

## Coaching Symposium – Seattle, WA

### Possession – “Don’t give the ball away.” Jimmy Gabriel (Everton F.C. – ex Dundee & Scotland)

#### WARM-UP

U14 ODP Players. In a 40x50 yard grid, play 6v6(+1). Red team can only score by keeping possession for 7 consecutive passes.

Coach players in the game. Have to tell players to support the ball. If you don’t get things right around the ball, it doesn’t matter what happens off the ball. The playing area is large so that the players get a chance to think while in possession of the ball.

#### PASS AND MOVE – NO HESITATION

Then stop and coach the supporting run. Do not play into trouble. Try and control the ball away from pressure (most often away from where it came from) and open up the whole field. Play to the player in space.

Encourage the players to play with their ‘heads up’. Be aware of the position of defenders and attackers around them.

#### CHANGE GAME

Team has to dribble across the end line under control to score a goal. They are still trying to maintain possession but going forward.

With direction, the coach needs to emphasize

Speed

Explode with ball into space

Encourage recognizing a 1v1 situation and taking the player on with a trick

Draw defender in then pass to supporting teammate

Encourage team in possession to draw opposition in with short passing then to break out forward (long or wide) to target player(s). Support the ball at angles.

Some good dribbling will be apparent, but players need to be reminded:

1. When to release the ball
2. That after creating space with an explosive dribble, we need to release to space
3. Have to give teammate time to decide
4. To work on playing ball behind into space

Get teams to work on possession and composure.

In this game encourage to hit long only to target player, not to space (because of space restrictions)

#### FINAL GAME

Merge the two previous games. Can score goals either way (7 passes or dribble over end line).

Plant the seeds then challenge the players.

In 3-4 sessions this age group will get it going well.

To challenge, can introduce

Halfway offside line, or

Hockey style 'blue line' (ball has to be played over first before players go into end zone)

This session helps implement a style of play

**“Success comes from the journey, not from the destination.”**

Jimmy Gabriel