



15

SOCCER POSSESSION DRILLS

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TABLE OF CONTENTS

CONTENTS

4v1 Possession 5

4v2 Rondo 8

4v3 Attack.....11

4v3 Keep Away 14

4v4+3 Barcelona 17

5v5 Man-to-Man 21

5v5 Wall Pass Scoring 24

Blackjack 27

English Squares 31

Four Quadrant..... 35

Golf Possession 39

Monkey in the Middle 42

TABLE OF CONTENTS

One-Touch Possession
40

Plus 2 Possession
43

Three Team Possession
46

15 SOCCER POSSESSION DRILLS

4v1 Possession

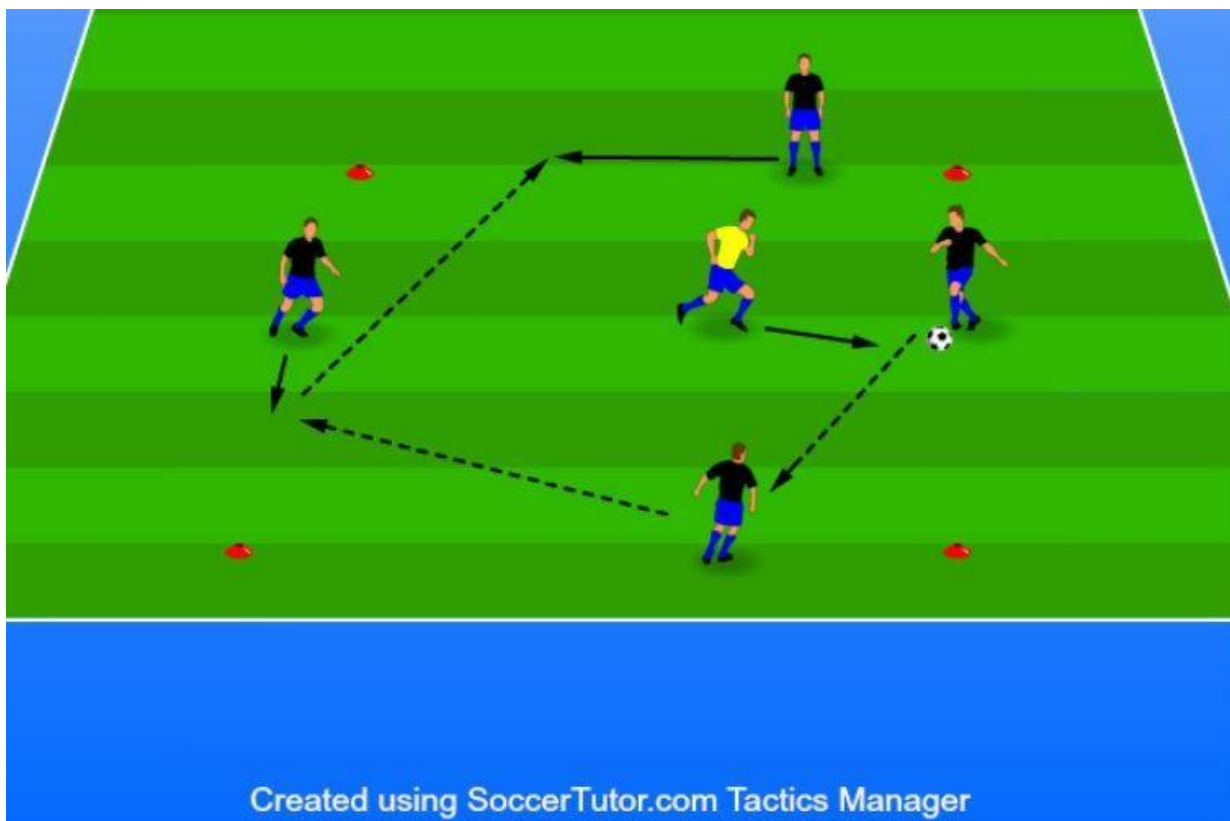
How the Drill Works:

Four players move around the outside of the square and attempt to connect as many passes as possible while one defender tries to intercept the ball.

Purpose:

Develop passing, spacing and decision-making.

Diagram:



Setup:

- Set up a 10x10-yard box for every five players.
- Divide the players into groups of five and assign each group to a box. Add more than five players to a group if there are extra players.
- At each box, have four players start on each of the box's four sidelines while one player starts in the middle as the defender.
- One player on the outside starts with a ball.
- Play for at least 10 minutes. Add more time as needed.

Instructions:

1. The four players on the outside attempt to pass and move around the square and connect as many passes as possible while the defender tries to win the ball.
2. First pass is always free.
3. If the defender wins the ball, or the ball goes out-of-bounds for any reason, the offensive player who last touched the ball switches places with the defender and a new round begins.
4. Play for at least 10 minutes. Add more time and rules as needed.

Variations:

4v2 – Include one more defender and set up 4v2 game to make it harder for offense to exchange passes and keep possession.

Touch limit – Increase the difficulty by adding a touch restriction. Give players two, or onetouch for more skilled players.

Coaching Points:

- Adjust the box size depending on the skill level. Add more space if players are having trouble connecting passes.
- Teach the players to constantly move and adjust their angles to the ball and other teammates.

- Encourage the players to keep their eyes up so they can pass away from pressure!
- Remind the players to communicate and call for the ball if they are open.
- Challenge the defender to win the ball as quickly as they can!

4v2 Rondo

How the Drill Works:

Four players move around the outside of the square and attempt to connect as many passes as possible while two defenders try to intercept the ball.

Purpose:

Develop decision-making and passing with live defenders. Great warmup activity for players before training begins or use as a main activity for less skilled players.

Diagram:



Setup:

- Set up a 12x12-yard box for every six players.
- Divide the players into groups of six and assign each group to a box. Add more than six players to a group if there are extra players.
- At each box, have four players start on each of the box's four sidelines while two players start in the middle as the defenders.
- One player on the outside starts with a ball.
- Play for at least 10 minutes. Add more time as needed.

Instructions:

1. The four players on the outside attempt to pass and move around the square and connect as many passes as possible while the defenders try to win the ball.
2. First pass is always free.
3. If the defenders win the ball, or the ball goes out-of-bounds for any reason, the offensive player who last touched the ball switches places with the defender who has been in the longest and then a new round begins.
4. Play for at least 10 minutes. Add more time and rules as needed.

Variations:

Number of players – play 5v2, 6v2, 7v2, etc. Adjust the field size accordingly.

Touch limit – Increase the difficulty by adding a touch restriction. Give players two, or onetouch for more skilled players.

Nutmeg – Add a fun rule. If any defender gets nutmegged (ball goes between their legs) the defenders must stay in the middle for another round.

Coaching Points:

- Adjust the size of the box depending on skill level of the players.
- Instruct the players to constantly move and adjust the passing angles to the ball and their teammates.

- Remind the players to have an idea before they receive the ball. Players should keep their eyes up and play away from pressure.
- Challenge the players to be creative and try different surfaces of the foot or fakes to get out of tight situations.

