



Holliston Youth Soccer / Mass Premier Soccer Coaching Clinic
April 5, 2009
Using Possession to Develop an Attack

Mass Premier Soccer Senior staff (John Coles) will conduct a session designed to improve the ability of your team to maintain ball possession and develop an offensive attack. The ability of a player to “hold the ball” allows other players to move into better offensive position, and create width for attacking. Activities and games will be demonstrated that will help your team control, direct, and improve their skill, comfort, and patience while on the ball.

Note: all activities can be adapted for number of players and ability, including size of workspace, number of touches, etc.

Warm-Up: Multi-Ball Keep-Away

Set Up

30x30 yard grid

Players: 12 (3 defenders, 9 attackers)

Differentiate defenders with a pinnie. Each attacker has a ball.

Instructions

Objectives is for attackers to maintain possession of their ball in the grid. If the defender steals the ball and knocks it out of the grid, the attacker helps other attackers keep the other balls in play. The attacker needs to “always be involved” (get into space, offer a passing option, communicate).

Play for 90 seconds. Count number of balls still in the grid.

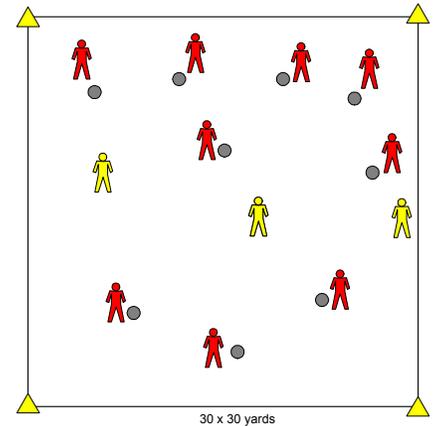
After running through it once, switch the defenders. Note that it should get easier as there are less balls (more attackers per ball).

Coaching Points

Use the entire space; do not get clumped together; make the square as big as you can. Creat passing lanes.

Protect the ball. Keep ball far away as possible (shield) and delay.

Leverage your arm to establish initial position.



Warm-Up: Advantaged Keep Away

Set Up

30x30 yard grid

Players: 12 (three teams of four, wearing different colors)

Differentiate defenders with a pinnie. Each attacker has a ball.

Instructions

Coach will identify one team as defensive team by calling out the color.

It is now a keep away game between the defensive team and the remaining 8 players (2 colors).

Scoring – see if the attacking team can string 5 passes, or 10 passes.

If the defensive team steals the ball, they should try to maintain possession as long as possible. Kicking the ball out is not their objective.

Attacking team should know that upon losing the ball, objective is to get it right back.

Typically if the ball going out of bounds, the coach will call out the color of that team to defend.

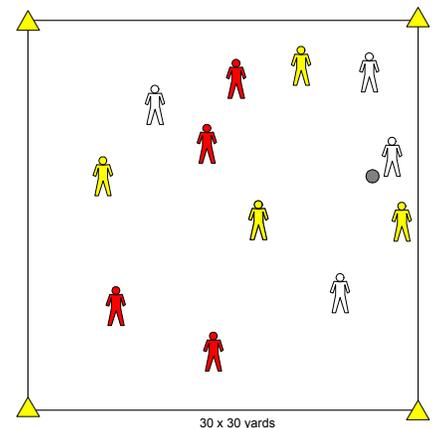
Variations: Reduce touches.

Coaching Points

If you are the attacking team, spread out. Need to offer relief passes.

Heads up. Keep the ball moving.

First touch – know where you are going so you take that first touch into space to prepare for the pass or dribble.



Introduce tactical elements.

