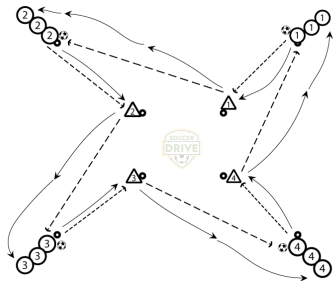




FOCUS ON POSSESSION

PRACTICE PLAN

AGE LEVEL: U14 TIME: 60 MINUTES



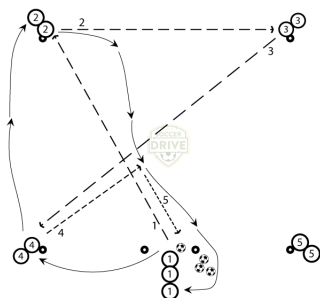
TWO SQUARE PASS & FOLLOW

TIME 7 minutes

SETUP

This can be used as the second progression after the Square Pass and Follow drill. Now there will be two squares set up as shown in the diagram, a large one and a small one inside of the larger one. Place one player at each disc of the smaller square and place four lines at each corner of the larger square. Each line will have a ball. On the whistle the first player in each line will make a pass to the player at the inside disc in front of them and then follow their pass. The player on the inside will receive the ball and make a pass to the player on the outside square (to the left or right depending on which way the coach instructs them). All four lines will go at the same time so it is crucial for players to make accurate passes.

To make the drill tougher the coach can blow the whistle and have the players change the direction of the passes.

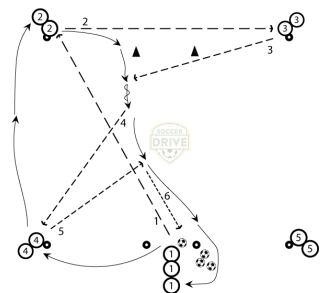


CROSS BOX PASSING SERIES - DRILL #1

TIME 7 minutes

SETUP

Setup a box about 25 x 25 using cones to mark the corners. On one side place two more cones to mark where the drill will start (see diagram). The drill starts with the player between these two cones (line #1). The first player in line #1 will make a pass across the box to the first player in line #2. The player in line #2 should check from the ball then back to the ball to receive the pass. Then player #2 will make a pass to the first player in line #3 and run into the middle of the box expecting a pass right back. However, player #3 will make a long pass diagonal to line #4. The player in line #4 will receive the ball and make a touch pass to player #2 as they run through the middle of the box. Player #2 will then touch the ball to the next player in line #1. Now player #1 will start the drill over by passing to line #3 so the drill will work the other direction. The players should rotate as shown in the diagram so players in line #1 go to line #4, #4 goes to line #2, line #2 goes to line #1.



CROSS BOX PASSING SERIES - DRILL #2

TIME 7 minutes

SETUP

In this variation there is one main difference, there is an extra pass between player #2 and player #3. Therefore the sequence is as follows:

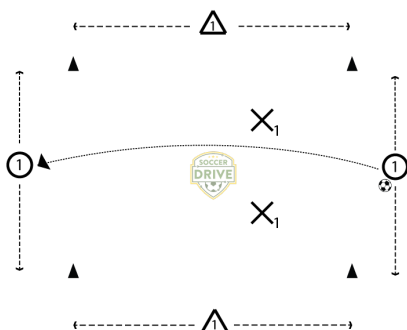
- » Player #1 passes to player #2
- » Player #2 passes to player #3
- » Player #3 passes back to player #2
- » Player #2 passes to player #4
- » Player #4 passes back to player #2
- » Player #2 passes back to player #1

2 VS. 2 VS. 2 SPLIT PASSING GAME

TIME 20 minutes

SETUP

This is a good soccer passing drill that is like a game as well, especially for players in the U16 age level. Players are split up into groups of six and within those groups they are divided into three teams of two. Each group will play in a field defined by four cones that are about 20 yards apart arranged in a square. One team of two is inside the square and the other two teams are on the outside. The teammates should be placed on opposite sides of the square. One player on the outside starts with the ball. The goal is to pass the ball between the two players in the middle to their teammate on the other side. The players in the middle are trying to intercept the passes. Once they intercept the balls and gain control, the team who made the mistake has to switch with the team in the middle. Teams get a point every time they complete a pass to their teammate by making a pass between the players in the middle. The players on the outside have to use each other by making quick passes in order to spread out the players in the middle. Players on the outside will have to pass to the other team on the outside if the pass to their teammate is not available.



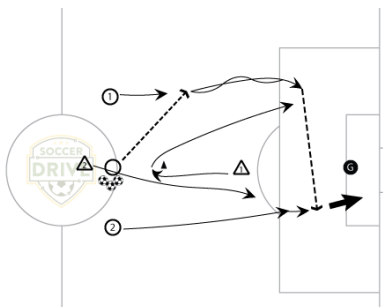


FOCUS ON POSSESSION

5 VS 3 RESCUE MISSION

TIME 20 minutes

SETUP



This is a 5 vs 5 drill but it can be adapted to be 6 vs 6 or 7 vs 7 depending on the number of players you have. The drill is played in a rectangular area about 30 yards long by 20 yards wide and can also be adjusted if you have more players. The game starts with one team possessing the ball and all 5 players activated. The other team will have three players activated while two players wait outside their end line. The goal for the team with possession is to make 5 passes in a row. Every time they make 5 passes in a row they earn 1 point. When a turnover is created by the other team then they have to get the ball to one of the two players waiting outside their end line. This is referred to as the "Rescue". Once they make a pass to one of them then both players are activated and two players from the team that initially had possession have to go wait outside their end line. Now the team that just activated their two players needs to make 5 consecutive passes in order to earn a point.

The idea behind the game is to give the team with possession a bit of an advantage so they can get the feel of possessing the ball for a period of time. With two extra players they should be able to possess the ball for a while. Consistent support, communication, and creativity should be encouraged.