4v3 Attack

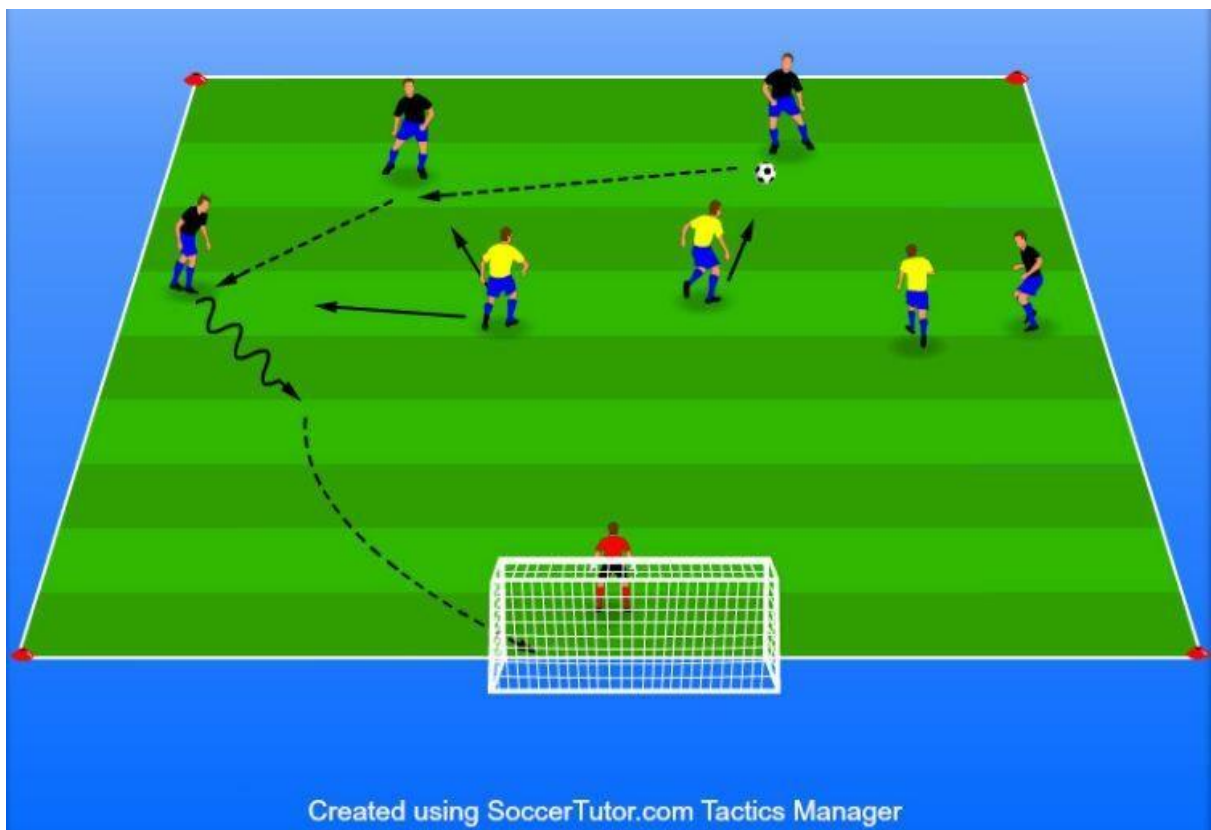
How the Drill Works:

Four players attempt to score on three defenders and a goalkeeper defending one goal.

Purpose:

Develop passing, decision-making and finishing abilities. Players improve their ability to pass the ball around defenders and switch the point of attack to create scoring opportunities.

Diagram:



Setup:

- Set up a 30x30-yard field with one full-size goal on an end line.
- One team of three will start as the defensive team, 15 yards in front of goal. The other team of and one team of four will start as the attacking team on the end line opposite of the goal. Assign jersey colors to each team. See diagram for more information.
- Position one goalkeeper in goal.
- Gather all the soccer balls behind the end line opposite of the goal.
- One player on the attacking team starts with the ball.
- Play three, four-minute games. Add more time and rounds as needed. Rotate players between games.

Instructions:

1. The attacking team attempts to pass the ball side-to-side, around the defenders and create a scoring opportunity.
2. The three defenders attempt to shift with the ball and stay compact until there is a moment to win the ball or block a shot.
3. If the defenders win the ball, they attempt to keep possession as long as they can inside the box using their goalkeeper.
4. If the ball goes out-of-bounds for any reason, players reset to their starting positions and a new ball is started with the attacking team.
5. Play offsides to keep the game realistic.
6. Play three, four-minute games. Add more time and rounds as needed. Rotate players between games. See which attacking group can score the most goals!

Variations:

Number of players – Play 5v4, 5v3, 6v4, etc. Adjust the field size as needed. Set up players in game formations and positions as more players are added.

Coaching Points:

- Teach the attackers to dribble forward to commit defenders and then pass the ball wide to the open player.
- Remind the attackers to switch the point of attack quickly before the defenders can shift over.
- Instruct the players to make quick decisions and be creative on the ball.
- Encourage the players to look up and have an idea before they receive the ball.
- Challenge the defenders to cover the ground and close down space! Defenders should stay compact and make the attackers play around them.

4v3 Keep Away

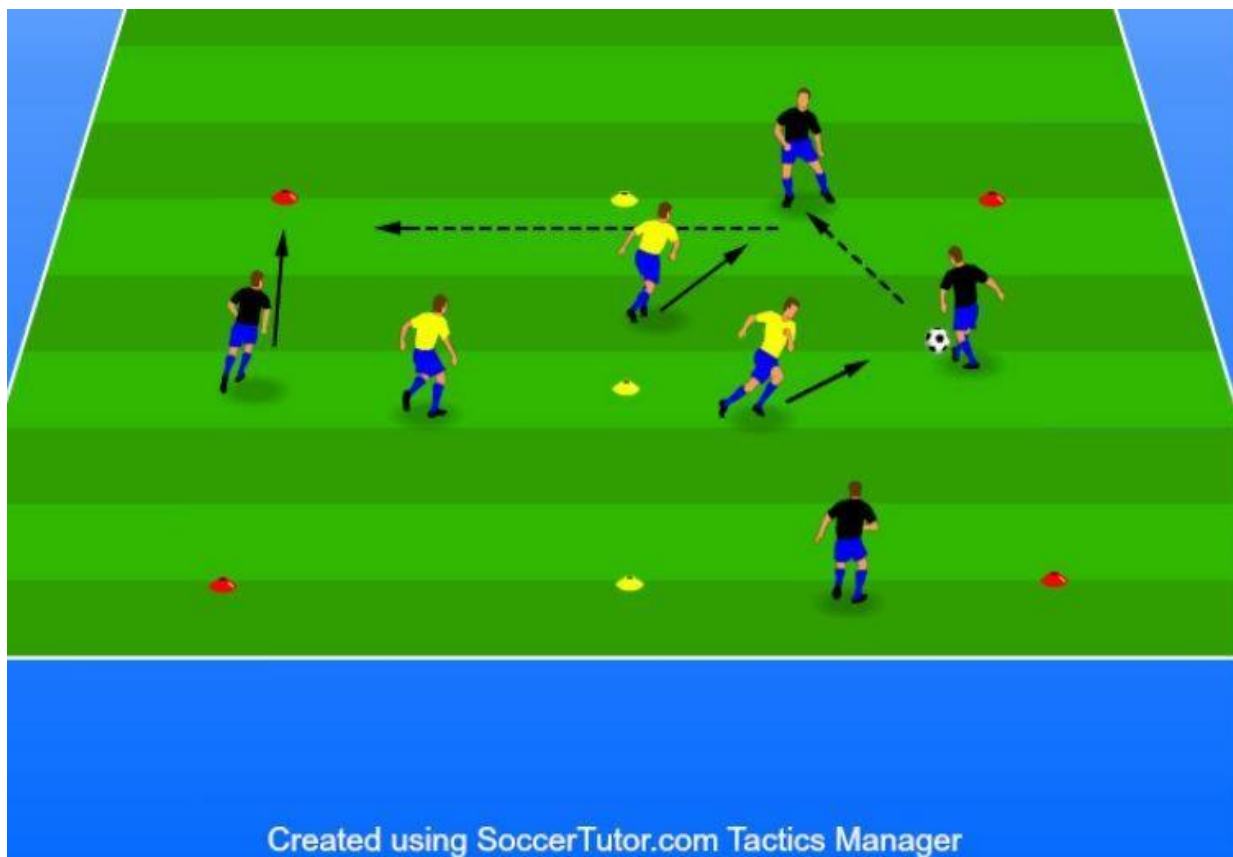
How the Drill Works:

Four players attempt to keep possession of the ball against three defenders, but only two defenders are allowed in one half of the field at a time.

Purpose:

Develop decision-making, passing, and movement off the ball.

Diagram:



Setup:

- Set up a 20x15-yard box for every seven players. Place one line of cones to mark the two halves of the box.
- Divide the players into groups of seven and assign each group to a box. Add more than seven players to a group if there are extra players.
- At each box, have four players start on each of the box's four sidelines while three players start in the middle as the defenders.
- One player on the outside starts with a ball.
- Play for 15 minutes. Add breaks and more time as needed. Make coaching points during natural stoppages.

Instructions:

1. Four offensive players start exchanging as many passes as possible while moving along their sidelines against three defenders.
2. Only two defenders are allowed in each half at one time.
3. If the defenders win the ball, the defender who has been in the longest switches positions with the attacking player who lost possession of the ball. A new round is started as soon as both players are set.
4. First pass is always free.
5. Play for 15 minutes. Add breaks and more time as needed.

Variations:

Number of players – play 5v3, 6v3, 7v3, etc. Adjust the field size accordingly.

Touch limit – Increase the difficulty by adding a touch restriction. Give players two, or onetouch for more skilled players.

Coaching Points:

- Stress the importance of movement off the ball and having an idea before players receive the ball.

- Teach the players to move the ball quickly and play away from pressure!
- Encourage the players use to accurate passes to keep the possession of the ball.
- Remind the players to use their voices to help their teammates make decisions.
- Challenge the defenders to work together and win the ball as quickly as they can.

4v4+3 Barcelona

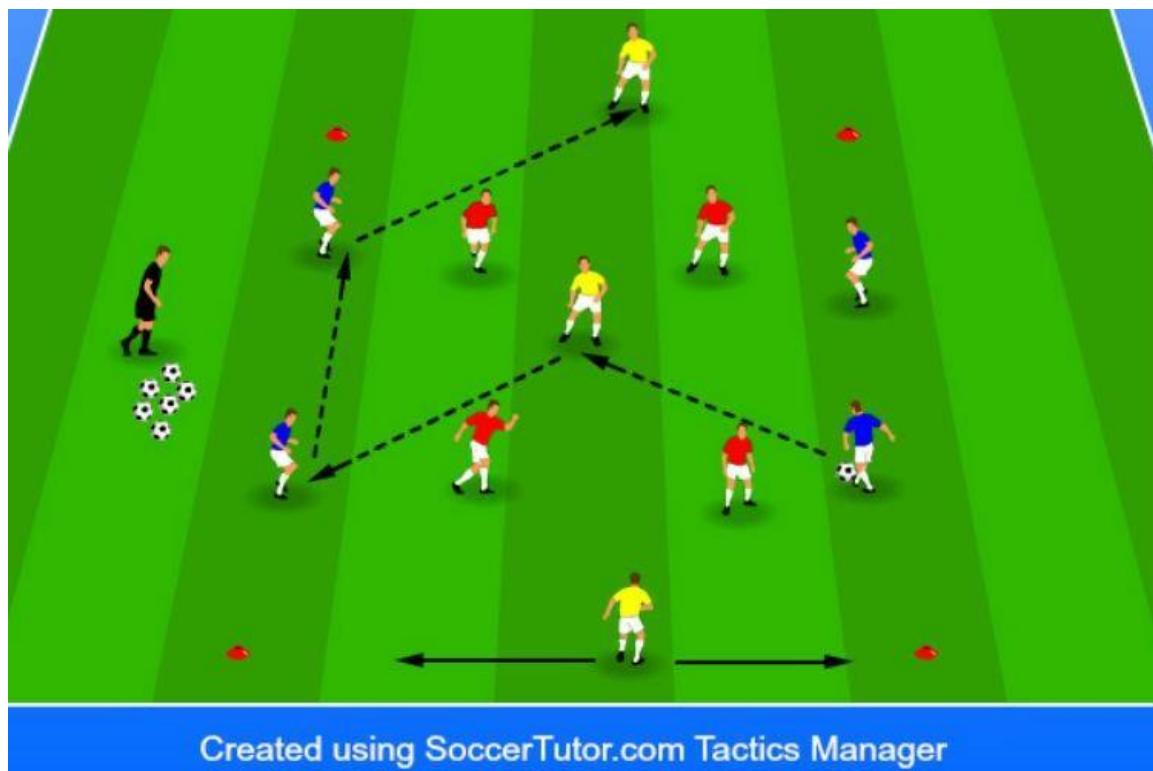
How the Drill Works:

Two teams of four play possession with three neutrals. Teams must repress and transition from defense to offense quickly to be successful. Teams are awarded points for consecutive passes.

Purpose:

Develop players' ability to repress the ball when they immediately turn it over. Players improve their transition speed from defense to offense as well as their ability to keep possession and pass out of pressure.

Diagram:



Setup:

- Use cones to mark a 25x20-yard field.
- Select three players to start as neutrals. These players should be good in possession. Assign them a jersey color. One neutral player starts inside the playing area while the remaining two neutrals start on opposite end lines.
- The remaining players are divided into teams of four. If there is an odd number of players have players rotate every game. If there are 12 players, make three teams and rotate teams after every round.
- Assign different colored jerseys to each team. One team starts inside the playing area as defense while the other team starts on the outside as the offense team. The offense team should have two players on each sideline. See diagram below for more information.
- Gather all the soccer balls and place them outside the playing area.
- The coach should stand next to the soccer balls to pass new balls in as needed.
- Play five, three-minute rounds. Add more time or rounds as needed. Make coaching points between rounds. Rotate neutrals and players as needed.