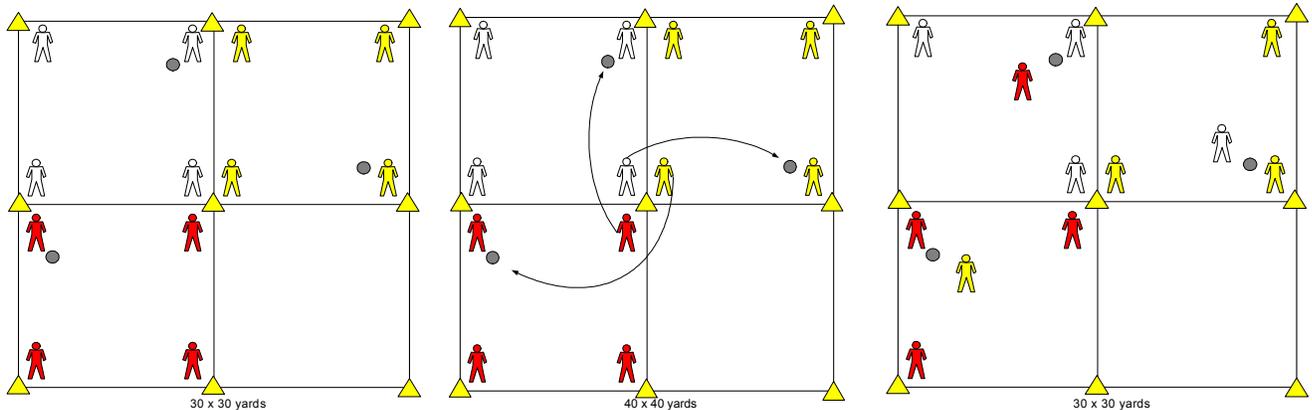
Passing Fours to 3v1

Set Up

Using same 30x30 foot grid, divide into four quadrants (4 15x15 grids organized in one larger grid)

Players: 12 (4 per grid as a team)

One ball per grid.



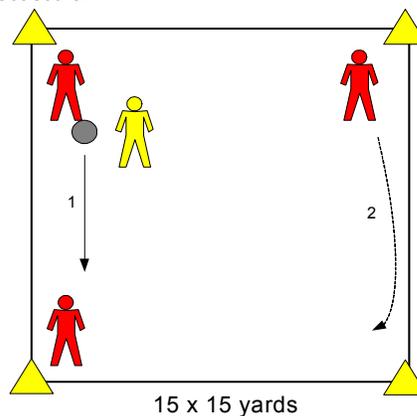
Instructions

With 12 players, 3 teams of 4 are formed.

Give the teams names (kids like to have competitive association), such as England, Ireland, Brazi.

Each team passes around in a quadrant.

1. Pass and move within our quadrant – impress the coach, who will award a point. After 90 seconds, coach awards a point.
2. Remind them to keep moving – repeat in impressing the coach (another 90 seconds). Repeat as needed.
3. Introduce communication – points awarded for movement and communication. Teach payers to put a name on it. Proper communication is not “I got it”. Award after 90 seconds. Repeat as needed.
4. Introduce speed-of-play – repeat with “two touch” – and reward.
5. Now introduce defense challenge. Assign each player in each group a number 1-4. After passing within the grid (10-20 seconds), coach calls a number, and that player goes to the grid to the left (clockwise) and tries to steal the ball. This is a 3v1 situation. The last team to maintain possession wins.
6. After a couple of iterations, provide demonstration (3 v 1 triangle). Repeat the drill so each player has defended. Repeat as needed to see success in possession.



Coaching Points

While doing free-form passing, ball should not be “going out” of the grid. Be aware of space. There are no defenders. There is no pressure.

After you pass, move to new space. Create passing option.

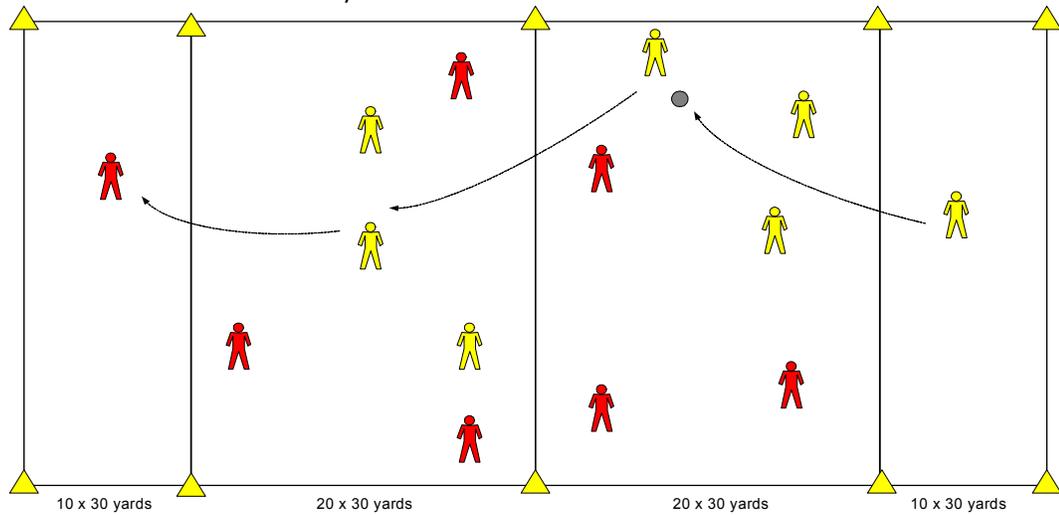
When going to 3v1, demonstrate passing angles and moving to space.

