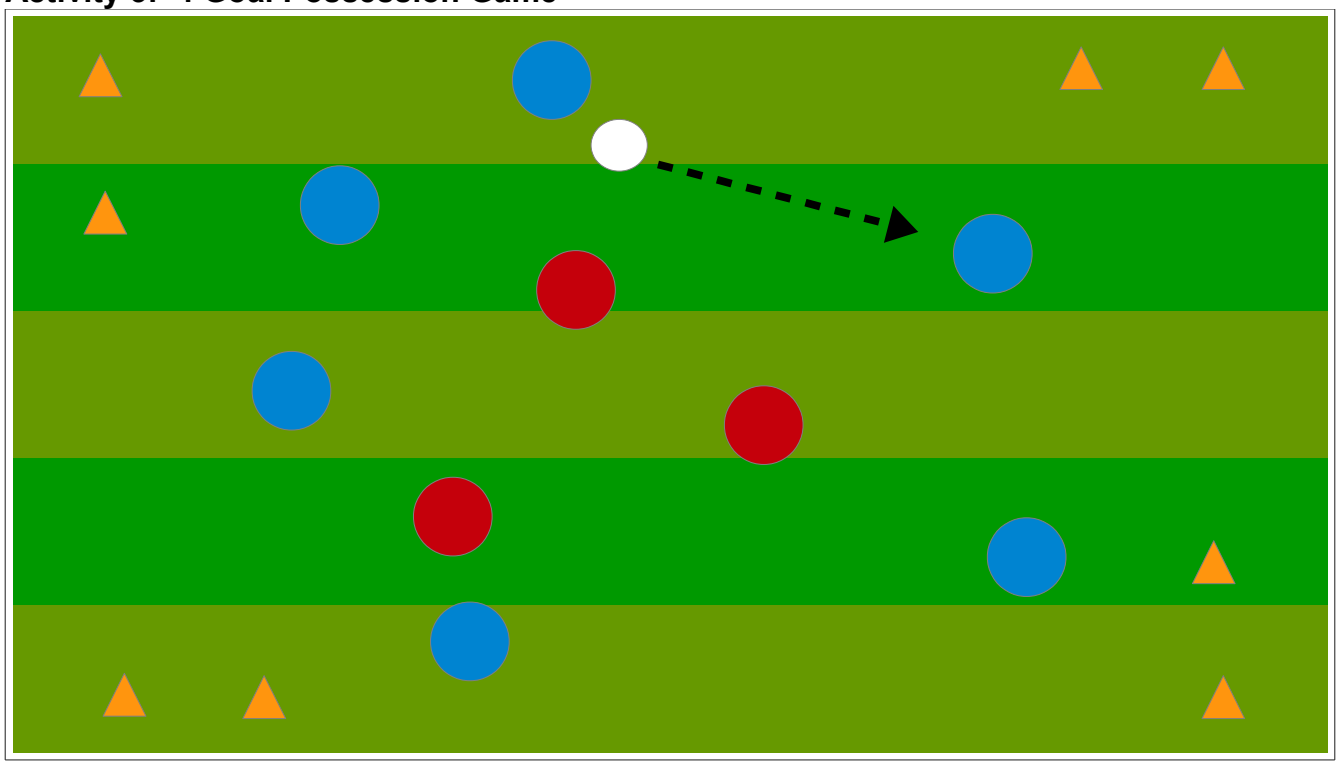
Coaching Points:

- Quick, strong passes
- Stay spread out, it's easier to pass the ball
- Move into open space if you don't have the ball
- Move the ball way from the pressure.
- Remember the ABCs of defending (Attack the ball handler, Backup up the attacker, Cover space)

Progressions:

1. Allow only two touches, one to control the pass the other to make the pass
2. One touch passes.
3. Add a point system:
    - 3 points if you can complete 3 passes, 1 point for every pass over 3.
    - 1 point if the defending team can force a mistake

Activity 3: 4 Goal Possession Game



Setup: 20 yd x 20 yd Set up 4 goals in each corner
6v3, 7v4, the possession team should out number the defenders by at least 3 players

Time: 15 - 20 minutes
Equipment: Cones, balls, small goals (optional)

Description: The possession team begins passing the ball to each other. Every time they make 3 passes, the get 1 point.

If the defending team is able to steal the ball, they can shoot on any of the 4 goals. If they score a goal, they get 3 points.

Play for 5 minutes and change out defenders.

Coaching Points:

- Make good passes.
- Move into open space if you don't have the ball
- Use your voice to let your teammate know where you are.
- Remember the ABCs of defending (Attack the ball handler, Backup up the attacker, Cover space)

Progressions:

1. Restrict dribbling to 3 touches
2. If the defending team can complete 3 passes, they get 2 points.
3. U12+: Once each possession team player touches the ball, the possession team can score, worth 5 points.