

# Soccer-Expert Session Plan

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**Theme: Developing Possession in a 2v1 Situation**

**Ages 14 +**

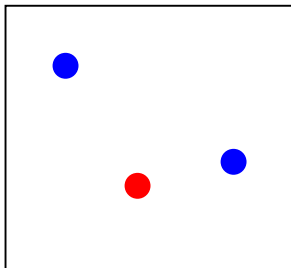
## Session Plan

Soccer-Expert has designed the following practice that has been regularly used as a technical warm up for academy players aged 14 and over. The practice requires numerous technical qualities that will challenge each player to keep possession in tight and often pressured situations. The ability to transfer possession or work and manipulate the ball will be consistently tested. The practice will also place an emphasis on reading each situation while executing the required skill.

## Organisation

Set up a 15 x 15 yard grid and divide your players into groups of three allocating each group to a grid with a supply of balls. The defender can hold a cone/disc to identify himself that can be simply changed over to each player on regaining possession. The defender will change with the player who loses possession or makes a misplaced pass. The tightness of the playing area will ensure that there are many opportunities for each player to perform both roles.

- Set additional targets/outcomes for possession
- Decrease areas size for senior/elite players (10x10)
- For uneven numbers use a resting defender for a group



## Content

- Encourage the players in possession to pass and combine with each other emphasising the need to recognise the opportunity to move and receive in space.
- By allowing players to have free touches you will also promote their individual 1v1 skills that will enhance their ability to take on their opponent.
- Develop each player's ability to pass and move around the grid using quick and clever combinations.
- The ability to recognise time and space in possession of the ball will be a significant factor in each player's ability to select the appropriate technique for each situation.
- The players must quickly react to find space and constantly interact with each other to create passing and combination opportunities to retain possession of the ball.

## **Key Coaching Points**

- Receiving Skills
- Variation of 1<sup>st</sup> Touch
- Combination Play
- Movement & Support
- 1v1 Skills

## **Summary**

As the players performance improves and they become familiar with the practice set additional combination targets such as wall passes and take overs etc .Do not over concern yourself with counting passes as this can detract from the individual qualities that each player may want to perform that can also lead to key coaching points being overlooked.

As a coach you may use the framework of the practice to develop your own specific outcomes by conditioning the practice. Remember try to encourage passing and movement to develop possession but not at the expense of each players individual creative ability to play and receive in a 1v1 situation. The practice can be physically demanding therefore ensure you have regular water/rest breaks while allowing the players time to stretch off. During this period provide and share feedback with the group regarding the practice and any specific aspects you have observed.

Regularly rotate players into different grids to maintain their concentration and assess their performance with different players. Work with your assistant to monitor all the groups during the practice.