Dutch Possession games

ATTACK VS. DEFENSE

1

ORGANIZATION

- 8v7 on half a field
- A large goal with a goalkeeper + 2 small goals
- Defenders can score on the two small goals, attackers must score on the large goal

PROGRESSION

- Goal only counts when all players from that team are passed the middle line at the moment of scoring
- Goals counts double when not all players from the defending team are back on their own half
- Objectives:
o improve working together as a team in possession, transition and opponent possession.
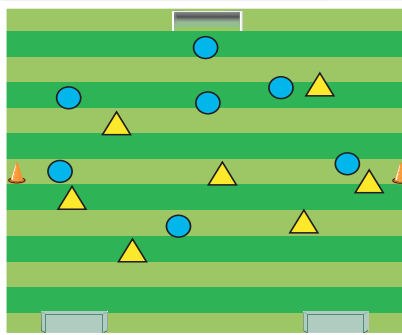o Play compact in opponent possession

COACHING

- Quickly position compactly as a team when opponent gains possession, work together, defend as a team

VARIATIONS

- Defending team pressures the ball and have a limited amount of touches

POSITION GAME 7V4

2

ORGANIZATION

- Rectangle of 20x30m + 1 large goal + 3 small goals

PROGRESSION

- Team in possession: pass the ball around 10x = point
- Defending team (team of 4l) must intercept the ball and can score on one of the 4 goals
- Objectives:
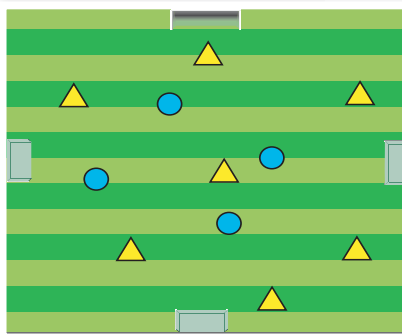o improve cooperation between defensive team. Learn to pressure together, at the right moment, stimulate coaching

COACHING

- Work together, coach each other to the ball, attack the ball after weak pass from opponent, when intercepted score right away

VARIATIONS

- Modify numbers: 6v3, 5v2

U9 U11 U13 U15 U17 **U19** A

3

TRANSITION

ORG.
- Rectangle of 20x30m + 1 large goal with goalkeeper + 2 small goals

PROGRESSION
- Defender passes to attacker. Attacker tries to score on large goal right away.
- Defender who passed the ball immediately tries to win it back
- If the defender intercepts the ball he may score in one of the small goals
- Game continues until one of the players scores or the ball is out of bounds
- Objective: improve transition after loss of possession

COACHING
- After loss of possession pressure the ball immediately, do not allow opponent to shoot, intercept the ball
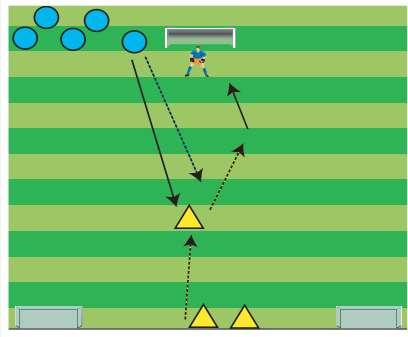
VARIATIONS
- Play 2v2, 3v3 or with an outnumbering situation for the attacking team
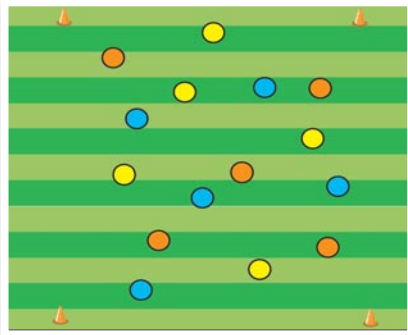

U9 U11 U13 U15 **U17** **U19** A

4

10V5

ORGANIZATION
- Field: 50 x 30 meters
- 3 groups of 5 players play 10v5
- The ten players tries to remain in possession for as long as possible
- The team who looses possession becomes the defending team

COACHING
- At loss of possession pressure right away

VARIATIONS
- Limit amount of touches
- Decrease field size
- Switch to 8v4

U9 U11 U13 U15 **U17 U19** A

7V5 WITH 14 PLAYERS

5

ORGANIZATION

- Field: 60 x 40 meters, divided into 2 areas
- The team of 7 (yellow) tries to remian in possession for as long as possible
- Team of 5 (blue) tries to intercept the ball and open to one of the 2 striker
- These 5 players + 5 players from the other team move into the other area
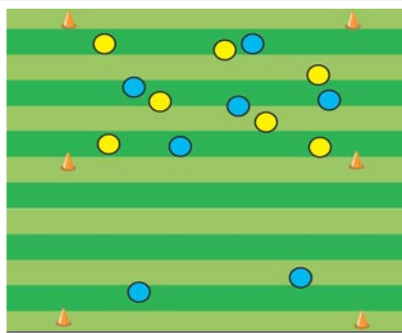- Blue team now has possession

COACHING

- Team in possession stay calm on the ball
- Quick and good transitions
- Seek the strikers at the right moment

VARIATIONS

- Limit amount of touches
- Decrease/increase field size

U9 **U11 U13 U15 U17 U19** A
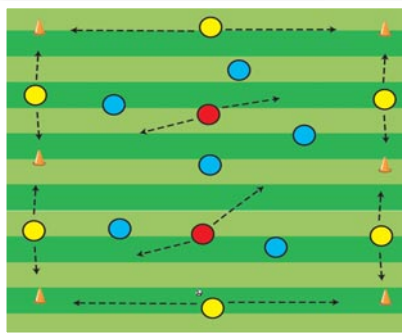
6 V 6 WITH 2 NEUTRAL PLAYERS

