

Title: 3, 2, 1 Possession

Phase: 1, Begin The Attack

Age: Youth Development Phase

Intensity: Medium-High

Technical

- Passing Ranges
- First touch / Receiving
- Dribbling / Running with the ball

Tactical

- Maintaining Possession
- When to Attack - When to Keep
- Playing Under Limitations

Physical

- Ball Protection
- Speed
- Balance

Psychological

- Decision Making
- Communication
- Organisation

Area Size: 60x30+ Area

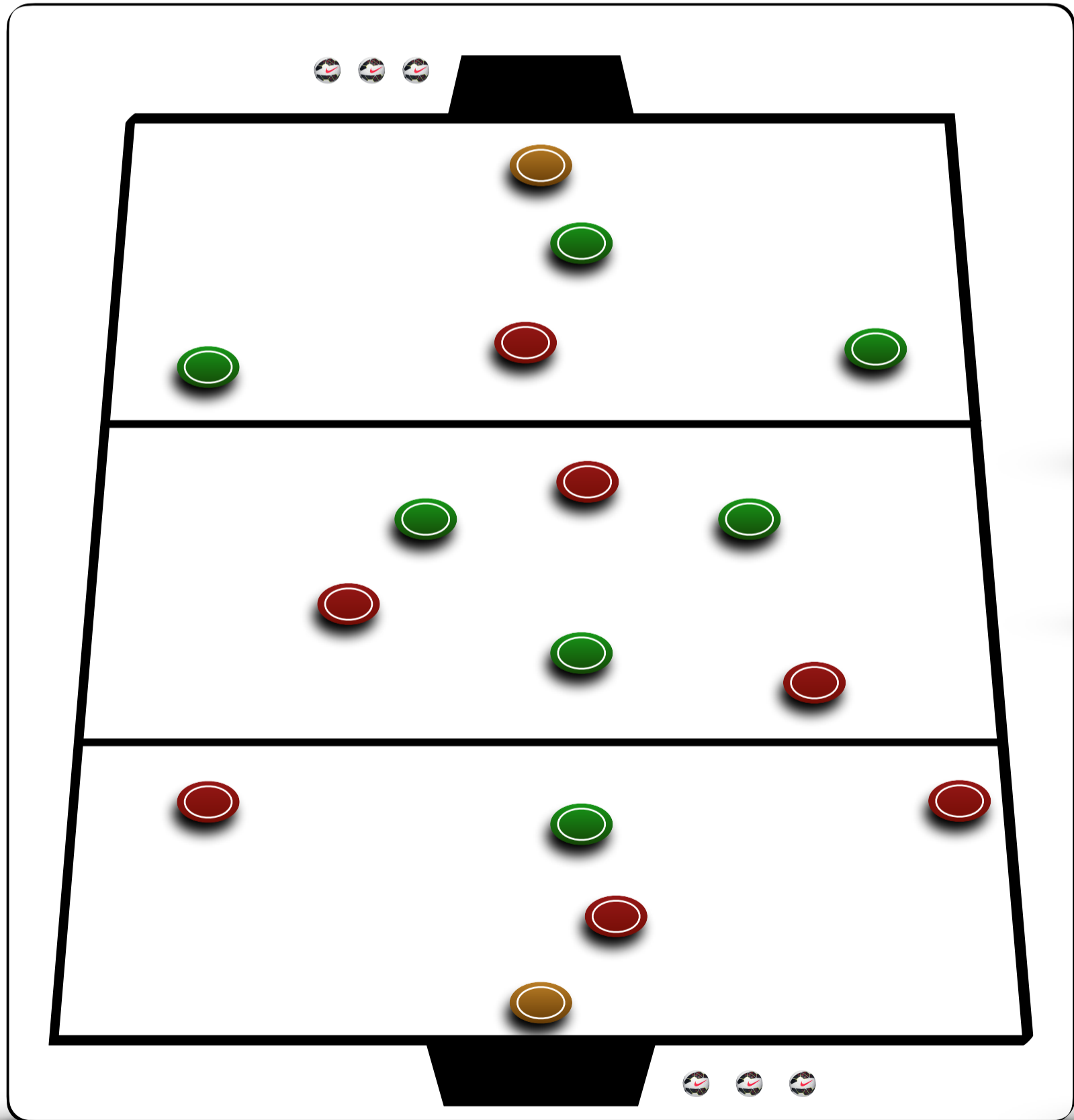
Players: 16 +

Duration: 20 Minutes

Session

Set Up / Organisation

Key Coaching Points



- 1) 1v1-Team Attacking & Defending Principles
- 2) Dealing with Transition
- 3) Maintaining Possession

Player Challenges

- 1) Are you able to dribbling using both feet whilst considering "ball protection"?
- 2) Are you concentrating on dominating or reading the game?
- 3) How can you draw defenders out to exploit space elsewhere?

- 1) Develop players understanding of when to keep possession of the ball rather than just expanding and penetrating too quickly.
- 2) Both teams will have the restrictions in their own areas of how many touches, speed of the game will increase as the ball moves further forward.
- 3) Challenge higher players to keep height and width though able to drop in to maintain (false 9) when needed.

Reflective Practice

What Went Well...

- _____

- _____

- _____

What Needs Changing...

- _____

- _____

- _____

Future Considerations...

- _____

- _____

- _____

