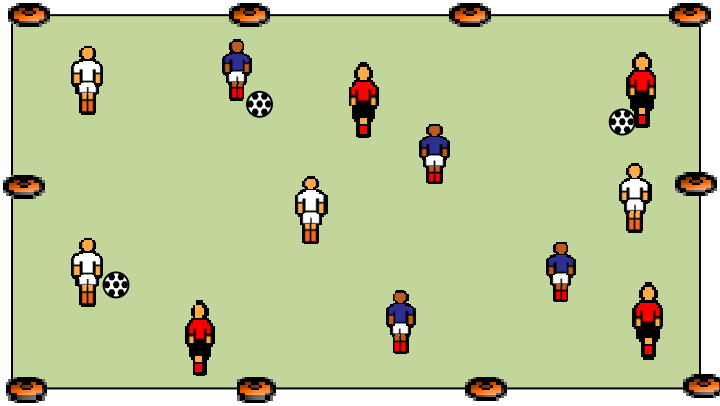




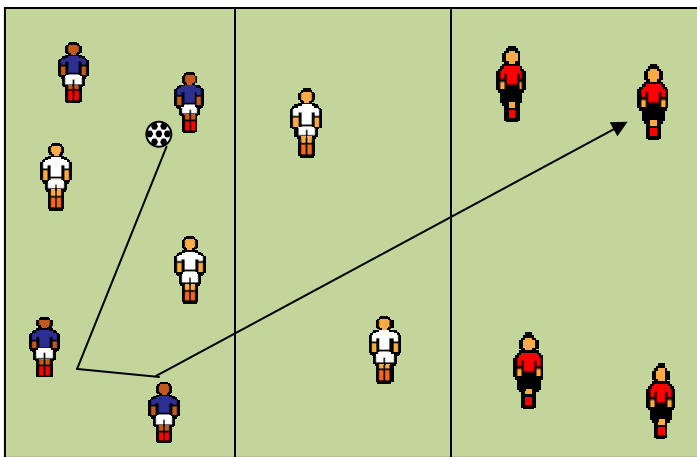
Possession through the Thirds

Warm Up



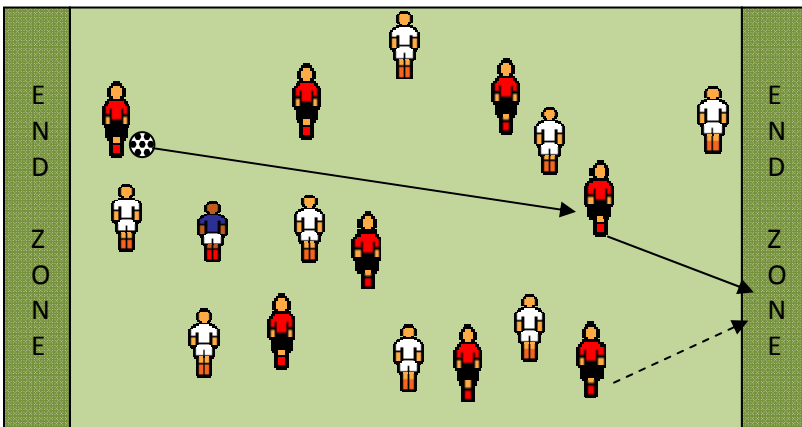
- * Groups of four players
- * Start by passing and moving, add dynamic stretching throughout the warm-up
- * Use the following plays
 - > After the fourth pass the player dribbles for approx 5 yards away with pace. Continue passing
 - > After the fourth pass, the player follows their pass, gets it back and the pass it back to the same player.
 - > After every pass a player sprints around a cone and comes back into the grid.
 - > After the fourth pass, the ball is played to the furthest player (start spreading them out)
 - > Any passing combination

Small Sided Activity



- * Three teams of 4
- * One team starts as the defending team
- * The team in possession makes four or more passes before then can pass through or over the middle third.
- * Once received the two defenders in the middle third go in win the ball, and the other two retreats to the middle.
- * If the defending team wins it they switch out with team that turned possession over.

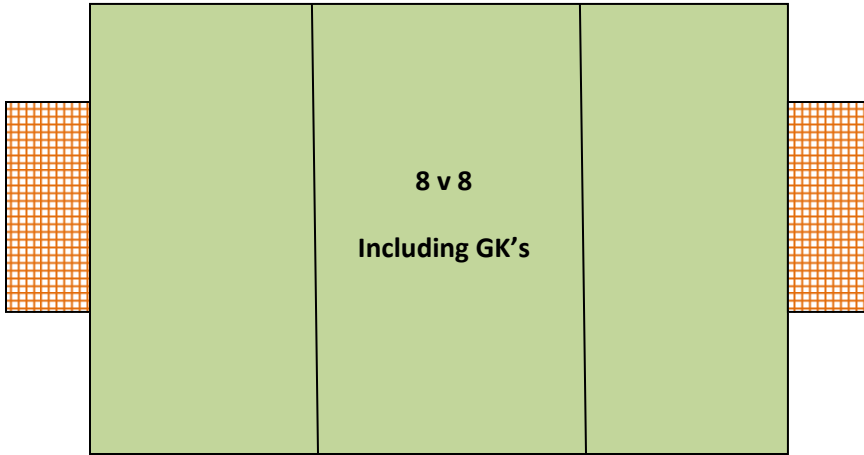
Expanded Small Sided Activity



- * 8v 8 + 1
- * Teams attempt to pass the ball into an end zone for their team mate to score
- * Teams score double points if they are successful in playing a team mate after 8 or more consecutive passes
- * Teams can also score double if they play in the neutral player to the end zone.
- * Players cannot stand in the end zone to receive the pass.
- * Once the ball is under control in the end zone possession changes over and the point is scored.



Small Sided Game



- * 8 v 8 Including GK's
- * Divide the field into thirds
- * If a team can play on the ground through all thirds without losing possession then the goal counts a double
- * Remove the restriction after 15 minutes and play normal soccer rules.

Cool Down