6

ORGANIZATION

- Play 6v6 with 2 neutrals
- Play on possession
- The objective is to go reach a player (deep) on th other side through a neutral player (midfielders)
- The ball must stay below knee height

COACHING

- T: Hard and good passes; keep ball low
- I: See depth and seek depth; Pay attention to field positioning
- C: coach after passes

VARIATIONS

- Midfield max. 2 touches
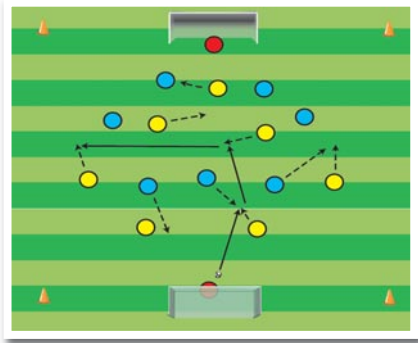- Decrease playing field

U9 U11 U13 U15 U17 U19 A **7**

1+7 VS. 7+1

ORGANIZATION
– Game on large goal with goalkeepers
– Play 1:4:2:1 vs. 1:2:2:3

U9 U11 U13 **U15 U17 U19** A **8**

TRANSITION IN A 5V5

ORGANIZATION
– Play in 2 areas of 30 meters long and a penalty area's width
– 5v5 in 1 area
– When the ball in intercepted pass the the other area as soon as possible
– The team of 5 that lost the ball must transi-tion to defense in the other area
– After 10 passes team may shoot on goal

COACHING
– Come out of an opponent back
– Always pressure the ball
– Pass to far foot
– Follow through on your movements
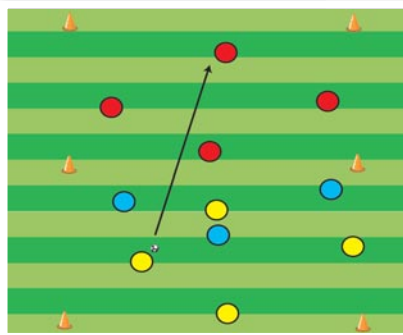– Come into the ball
– Eye contact
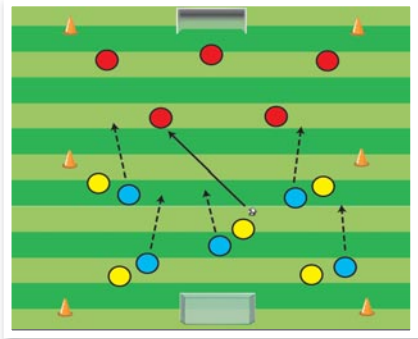
CONDITIONING AND PRESSURE IN A 4V3

ORGANIZATION
– 3 defenders, 1 of them always pressuring the ball
– The moment in which the ball is played to the other side the second defender will pres-sure the ball (defender 1 moves back)

COACHING
– Defender only pressures the ball
– Eye contact
– Coaching
– Hard and good passes

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POSITION GAME 3V1

ORGANIZATION
– We play a position game, 3 v 1
– The players do not work from the side line, but from a cone
– After winning the ball or after a couple of minutes you have a change of defender

COACHING
– Once a player receives the ball from a team-mate the other two players have to make sure they run as fast as possible to the other two cones next to the player who receives the ball to find the open space again.
– Make sure the players pay attention to passing the ball to the correct foot
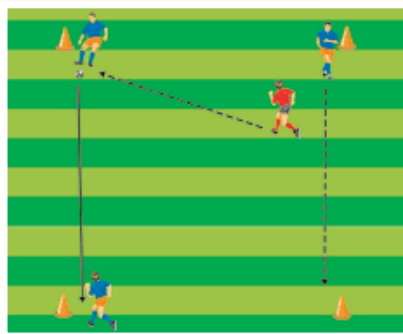
POSITION GAME 4V2

ORGANIZATION
- We play a position game of 4 v 2, with 3 teams of 2 players
- We play Red with Blue against Green
- As soon as the Green team steals the ball, they play, if they win the ball from the Blue team, with Red. The Blue team now has to win the ball.
- In this exercise we work from a side. Every player of the foursome who has possession moves along a flank.

COACHING
- Once a player on the flank has the ball, the other 3 players have to make sure they cre-ate two passing options, as fast as possible, without running completely to the cone.
- Make sure the players pay attention to pass-ing the ball to the correct foot
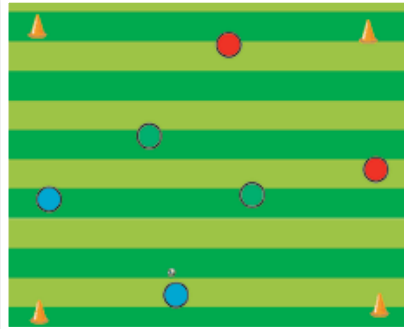
VARIATIONS
- This exercise has a transition point. Once you've gained possession you have to make the field wide. Otherwise 4 players will be positioned statically on the flank and that's not the purpose of this exercise. Now you are working more and more towards a real match situation

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LINE FOOTBALL 7V6

ORGANIZATION
- We play a game of 7 v 6
- Teams can score by dribbling over their op-ponent's back line.

COACHING
- The principle is the same. Every time you have to create triangles, so players have to come next to it and find the open space in the axis. Because you have an additional player you should be able to find the open spaces.