

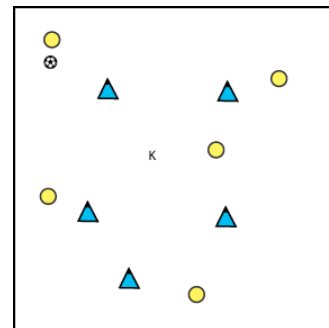
Five Favorite Practices: AC Milan (Part 2)

This is Part II of a three part series of SJ's Five Favorite training activities from Italian Club AC Milan.

Possession Exercises

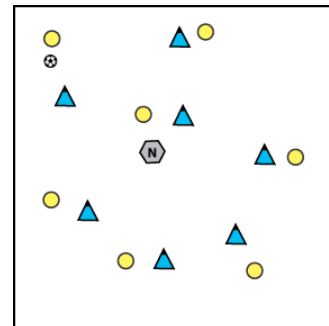
GAME 1

5 v. 5 (+GK), 30 x 30 grid. Play 5 v. 5 possession, with the goalkeeper moving throughout the area trying to intercept passes. The use of hands is permitted for the keeper. If the keeper wins a ball, it is given to the opposing team. Play five-minute games with stretching in between.



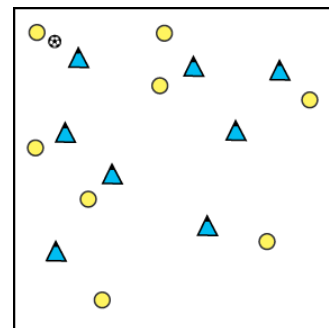
GAME 2

7 v. 7 + 1, 40 x 40 grid. In this game, the neutral player plays with the team in possession. The coach should set the playing restriction. For example; 10 passes = 1 point; use the goalkeeper as a neutral player and give him/her two touches; mandatory three touch; two touch or one touch.



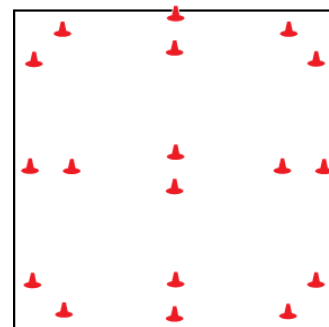
GAME 3

8 v. 8, 45 x 45 grid. Emphasis is on one, two or three short passes, then switching the point of attack with a long ball. The coach should change the restriction after each game. Each game should run for about 10 minutes.



GAME 4

8 v. 8, 45 x 45 grid, nine small goals. Small goals are made with cones and spread throughout the grid. Points are scored by passing through the small goals to a teammate. Emphasis is on creating a goal-scoring mentality in the players by having the players drive to a small goal and score. Each game should last 15 minutes.



GAME 5

11 v. 11, 18 yard line to 18 yard line, 44 yards wide with five goals as shown from cones. Play possession soccer and score points by passing the ball through any goal to another teammate...goal in midfield has three (3) sides. Play 3 x 15 minutes with a pause between each game. Game 1: three-touch. Game 2: two-touch. Game 3: unlimited touch.

