



SESSION THEME Possession (passing)

Coach Tony Moss Age All ages

Position A Youth Coach at English Premiership Club

Session Aims / Coaching Points

- 1/ Improve a players first touch – first touch out of feet and in to space allowing a quick next decision
- 2/ Improve a player’s vision and awareness – player to get their head up quickly and make a quick decision
- 3/ Player to pass the ball using the appropriate part of the foot – player to use different parts of the feet in exercise to establish the most appropriate part for a given situation.
- 4/ Ball to move directly and quickly – player to establish the appropriate pace of the ball and to strike it cleanly.

Description

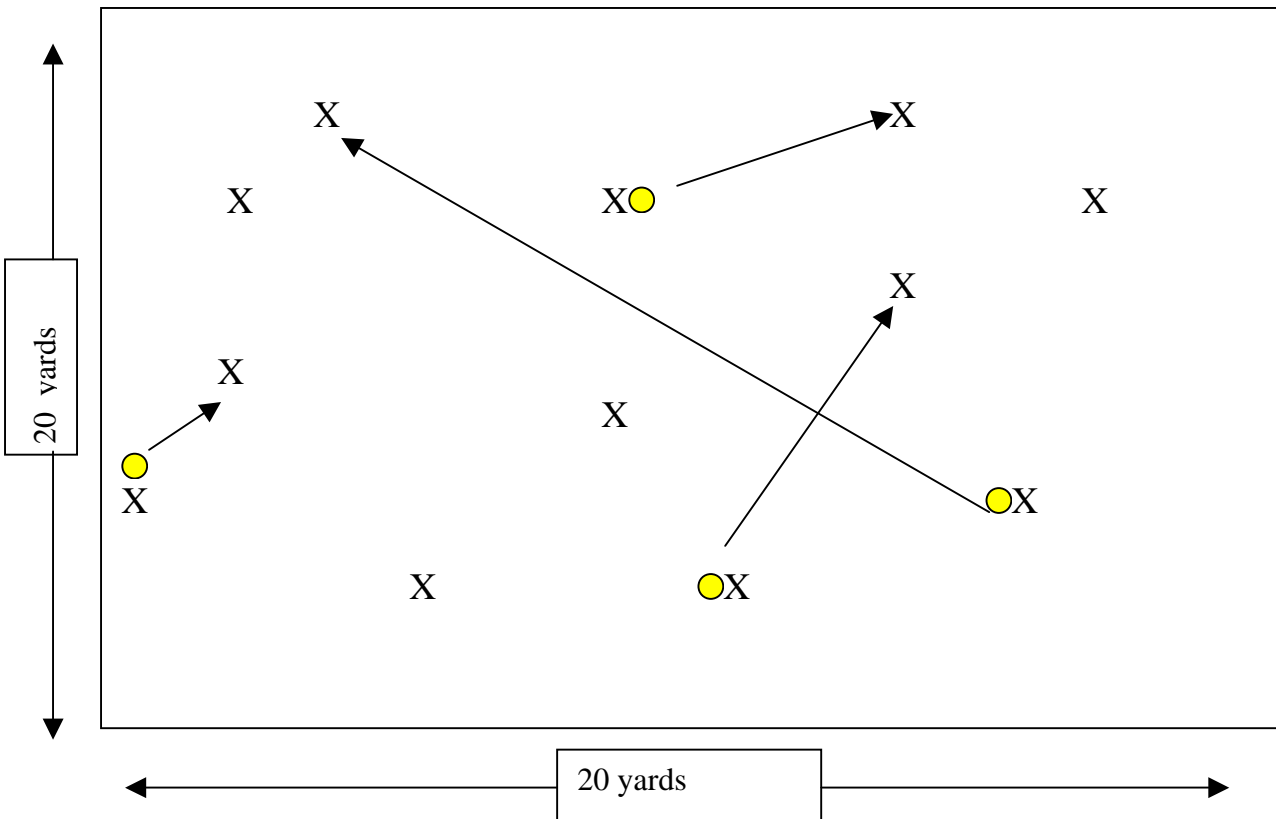
Session 1

The following session is very simple to organise. Give the players enough balls for 1 between three. Players move around the area receiving the ball and passing the ball between each other.

