

# Session Topic: Possession

Coach Name: Steve Hoffman

Age Group: 1988 girls



(Activities should be developmentally appropriate to age group.)

	DIAGRAMS	ACTIVITY & ORGANIZATION	KEY COACHING POINTS
<b>WARM-UP</b>		<ul style="list-style-type: none"> <li>• Divide the team into 3 equal groups and play 10 v 5</li> <li>• Each team defends for 4 minutes</li> <li>• If a group completes 5 passes they earn 1 point</li> <li>• If the group loses possession before completing 5 passes they lose 1 point</li> <li>• If the group falls below 0, they have to do a fitness exercise</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding that it is not right to give up possession</li> <li>• Speed of play</li> <li>• Decision making</li> </ul>
<b>PHASE 1</b>		<ul style="list-style-type: none"> <li>• Divide the players into 3 different colored groups</li> <li>• Using the appropriate space for players, mark a field with 3 zones</li> <li>• The 4 "O" players must complete a minimum of 3 passes and then play the ball over the middle zone in the air to the 4 "X" players</li> <li>• When the ball enters furthest zone (where the "□" players are), two "X" players can pressure the ball</li> <li>• If the "X" s intercept the ball, the box players become defenders</li> <li>• A goal is scored when the third pass connects in the air with the targets in the opposite end zone</li> <li>• The first team to score 10 points wins</li> </ul>	<ul style="list-style-type: none"> <li>• Correct supporting angles, body position and speed of play</li> <li>• Tactical decision making</li> <li>• Technically striking air ball over distance and receiving air balls away from pressure</li> </ul>
<b>PHASE 2</b>		<ul style="list-style-type: none"> <li>• Play 8v8 with targets</li> <li>• "O1" player passes the ball to a target</li> <li>• The target plays the ball to "O2" who passes the ball to opposite target</li> <li>• The target plays the ball to the team that plays it to him/her</li> <li>• If the "O" maintain possession, they score a goal</li> <li>• Add restrictions to the target player or the field players such as 2 touch for field players, one touch for target players</li> <li>• The first team to score 5-10 points wins</li> </ul>	<ul style="list-style-type: none"> <li>• How the team loses possession</li> <li>• Make sure supporting angles and runs open to the field of play</li> <li>• Players body position when receiving the play</li> </ul>
<b>PHASE 3 The Game</b>		<ul style="list-style-type: none"> <li>• 8v8 plus keepers</li> </ul>	<ul style="list-style-type: none"> <li>• Players understanding importance of possession to team</li> </ul>
<b>COOL DOWN</b>		<ul style="list-style-type: none"> <li>• Juggling players get into groups or 2, jog and stretch</li> </ul>	