Instructions:

1. To start the activity, the coach passes a ball to the offensive team on the outside.
2. The offensive team, plus the three neutral players, attempt to keep possession of the ball while the defensive team tries to win the ball.
3. Eight consecutive passes equals one point for the offensive team. Adjust the number of passes to the skill level of the players.
4. When the defensive team wins the ball, they quickly transition to the outside of the playing area while connecting passes with their teammates and neutral players.
5. When the offensive team loses possession, they should immediately repress and attempt to win the ball back before their opponents can transition and get organized on the outside of the playing area.
6. The team in possession should always have two players on each sideline. The team playing defense should have four players inside the box.
7. Players are allowed to move along their sideline and a yard or two inside. The neutral player in the middle of the box is free to move wherever.
8. Play strict out-of-bounds lines.

9. Play five, three-minute rounds. Add more rounds and time as needed. Make coaching points between rounds.

Variations:

Touch limit – Limit the number of touches players have. Three-touch, two-touch, or one-touch depending on the quality of the players.

Point system – Change the number of consecutive passes needed for a point. 10, 12, or 6 depending on the skill level of the players.

Space – Increase or decrease the size of the playing area to match the skill level of the group. Decrease the size to increase the speed of play. Increase the size to allow players more time on the ball.

Coaching Points:

- Teach the players to repress as soon as they lose the ball! Do not let the other team have time on the ball and spread out around the rectangle.
- Educate the players to move along their lines to create good passing angles and keep possession of the ball.
- Remind the players to focus on their body positioning so they can see the entire field and make quick decisions.
- Challenge the players to think multiple passes ahead and to keep the ball moving!
- Encourage the defenders to win the ball quickly and move as a group!

5v5 Man-to-Man

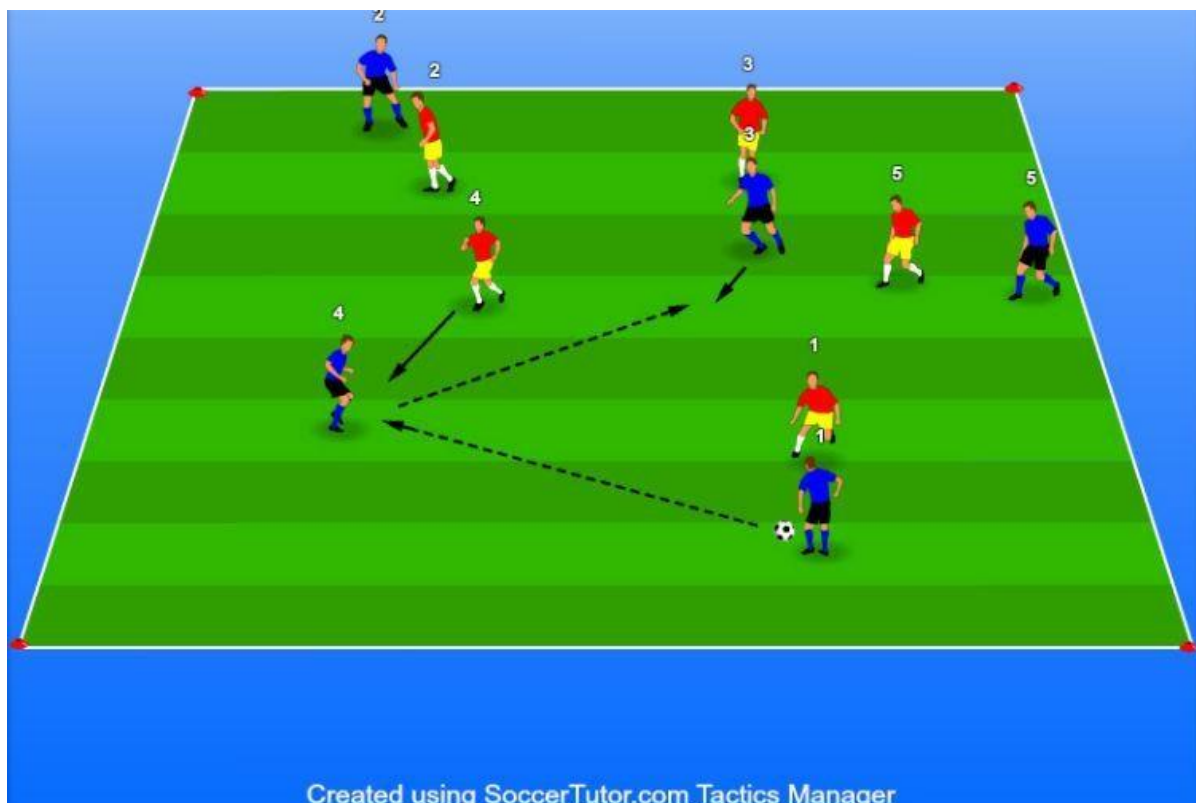
How the Drill Works:

Two teams play against each other attempting to complete as many passes as possible. Players match up with a player on the other team. Players can only defend their match. Team with the most completed passes at the end of each round is the winner.

Purpose:

Develop movement off the ball and decision-making. Players are forced to constantly move off the ball to lose their mark and get open for their teammates.

Diagram:



Setup:

- Set up a 25x25 yard field.
- Divide the players into two teams of five and assign jersey colors to each team.
- Have players on partner up with a player on the other team. Their partners are the only ones they can defend, and the only players that can defend them.
- One team starts with the ball.
- Gather extra soccer balls to a sideline next to the coach.
- Assign one player on each team to be the captain and count the total number of passes for their team.
- Play at least three, four-minute rounds. Add more rounds and time as needed. Make coaching points between rounds. Rotate partners after each round so players are matched up with a different opponent.

Instructions:

1. Teams attempt to keep possession of the ball and complete as many passes as possible.
2. The captain of each team is responsible for keeping track, but the entire team is encouraged to count.
3. Players can only defend their partner and can only be defended by their partner.
4. Team with the most passes at the end of each round is the winner.
5. Play at least three, four-minute rounds. Add more time and rounds as needed.
6. Rotate partners after each round so that players can play against a new opponent.

Variations:

Touch limit – Give players a three, two, or one-touch restriction depending on the skill level.

Different point system – Instead of total passes. Have teams connect five consecutive passes for one point. Team with the most points at the end of each round wins the round.

Coaching Points:

- Adjust the field size as needed. Add more space if teams are struggling to complete passes.
- Teach the players to constantly move and change their supporting angles. This activity forces players to move and lose their mark to get open for their teammates.
- Encourage the players look up and have an idea before they receive a pass.
- Challenge the teams to win the ball back as quickly as they can.

