

## CONTROLLED POSSESSION - Keep possession until team can make penetrating pass



### Attacking play

### Passing play

**PP: Keep possession until team can make penetrating pass**

(For field players only)

**Duration:** 15 min

### Organisation:

- 2 grids (30m x 15m)
- 9+ players on each grid
- Double up the defender and midfield starting positions

### Learning:

#### PLAYER ACTIONS

- Movement off the ball to receive where defender can't see you
- Movement off the ball to receive from where defender can't see you
- Receive the ball facing forward
- Communicating with teammates
- Identifying penetrating pass
- Making penetrating run

### Instruction points:

- 1) Attacker get the ball in behind the defence to score
- 2) Free passing play
- 3) Defenders are passive (blocking and pressuring)



### **Attacking play**

### **Passing play**

**PG: Controlled Possession - Keep possession until team can make penetrating pass**

(For field players only)

**Duration:** 20 min

### **Organisation:**

- 2 grids (40m x 22m)
- 4v4 + 2 end players

### **Learning:**

#### **TEAM TASK**

Keep possession until we can make a penetrating run to create scoring chances

#### **PLAYER ACTIONS**

- Movement off the ball to receive where defender can't see you
- Movement off the ball to receive from where defender can't see you
- Receive the ball facing forward
- Communicating with teammates
- Identifying penetrating pass
- Making penetrating run

#### **Instruction points:**

- Possession game 4v4 + 1 end player
- Attacking team gets the ball from one end to the other
- Offside applies



### **Attacking play**

### **Passing play**

**GT: Controlled Possession - Keep possession until team can make penetrating pass**

(For field players and goalkeepers)

**Duration:** 30 min

### **Organisation:**

- 80m x 55m
- BPO Team 1-4-3-1 (pressing high)
- BP Team 1-4-3-3
- 20 players
- Ball starts from BP Goalkeeper

### **Learning:**

#### **TEAM TASK**

Keep possession until we can make a penetrating run to create scoring chances

### **Instruction points:**

#### **PLAYER TASKS**

- 1) Can you get into a position to help your maintain possession?
- 2) Can you get into a position to receive the ball in behind the defence?
- 3) Can you get into a position to identify and make a penetrating pass?

#### **PLAYER CUES**

- 1a) As the ball travels to your teammate, provide an option, left, right, middle or far
- 1b) If the opponents are marking tightly, rotate positions to create space for yourself or teammate
- 2a) If your teammate is receiving the ball facing forward and time on the ball, make a forward run into space
- 2b) When making the forward run, call for the ball
- 3) When you receive the ball facing forward, scan to see a forward passing option