Constantly move; make the space wide.

Angle of Attack Drill

Set Up

Configure a field 30 yards wide, with two 10 yard end zones, and two 20 yard inside zones. You will need one ball. Have extra balls ready.



Instructions

Organize into two teams. Start with 3v3 in each of the inside zones. Depending on number of players, you might need to have 2v2 or 4v4 in the inside zones.

Initially have one neutral player in each end zone.

The neutral players are instructed to pass back to the team that passed to them.

When a team gains possession, they need to maintain possession and get a touch from a player in one end zone, and then get the ball to the player in the opposite end zone. Thus gaining a point.

The ball does not need to be touched by a player in each zone (i.e. player get pass back from neutral player is allowed to then pass directly to opposite end zone if the pass is available).

Each time there is a turnover, the attackers need to regain that initial touch.

Objective is to transition play from a touch player in one end zone, to the touch player in the other end zone, thus completing a change of attack.

1. Play in this format to establish some success.
2. Next you can change the loan player in the end zone with a 1v1 situation (one player from each team). Play in this format to establish some success.
3. Transition to no restrictions.

Coaching Points

Switch the angle of attack. Encourage wide players. Spread the defense.

Movement to space may create long passing lanes.

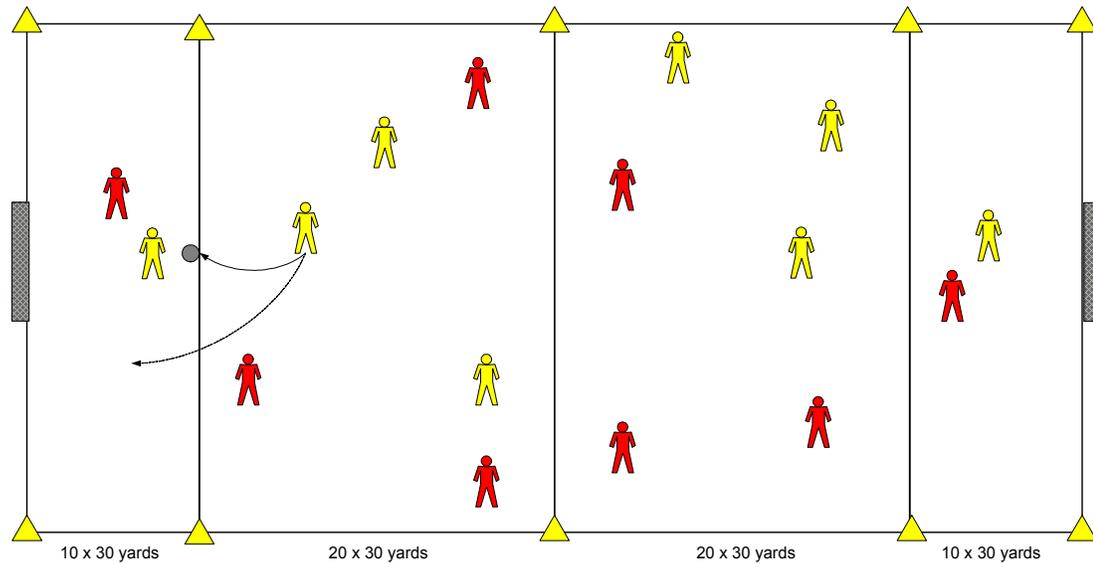
Communication – put as much information on the pass as possible – man-on, time, location of the pass (to feet, leading the receiver).

Receiver – get your head up; anticipate pass and what our first touch will be.

Attack to Striker and Free Scrimmage

Set Up

Utilize the same grid from the previous drill.
Place small goals at end of either end zone.



Instructions

Declare which goal belongs to each team (i.e. no longer playing end zone to end zone). Each 1v1 in the end zones is a striker with defender.

Objective is for pass to get into striker who then finishes.

1. Play this game and establish some success.
2. Second phase allows the player making the pass to the striker to follow their pass to create a 2v1 situation. Play for some success.
3. Next we take away the restriction of the internal zones (central players can cross midfield now).
4. Always end with a free scrimmage. Transition next to a complete free-scrimmage.

Coaching Points

Striker needs to receive, shield, but needs to finish.

Same coaching points as previous activities.

Concluding Comments

Everything is about communication.

Need to create space. It is difficult to possess when you are in a cluster.

Switching the field is important to find space.

From a development point of view, you should have previously covered passing, first touch, etc.

These activities include tactical elements – spell them out for the players.