5v5 Wall Pass Scoring

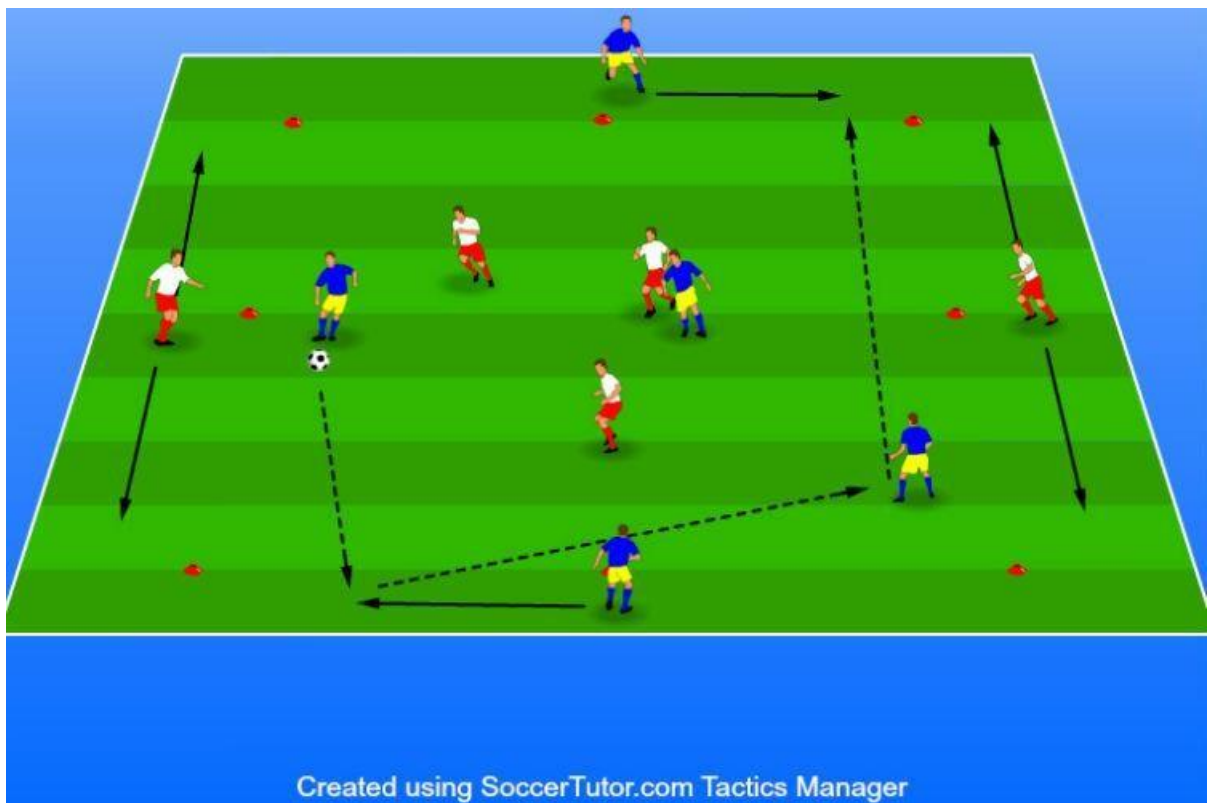
How the Drill Works:

Two teams of three compete to connect passes to their teammates on opposite end lines. Teams look to keep possession using their teammates inside and outside of the field.

Purpose:

Develop directional possession skills. Players improve their decision-making and passing as they move the ball forwards and backwards.

Diagram:



Setup:

- Set up at 25x25 yard field.
- Divide the players into two teams of five. Teams can be larger than five, but then adjust the field to fit the number of players.
- Two players from each team start on opposite sidelines as the wall players. The remaining players start inside the field. See diagram for more information.
- One team starts with the ball.
- Gather the extra soccer balls near the coach.
- Play four, four-minute rounds. Rotate wall players and make coaching points after each round. Add more time and rounds as needed.

Instructions:

1. Teams play possession attempting to connect passes to their wall players.
2. Teams must maintain possession of the ball and connect a pass to each of their wall players for a point. If teams lose possession after connecting one pass, they must restart when they retain possession.
3. Wall players are free to move along their entire sideline.
4. Wall players can not defend but can be defended.
5. Teams are free to use the same wall player as many times in a row but are not awarded a point until they alternate wall players in the same possession.
6. The players inside the field stay inside the field for the duration of the round.
7. If the ball goes out-of-bounds the team that did not last touch it, starts a new ball.
8. Play four, four-minute rounds. Add more rounds and time as needed. Rotate wall players and make coaching points between rounds.

Variations:

Touch limit – Give players three, two, or a one-touch restriction.

Number of players – Add more players to the game as needed. Adjust the field size accordingly.

Neutral players – Add one or two neutral players if teams are struggling to possess.

Coaching Points:

- Teach the players to constantly move and provide good angles of support.
- Stress the importance of having an idea before you receive the ball to increase the speed of play.
- Remind the players to play away from pressure!
- Encourage the players to communicate and help each other with decision-making.
- Challenge the teams to win the ball back as quickly as they can after they lose it.

Blackjack

How the Drill Works:

Two teams attempt to connect 21 three-touch passes, 21 two-touch passes, and then 21 onetouch passes before their opponent does.

Purpose:

Develop decision-making and speed of play. Players improve their passing and ball control as they help their team maintain possession.

Diagram:



Setup:

- Set up a 30x30 yard field. Adjust according to skill level and number of players.
- Divide the players in to two teams. Assign each team a different colored jersey.
- Gather all the soccer balls on one sideline for the coach to use as needed.
- Play three rounds if time allows. Add more rounds as needed. Make coaching points between rounds.

Instructions:

1. Two teams compete to connect 21 three-touch passes, 21 two-touch passes and then 21 one-touch passes. First team to complete all three wins the round!
2. Players can not move to the two touch passes until they complete the three-touch passes. Teams start at three and move down to one.
3. Players can take as many touches as they want to help keep possession of the ball, but only passes made within the touch restriction count towards the total number of passes.
4. Passes do not need to be consecutive. Teams count their own total passes.
5. If the ball goes out-of-bounds of any reason, the coach starts a new ball with the team that did not last touch the ball before going out.
6. Play three rounds. Add more rounds as needed. Make coaching points between rounds.

Variations:

Number of players – Play 8v8, 7v7, 6v6, etc. Any combination works. Adjust the size of the playing area to accommodate the number of players.

Touch limit – Give a touch restriction.

Neutral players – Add neutral players if teams are struggling to connect passes!

Rules – If one-touch passing will be too difficult, just have teams complete three-touch passing and two-touch passing. Match the game rules to the skill level.

Coaching Points:

- Teach the players to transition quickly and spread out to give themselves and their teammates more space and time on the ball.
- Remind the players to have an idea before they get the ball! Players should constantly be scanning the field when they do not have the ball to find their teammates and opponents!
- Challenge the players to continually move and adjust their passing angles. Players should never be standing still!
- Encourage teams to win the ball quickly when they lose it. Immediate reactions!

English Squares

How the Drill Works:

Two squares are set up with one team of five players in each square. The third team, in neither box, sends two of its players into one of the boxes and attempts to win the ball from the offensive team. If the offensive team completes six passes, they pass the ball to the other square for the game to continue. If the defensive team wins the ball, the team last lost it switches places with the defensive team.

Purpose:

Develop speed of play and decision-making. Players increase their vision and ability to play out of pressure.

