

# TOPIC: Possession – Speed and Purpose

U13's

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Key:

Running without the ball

Running with the ball

Pass

<u>ACTIVITY 1</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
	25-30 yard diameter circle Half-in without balls/half out with balls Progression of passing and combinations <ul style="list-style-type: none"> <li>• Receive and return</li> <li>• One touch return and spin</li> <li>• Give and go (switch inside to out)</li> <li>• Double pass</li> <li>• 3-Man double pass (depends on level)</li> </ul> OBJECTIVE: Create HABITS!	Creating HABITS of movement and ball handling <ul style="list-style-type: none"> <li>✓ Inside players               <ul style="list-style-type: none"> <li>- Angle of checking run</li> <li>- Vision – taking looks</li> <li>- Changing pace</li> </ul> </li> <li>✓ Outside players               <ul style="list-style-type: none"> <li>- Movement with the ball</li> <li>- Angle of support after playing the ball – make angle bigger</li> </ul> </li> </ul>
	20x45 <ul style="list-style-type: none"> <li>• Continuous 5 v 3 + 2 keep away</li> </ul> OBJECTIVE: Every 5 passes is a point	<ul style="list-style-type: none"> <li>✓ All of the above PLUS</li> <li>✓ Angle and distance of support with respect to the defensive pressure</li> <li>✓ Speed of play</li> <li>✓ Transition to offense</li> <li>✓ First pass – long or combination to relieve pressure</li> </ul>
	20x60 with two 10-yard “end zones” 5 v 5 + 2 (or 4 v 4 + 3) <ul style="list-style-type: none"> <li>• Team X attacks one end zone</li> <li>• Players can not enter end zone ahead of the ball</li> </ul> OBJECTIVE: To get from one end zone to the other while maintaining possession	<ul style="list-style-type: none"> <li>✓ All of the above PLUS</li> <li>✓ The “final” combination that gets you behind defenses is now exposed. (The one that gets you into the end zone.)</li> </ul>
	8 v 8 with GK's to big goals!! <ul style="list-style-type: none"> <li>• The Game</li> </ul>	<ul style="list-style-type: none"> <li>✓ All of the above PLUS</li> <li>✓ Game factors (defensive safety vs. attacking risk)</li> </ul>