



4v1 End-to-End Possession (flying 1 def)

Category: Tactical: Possession
Difficulty: Beginner

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Description

Directional Possession

4v1 End-to-End Possession

Set-up: (as pictured) Age/level-appropriate area. Attacking team with 1 player on each end and 2 players in the middle (could have 1 extra player on each end). Defending team next to coach. Coach with supply of balls.

Activity: (as pictured) Players in red play to keep possession from end-to-end against 1 blue defender. End players cannot play directly to each other. When ball goes out of bounds, coach plays new ball into one of the end players, and new defender enters. Defending team can sub defenders at any time. Count how many times the team in possession can play the ball to from end-to-end in row. Count restarts whenever ball leaves the area. (2-3min possession for each team)

Options:

- Count number of "ends"
- Count best record of consecutive "ends"
- Count points: age/level-appropriate number of consecutive "ends" = 1 pt.
- Limit touches (1-2 touches)
- Play 4 v 2 Defenders

Focus:

- Playing out of the Back, Finding Forwards
- Quality of Support (multiple layers of support, timing, starting points, angle, distance, mobility)
- Receiving/Turning with ball, Body Orientation
- Good First Touch (to prepare for what come next)
- Quality of Passing (technique, on ground, weight)
- Accuracy of Pass (to feet, to far foot, to space)
- Speed of Play (decision-making, mobility of ball, tempo/speed of ball movement)