Diagram:



Setup:

- Set up two 15x15 yard boxes with ten yards of space between them. Adjust the size of the boxes according to skill level and number of players.
- Divide the players into three teams. Five players are used in this example, but more players can be added. Adjust the box sizes accordingly if there are more players. Assign each team a different colored jersey.
- Assign one team to each box with the third being assign to the space between the two boxes.
- Gather all the soccer balls and place them outside the playing area for the coach to use as extra.
- Play four, four-minute games. Add more time and games as needed. Make coaching points between each round.

Instructions:

1. To start the activity, the coach passes a ball to either team positioned inside a box.
2. As soon as the team receiving the pass takes their first touch, two defenders from the team between the boxes, can enter the area and attempt to win the ball.
3. The team in possession attempts to connect six consecutive passes before passing the ball across the middle to the opposite box.
4. Teams are awarded one point each time they successfully complete their number of passes and pass the ball to the opposite box.
5. Defenders prevent the offensive team from scoring by winning the ball and passing it across to the other box, or if the ball goes out-of-bounds for any reason. The offensive team is free to try and win the ball back until the ball goes out of their box.
6. If the defensive team wins the ball, or the ball goes out-of-bounds, the team that lost the ball becomes the new defensive team and moves to the space between the two boxes. The team that successfully defended now positions themselves in the box the other team just left.
7. A new ball is started from the coach and is passed to the team in the opposite box the ball was just in and the process continues.
8. If the offensive team completes their six passes and plays the ball to the other box, the two defenders go back to the middle space, and two new defenders enter the opposite box.

9. Defenders in the middle space can not block passes as they go across the middle space.
10. Play four, four-minute games. Add more time and games as needed. See which team wins each game! Make coaching points between each game.

Variations:

Numbers – Divide in to three evenly numbered teams. Teams of seven, six, or four are all possible. Adjust the size of the boxes accordingly.

Number of defenders – Send more defenders into the offensive box if the teams are connecting too easily.

Middle space defenders – Allow the middle space defenders to block passes that come through the middle. This will make it more difficult to play across to the other box. Decide if players can play the ball over in the air or on the floor.

Touch limit – Limit the number of touches players get. Three-touch, two-touch, or one-touch depending on the quality of the players.

Point system – Change the number of consecutive passes needed for a point. Ten, eight, or five depending on the skill level of the players.

Space – Increase or decrease the size of the playing area to match the skill level of the group. Decrease the size to increase the speed of play. Increase the size to allow players more time on the ball.

Coaching Points:

- Remind the players to constantly move off of each other to create space and good angles of support to keep possession of the ball.
- Educate the players to be patient with ball. If the pass can not be easily completed to the other box after six passes, encourage the team to keep moving the ball until the pass can be made.
- Challenge the players to think quickly and to keep the ball moving so the defenders do not have a chance to steal it.
- Encourage the defenders to win the ball quickly and move as a group!

Four Quadrant

How the Drill Works:

Two teams play possession inside a playing area that is divided into four quadrants. Teams are only allowed to connect a certain number of passes in a quadrant before they must move to another quadrant.

Purpose:

Develop decision-making and ability to mix short and long around the field. Players increase their ability to find space and move the ball away from pressure.

Diagram:



Setup:

- Set up a 30x30 yard field. Adjust the size according to skill level and number of players.
- Inside the field, divide the space into four even quadrants using a couple of cones. Make sure there are enough cones that players can easily see the four quadrants, but not too many that the cones will get in the way.
- Divide the players in to two teams. Assign each team a different colored jersey.
- All the players start inside the playing area.
- Gather all the soccer balls and place them outside the playing area for the coach to use.
- Play four, four-minute rounds. Add more time and rounds as needed. Make coaching points between rounds.

Instructions:

1. The two teams compete to keep possession of the ball inside the field. Eight consecutive passes equals one point. Team with the most points at the end of each round wins!
2. Teams are only allowed to complete three consecutive passes in a quadrant before they must move the ball to another quadrant. If teams complete more than three consecutive passes in a quadrant, then the ball is turned over to the other team.
3. If the ball goes out-of-bounds for any reason, a new ball is started by the coach and is passed to the team who did not last touch the ball.
4. Play four, four-minute games. Add more time or games as needed. Make coaching points between rounds. Reset all the soccer after each game.

Variations:

Number of players – Play 10v10, 8v8, 7v7, etc. Adjust the field size to fit the number of players.

Touch limit – Add a touch restriction. Three-touch, two-touch, or one-touch depending on the quality of the players.

Neutral players – Add one or two neutral players to help teams possess.

Quadrant rule – Adjust the number of consecutive passes in the quadrant to increase or decrease the difficulty.

Coaching Points:

- Teach the players to use the entire playing area and spread out to stretch the defense and create more space for their teammates. Make sure players are not hiding though!
- Encourage the players to think one, two, or three passes ahead to increase their speed of play. Players should have an idea before they receive the ball!
- Remind the players to give good angles of support and constantly readjust their field and body positioning.
- Educate the team in possession to mix short and long passes to draw defenders in and then spread them out!
- Challenge the defending team to win the ball back quickly and transition to offense!

Golf Possession

How the Drill Works:

Two teams play possession attempting to score points by passing the ball to one of their teammates standing inside their team boxes.

Purpose:

Develop passing and decision-making skills. Players improve their ability to move off the ball and provide proper angles of support to their teammates.

Diagram:



Setup:

- Set up a 30x30 yard field. Adjust the field size according to skill level and number of players.
- Use cones to mark four, 4x4 yard boxes just inside each corner of the field. See diagram below for more information.
- Divide the players in to two teams. Assign each team a colored jersey.
- Have two players from each team start inside two of the four boxes. Teammates should occupy boxes that are diagonal from each other.
- The remaining players start inside the playing area.
- Gather all the soccer balls and place them outside the playing area for the coach to use.
- Play four, four-minute games. Add more time or games as needed. Make coaching points and reset the soccer balls between games.

Instructions:

1. Teams compete to keep possession of the ball and connect passes to their teammates inside their team boxes. Each pass completed to a teammate inside a box counts as a point. Team with the most points at the end of each game is the winning team!
2. When a box player receives a pass, they are free to dribble or pass out of the box. The player who passed the ball in to the box, now takes the place of the teammate who left the box.
3. If the ball goes out-of-bounds for any reason, the coach starts a new ball with the team that did not last touch the ball.
4. Play four, four-minute games. Add more time or games as needed. See which team can win the most games!

Variations:

Number of players – Play 8v8, 7v7, 6v6, etc. Adjust the field size accordingly.

Touch limit – Give a touch restriction. Three, two, or one-touch depending on the skill level.

Coaching Points:

- Educate the players to constantly move and create space for themselves and their teammates.
- Teach the players to give good angles of support to their teammates. Players should think about working in triangles.
- Challenge the players to think 1, 2, or 3 passes ahead. This will allow players to increase their speed of play and play away from pressure.
- Encourage the defending team to win the ball back quickly and transition to offense!

