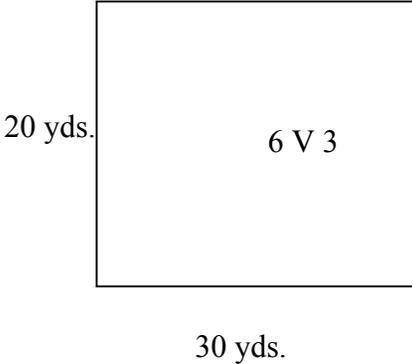


Activity Name	Description	Diagram	Purpose/Coaching Points
1 Warm Up (Fundamental)			
Players pass and receive in pairs using both short passing (inside of foot) and long passing (instep).	In-between exercise stretch.		
2 6 V 3 Keep Away Game			
Three groups of three players each.	Two groups supply crosses to the other one – if the defending group in the middle gets a touch of the ball, they are replaced by the group of the player who gave the ball away – the two groups who combine on the outside have unlimited touches on the ball. One man from the groups in possession can move into the middle – when in this role a player has two touches.		Improving keeping possession. Body mechanics, body shape and balance, vision.



Lesson Plan

3 The Possession Game			
<p>8 V 8 – Each team has four outfield players and four wall players, one on each side of the box – the latter cannot enter the field.</p>	<p>Ten consecutive passes equals one goal – the wall players have only one touch – a wall player cannot play the ball back to the player who last passed the ball to him – the ball cannot be passed directly from one wall player to another – wall players cannot tackle the opposition.</p>		<p>Vision and tactical application, weight of pass, short passing (inside of foot), long passing (instep), driven, chip lofted.</p>
4 5 V 5 Pressing			
<p>Two teams of five plus goalkeepers.</p>	<p>Normal game until a team scores – when a team scores they cannot score again until they lose a goal – the winning team tries to play possession football – the losing team, using the goalkeeper as an outfield player tries to gain possession and score – when an equalizer is scored, the game returns to normal – no corners – kick ins. Winning: A team wins by: a) Being one goal ahead at full time, or b) Being one goal ahead for a five-minute period.</p>		<p>Receiving ground and air balls. Passing and receiving for possession.</p>

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National Youth Certificate Course

Lesson Plan

pic: Possession

Age: U12

5 7 V 7 and 2GK Final Match			
	Play according to US Youth Soccer rules for U12 8-a-side.		Body mechanics, body shape and balance, vision. Vision and tactical application, weight of pass, short passing (inside of foot), long passing (instep), driven, chip lofted. Receiving ground and air balls.

Cool Down / Stretch / Rehydrate