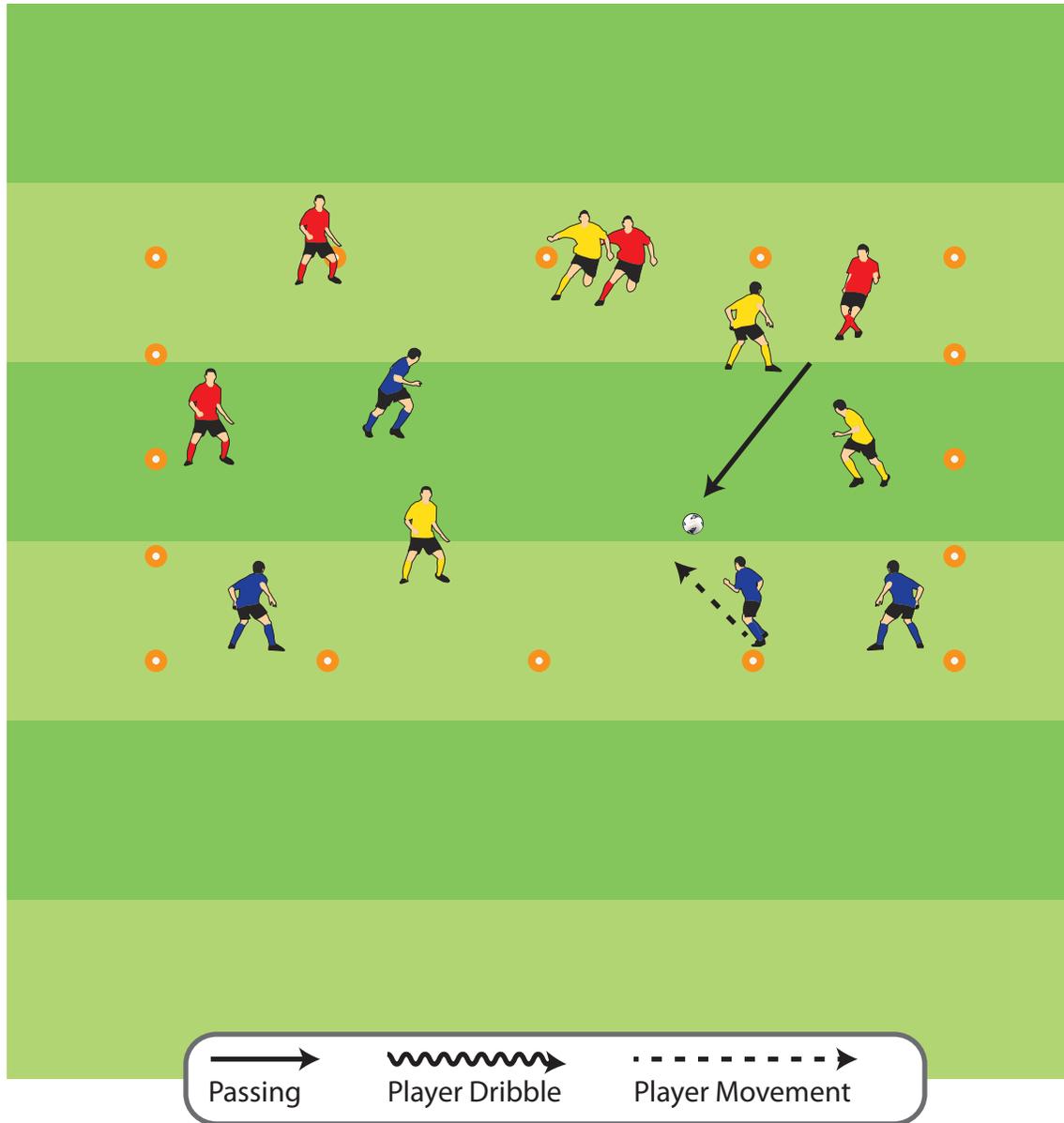


Stage-II Small Sided Activity: Possession Exercise (31) by Dan Blank - Soccer iQ



Setup

Setup a grid about 30 x 20 yards, adjust the size of the grid as necessary. Divide players into three teams of 4 players each. One team is yellow, another is blue, and the third team is red.

Sequence

- To start, red and blue play keep-away from yellow.
- If the blue team, for example, gives the ball away or knocks it out of bounds, red and yellow immediately play keep-away from blue.
- There is no touch restriction, but whenever a player on either of the two attacking teams successfully passes the ball to another attacking player with one touch, both attacking teams are credited a point.
- The object of the game is to be the first team to score 31 points.

Variations

- Implement a touch restriction such as two or three touches.
- Adjust the size of the grid, change the number of players on each team.

Coaching Points

- Transition quickly from being the passer to being a passing option.
- After passing follow the 3 step rule, take 3 steps to either side to give a better passing angle.
- Don't stand in dead space, that is when an opponent is between you and your teammate who has the ball.