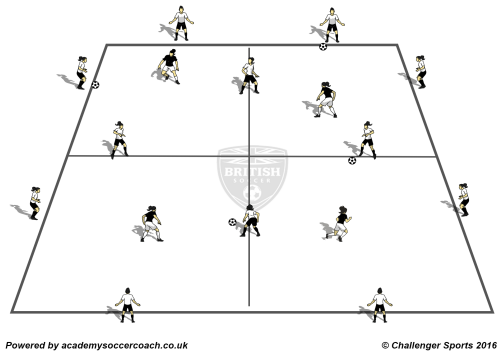
Organization:	**Challenger Sports**	Week:	**Spring week 2**
Age Group:	**Grade 8**	**90**	Minutes
Category:	**Competitive**		

Topic: Possession

Objective: To coach how to maintain possession with good midfield rotation and defensive support

Session Part: Technical Warm-up

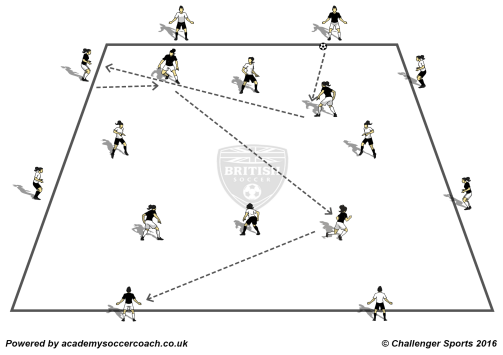


Organization	Time: 15
Area:	30x30
Numbers:	16

4 rondo's playing 4v1 - attackers on central horizontal lines participate in rondo either side of them. Player who loses the ball switches with defender.

Progressions	Coaching Points
Players on both (horizontal and vertical) lines play with groups either side of them	Play 1 touch where possible Open body shape and position when playing in 2 grids Players working in multiple grids need to be scanning space in multiple directions

Session Part: Small Sided Game

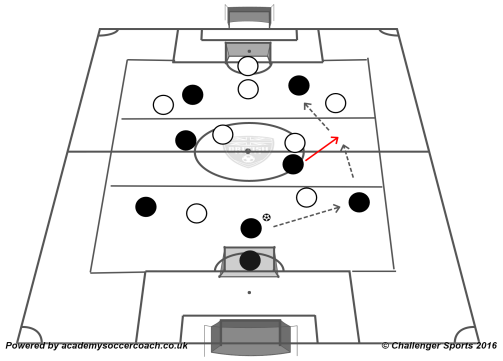


Organization	Time: 20
Area:	30x30
Numbers:	16

Remove the markings from the rondo exercise so the 4 smaller grids open up into 1. 4v4 centrally aiming to play to all of their team mates around the boundary. The first team of 4 to play to all 4 of their bumper players successfully get a point (the team do not have to maintain possession throughout the entire play but should only count a successful pass to the outside if the team receive a ball back inside without it being intercepted).

Progressions	Coaching Points
Players can rotate from the outside once they receive the ball - a player from the inside must fill in for them	Tight space - movement will be key to maintaining possession Understanding your space - how much time? Play 1st time? Playing a step ahead - what are your options?

Session Part: Expanded Small Sided Game

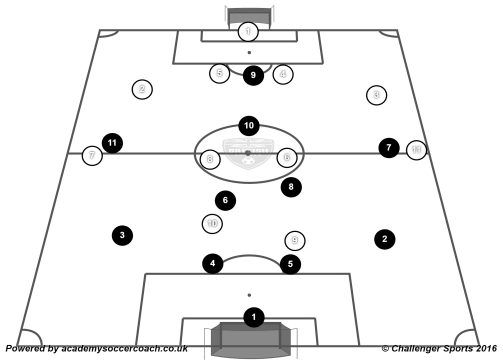


Organization	Time: 25
Area:	60x45
Numbers:	16

7v7 +GK's playing in 3-2-2 formations.
The team in possession must play through each third in order to score. Players are not restricted to the thirds but should get back to their thirds every time their is a dead ball. Offsides must apply.

Progressions	Coaching Points
Add a neutral CM which attacking team must play through, they can play it backwards but have to be involved in that phase of play	Use off the ball movements to create space and offer passing channels Support from all directions Midfield 2 should split for high and low options

Session Part: Game



Organization	Time: 30
Area:	Full Field
Numbers:	11v11

4-2-3-1 vs 4-4-2
Gives the black team a good midfield shape for rotation and options in 360 degrees wherever the ball is on the field

Progressions	Coaching Points
The number of passes in the possession leading to a goal is the amount of points a goal is worth	Choice of passes in the thirds of the field; safe, quick to creative Patient build up play Activity of forwards, coming back to give options and creating space for midfield drives/passes

© Copyright Challenger Sports 2016