Monkey in the Middle

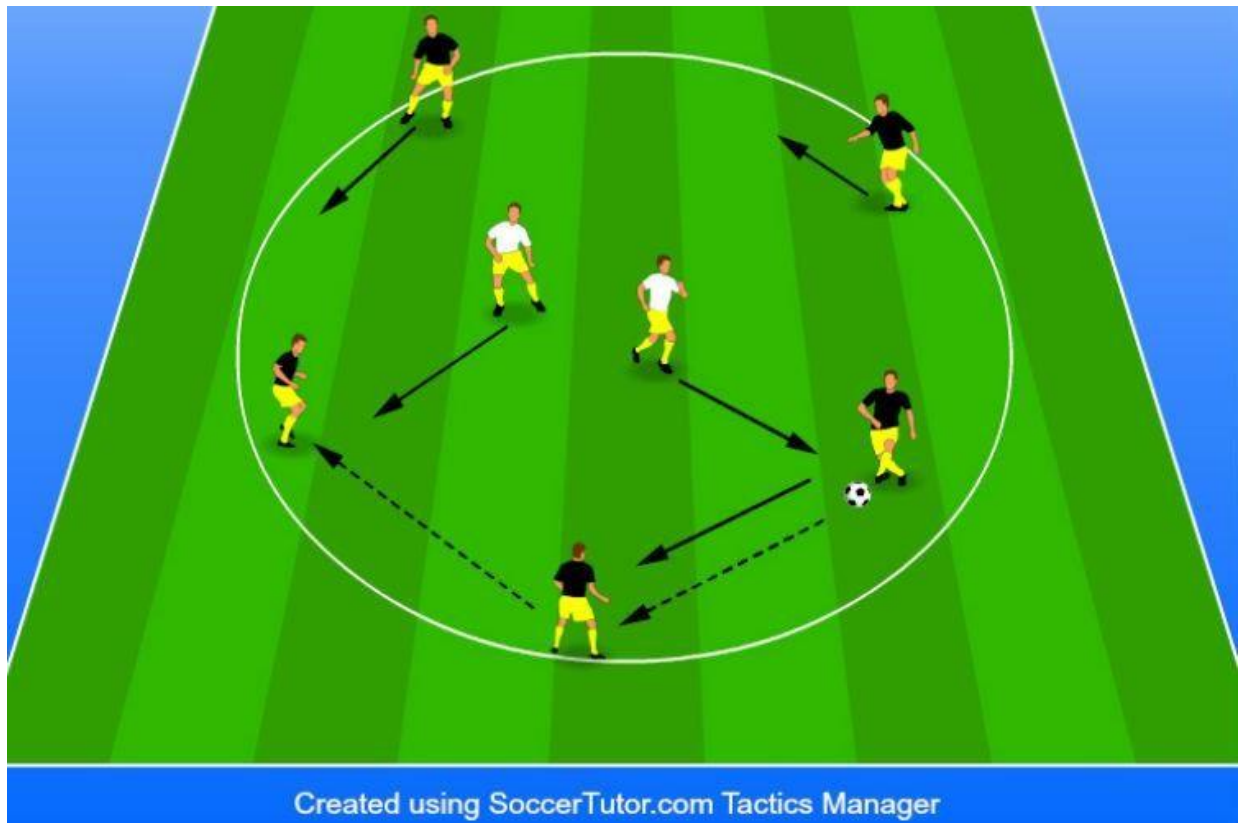
How the Drill Works:

Five players attempt to keep possession against two defenders inside a circular-shaped playing area.

Purpose:

Develop passing and decision-making in a simple possession game.

Diagram:



Setup:

- Divide the players into groups of seven.
- Have five players form a 10 yard in diameter circle. Adjust the size of the circle according to the skill level.
- The remaining two players in each group start inside the circle.
- One of the outside circle players starts with a ball.
- Play for 10 to 15 minutes. Add breaks and coaching points as needed.

Instructions:

1. The players on the outside attempt to keep possession of the ball for as long as they can while the two players inside the circle attempt to win the ball.
2. First pass is always free.
3. Outside players are encouraged to move along the outside of the circle.
4. If the defense intercepts, or knocks the ball out-of-bounds, then the defender who has been in the longest switches spots with the offensive player who lost possession of the ball.
5. Play for 10 to 15 minutes. Add breaks and make coaching points as needed.

Variations:

Different number of players – Play 6v2, 7v3, 4v2, 4v1, 3v1, etc. Adjust the size of the circle depending on the number of players.

Touch limit – Give a three, two, or one-touch restriction to the players on the outside.

Count the passes – Add a layer of engagement to the activity and make the players count the number of passes they complete. Encourage them to get the highest number possible.

Defenders stay in – Make it fun by adding some new rules. Passing the ball between a defender's legs, 10 consecutive passes, or passing the ball between the two defenders, means that the defenders must defend another round after they win the ball.

Coaching Points:

- Adjust the circle size according to skill level and number of players.
- Teach the players to move when they are on the outside to give good passing angles to their teammates. Players should not be standing on the outside!
- Challenge the defenders to win the ball as quickly as possible. Defenders should work together and make it difficult for the outside players.
- Encourage players to be creative and decisive! Players should have an idea before they get the ball to increase their speed of play!

One-Touch Possession

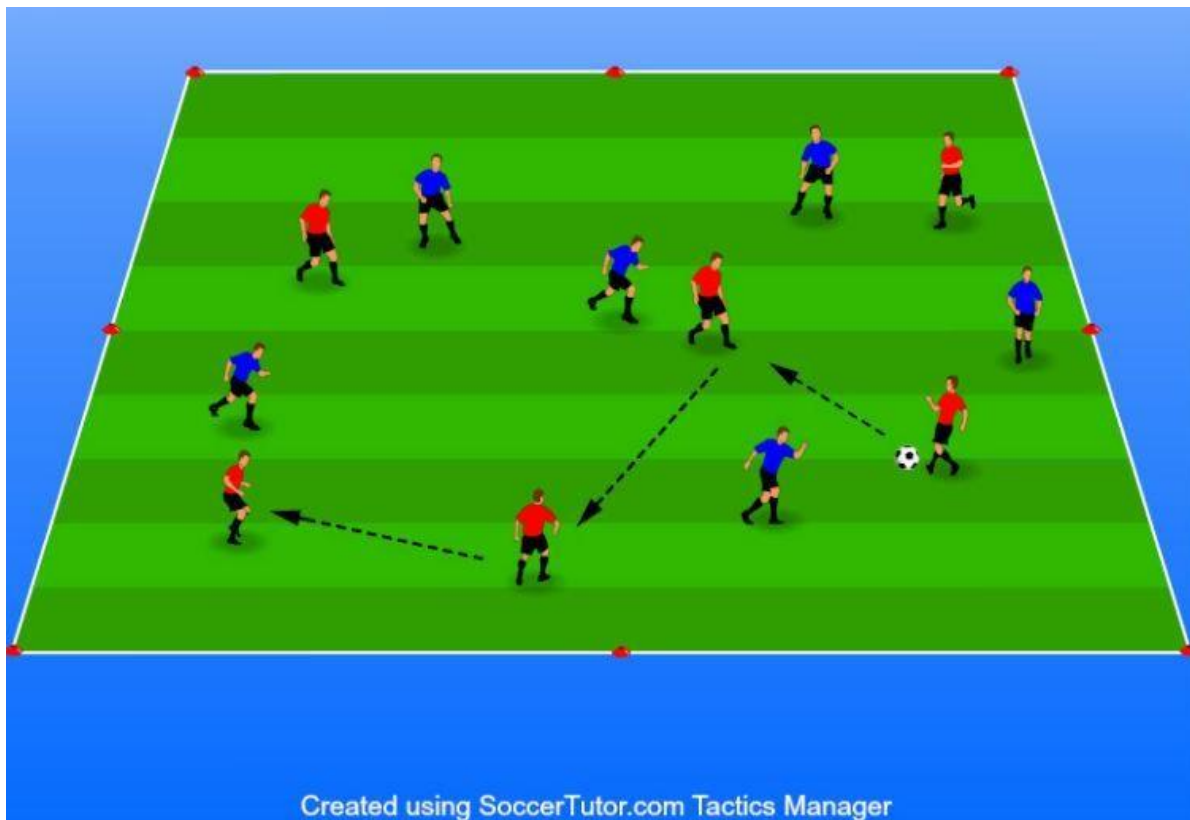
How the Drill Works:

Two teams compete to connect the most one-touch passes in a possession game. The team with the most one-touch passes at the end of each round is the winner!

Purpose:

Develop speed of play, decision-making and passing accuracy in a fast-paced possession game.

Diagram:



Setup:

- Set up a 30x30 yard field. Adjust the size according to skill level and number of players.
- Divide the players into two teams. Field size works best for 6v6. Assign jersey colors to each team.
- Gather all the soccer balls on one side of the field near the coach.
- Play at least three, four-minute rounds. Add more time and rounds as needed.

Instructions:

1. Teams attempt to keep possession of the ball and complete as many one-touch passes as they can during the round.
2. Players are free to take more than one-touch, but their passes will not count towards their total score then.
3. The team without the ball attempts to win the ball back as quickly as possible and begin connecting one-touch passes.
4. If the ball goes out-of-bounds, the coach passes a new ball to the team that did not last touch it.
5. Each one-touch pass completed equals one point.
6. Team with the most points at the end of each round is the winner!
7. Play at least three, four-minute games. Add more time or games as needed. Make coaching point between games.

Variations:

Different number of players – The game can be played with any number of players. For example, 10v10, 5v5, etc. Adjust the field size to match the number of players.

Add neutral players – Add neutral players if teams are struggling to connect passes. Neutral players will give the team in possession a numbers-up situation and give them more passing options.

Two-touch – If one-touch passes are too difficult, count passes that are made with two-touches or less.

Only 1-Touch – Players ONLY have one-touch for the entire round. Taking more than one touch will result in a turnover.

Coaching Points:

- Pay attention to the flow of the game and be ready to adjust accordingly. If players need more time on the ball, make the field larger. If there is too much time on the ball, make the space smaller.
- Teach the players to constantly move and adjust their passing angles.
- Challenge the players to think one, two, or even three passes ahead and position themselves accordingly.
- Encourage the players to have an idea of where the ball should go before they receive the ball.
- Remind the players to keep their hips and body shape open to the field so they can switch play and see more passing options.

Plus 2 Possession

How the Drill Works:

Two teams play possession with the addition of two neutral players. Eight consecutive passes equals one point. Team with the most points at the end of the round wins!

Purpose:

Develop decision-making and ability to keep possession in a numbers-up situation. Players improve their ability to defend as a group and hunt in packs.

Diagram:



Setup:

- Set up a 30x30 yard field.
- Pick two players to start as neutrals. Assign pennies. Neutrals do not defend and are on whichever team has possession of the ball.
- Divide the remaining players into two teams. Assign pennies to each team.
- Gather the soccer balls to a sideline for the coach to use if needed.
- Play three, five-minute rounds. Add more time and rounds as needed. Make coaching points between rounds.

Instructions:

1. Teams compete to keep possession. Team have a two-player advantage when in possession with the additional two neutral players.
2. Eight consecutive passes equals a point. Adjust the number of passes to fit the skill level. Team with the most points at the end of each round wins.
3. The team who is not in possession of the ball should work together to close space and passing angles as a group and win the ball back quickly.
4. If the ball goes out-of-bounds at any point, the coach passes a new ball into the square to the team that did not last touch the ball.
5. Play three, five-minute rounds. Add more time and rounds as needed. Make coaching points between rounds. Switch the two neutral players after each round.

Variations:

Touch limit – Give a touch restriction. Start with a three-touch limit and then work down to onetouch depending on the skill level.

Coaching Points:

- Adjust the field size to fit the skill level. Make the field larger is players are struggling to connect passes. Decrease the field size to increase the difficulty and speed of play required to score.

- Teach the players to have an idea before they receive the ball! Players should constantly look around them to find their teammates and their opponents.
- Remind the players to continually adjust their supporting angles to their teammates. Players should rarely be standing!
- Challenge the players to work together as a team to hunt the ball defensively and win the ball back!
- Encourage the players to win the transition moments. How quickly can they go from offense to defense and defense to offense?

Three Team Possession

How the Drill Works:

Two teams attempt to keep possession of the ball against one team. When one team loses possession of the ball, they become the defenders and the team that was defending attempts to keep possession of the ball with the third team.

Purpose:

Develop passing, receiving and decision-making abilities. Players improve their speed of play and movement off the ball.

Diagram:



Setup:

- Set up a 25x25 yard field.
- Divide the players into three teams of 3-5 players. Adjust the field size according to number of players and skill level.
- Two teams start on offense, with one soccer ball, with the third team starting on defense.
- Gather all the extra soccer balls to one sideline for the coach to pass in as needed.
- Play three, four-minute rounds. Add more rounds or time as needed.

Instructions:

1. The two teams on offense attempt to keep possession of the ball for as long as possible.
2. The team on defense attempts to win the ball and transition to offense.
3. If either team in possession turns the ball over or the defenders win the ball, the team that turned the ball over transitions to defense and the defenders transition to offense and attempt to keep possession of the ball with the third team.
4. If the defensive team knocks the ball out-of-bounds, then they stay on defense when the ball is put back in play.
5. Play three, four-minute rounds. Add more rounds or time as needed. Make coaching points between breaks.

Variations:

Touch limit – Limit the number of touches players have to complete the activity. Give players three, two, or one-touch to increase the difficulty. If players take more touches than the limit, their team goes to defense and then play continues.

Keep score – Increase the competition among players by keeping score. Give a point to each team on offense every time they complete seven consecutive passes.

No transition – For young players, have the defensive teams stay on defense for a set period of time. This will decrease confusion for younger players and help keep the activity organized.

Number of players – Depending on the number of players at training, feel free to add more players to each team. As more players are added to each team, increase the size of the field.

Coaching Points:

- Vary the field size depending on number of players and skill level.
- Teach the players to keep their body positions open to the field so that they can switch play and find passing options.
- Remind players to play quickly when possible. Do not rush players to make bad passes, or decisions, but rather encourage them to keep the ball moving when the game allows it.
- Instruct the players to give clean passes to their teammates so that they can maintain possession for longer periods. Have players focus on accuracy and weight of their passes.
- Challenge the players to constantly move and provide good angles of support for their teammates.
- Encourage teams to win the ball back as quickly as they can after they lose the ball.