Session

Number of players: 12-16 Equipment: 10 balls ●

Size of area - 20 x 20 yards (but dependant on age and ability of players)



Description

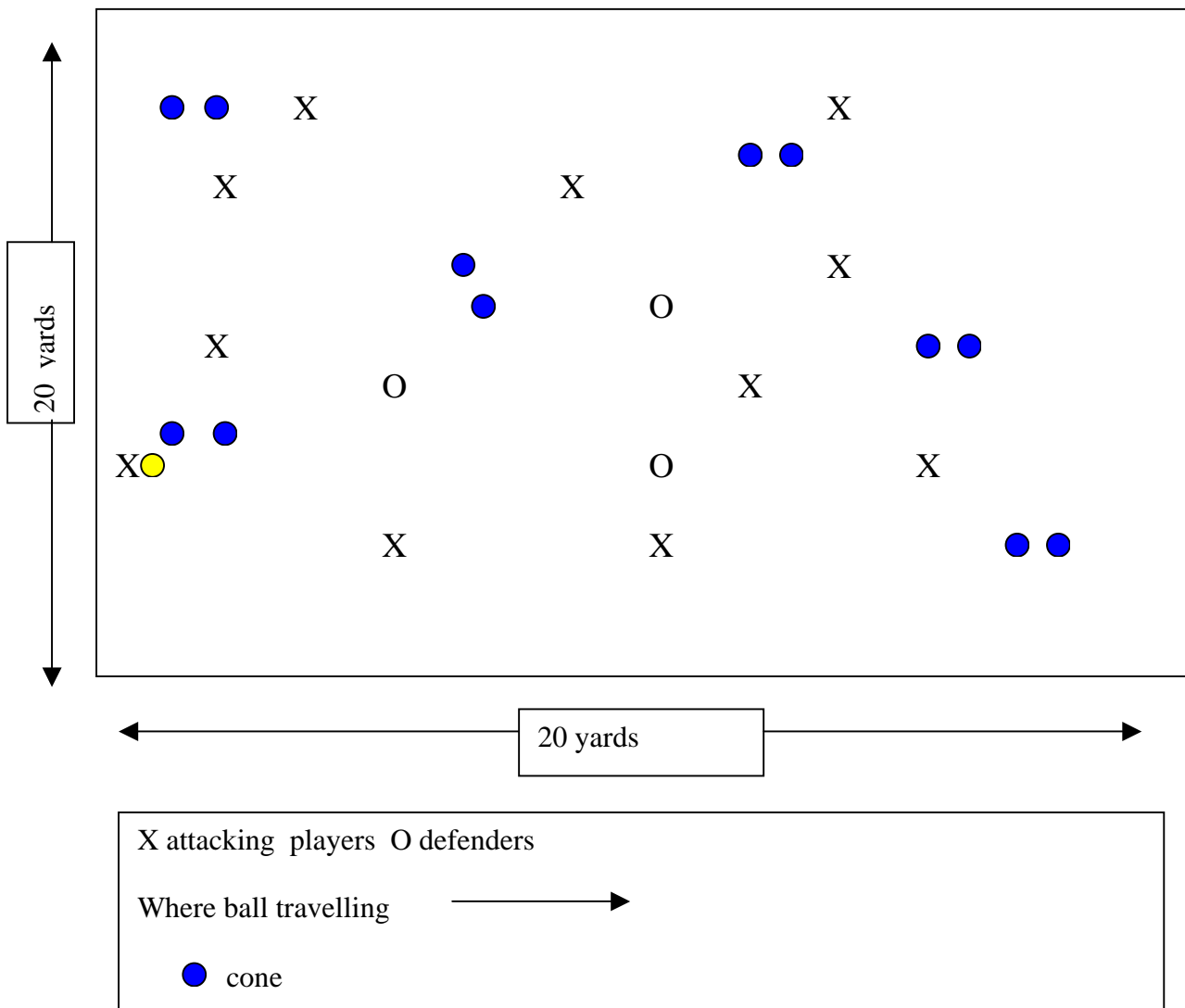
Session 2

This session is a progression from session 1. Introduce a couple of defenders and make the session competitive. You can then introduce cones and use these as target gates that players have to pass the ball through to score

Number of players: 12-16

Equipment: Ball/Cones

Size of area - 20 x 20 yards (but dependant on age and ability of players)



