

## **Region IV Symposium – Phoenix, AZ**

### **Keeping possession in the game Mike Haas (US Soccer Head Coach - Region IV)**

#### **WARM-UP**

U14 players. Play 5v3 possession game as a warm-up in an unmarked area.

Get them to understand that their body position must be 'open' to see 3 options at all times: left, right and forward. Play long, short, pass & receive. Get players off the ball to keep angles and channels open.

Then develop the possession game to only 2 touch. Encourage players to play the ball away from where it came from with their first touch. This helps players keep the ball moving and also keeps their body open.

Get players to roll their right sock (or predominant foot). Every ball must be passed & received with the weaker foot. Players must concentrate on passing to their teammate's weaker foot, and keeping the body 'open' to receive on the weaker foot. Then allow 1 of the touches with the best foot.

Then work on 1 of the 5 to shadow play, similar to a central midfielder player. (Central Midfielder – Functional Training). He becomes always a close option for man with ball to play a one or two touch combination with.

Develop practice to always have one short option, one long and one wide on either side.

Go to a 4v4 game in a 30x40 yard grid, with triangular goals in the corners of the grid. Team can only score a goal by playing a pass into the triangle to a teammate.

At first play across the field to develop the idea of width.

Then change game to play length ways up the field to develop playing to a target man and opening up the space. There are no offsides.

Then introduce proper goals. Coach in the game for 5 minutes, then let play for 10 minutes.

Mike Smith  
OYSA Recreation Head Coach