Description

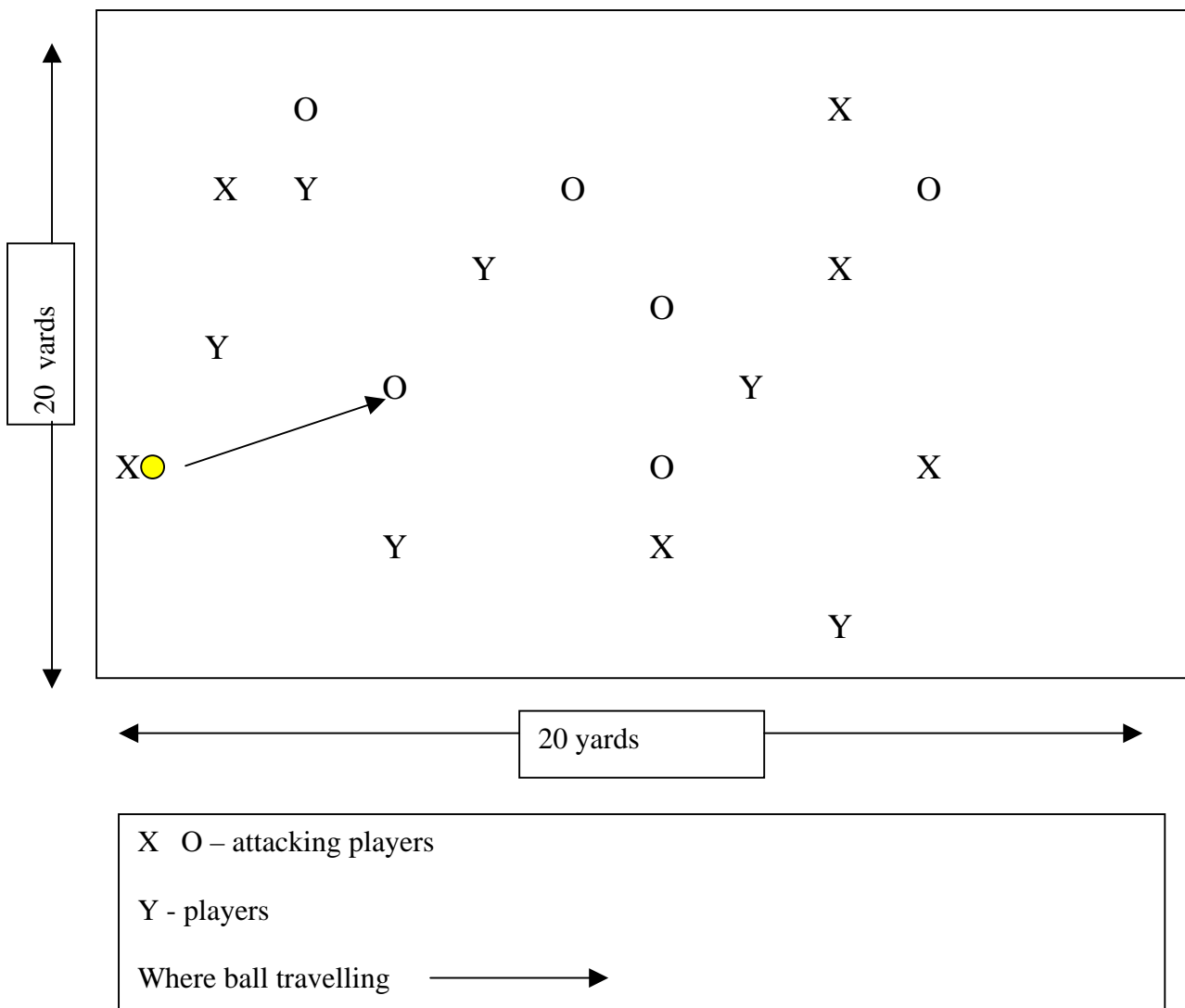
Session 3

This builds on the previous two sessions. This time we have three different teams inside the area used. Play two teams v one team. Teams in possession have to make ten consecutive passes to score. Remember if the players find this difficult then make the area bigger or have safety zones.

Number of players: 12-16

Equipment: Ball/Cones

Size of area - 20 x 20 yards (but dependant on age and ability of players)



Description

Session 4

This again builds on the previous two sessions. This time we have two teams inside the area used. However we also have four players on the outside of the grid, who are EXTRA players for the team in possession. Teams in possession have to make ten consecutive passes to score. Remember, if the players find this difficult then make the area bigger or have safety zones.

Number of players: 12-16

Equipment: Ball/Cones

Size of area - 20 x 20 yards (but dependant on age and ability of players)

