

SOCCER COACH WEEKLY

Lose the ball, win it back

by Tony Carr in [Passing](#), [Practice plans](#)

This is a vital lesson for all players to understand, if they give the ball away then they should naturally work hard for the team in order to regain possession.

What this session is about

1. The importance of keeping possession.
2. Reacting to the loss of possession by working hard to win it straight back.

What to think about

This session will work your players hard so take plenty of drink breaks.

Defending players should always hold a bib. Its quicker to change than wearing it.

In the game situation note that roles are somewhat reversed. It is the attackers that are trying to win possession and the defenders that are in possession. This replicates the highpressure attackers must apply in a game.

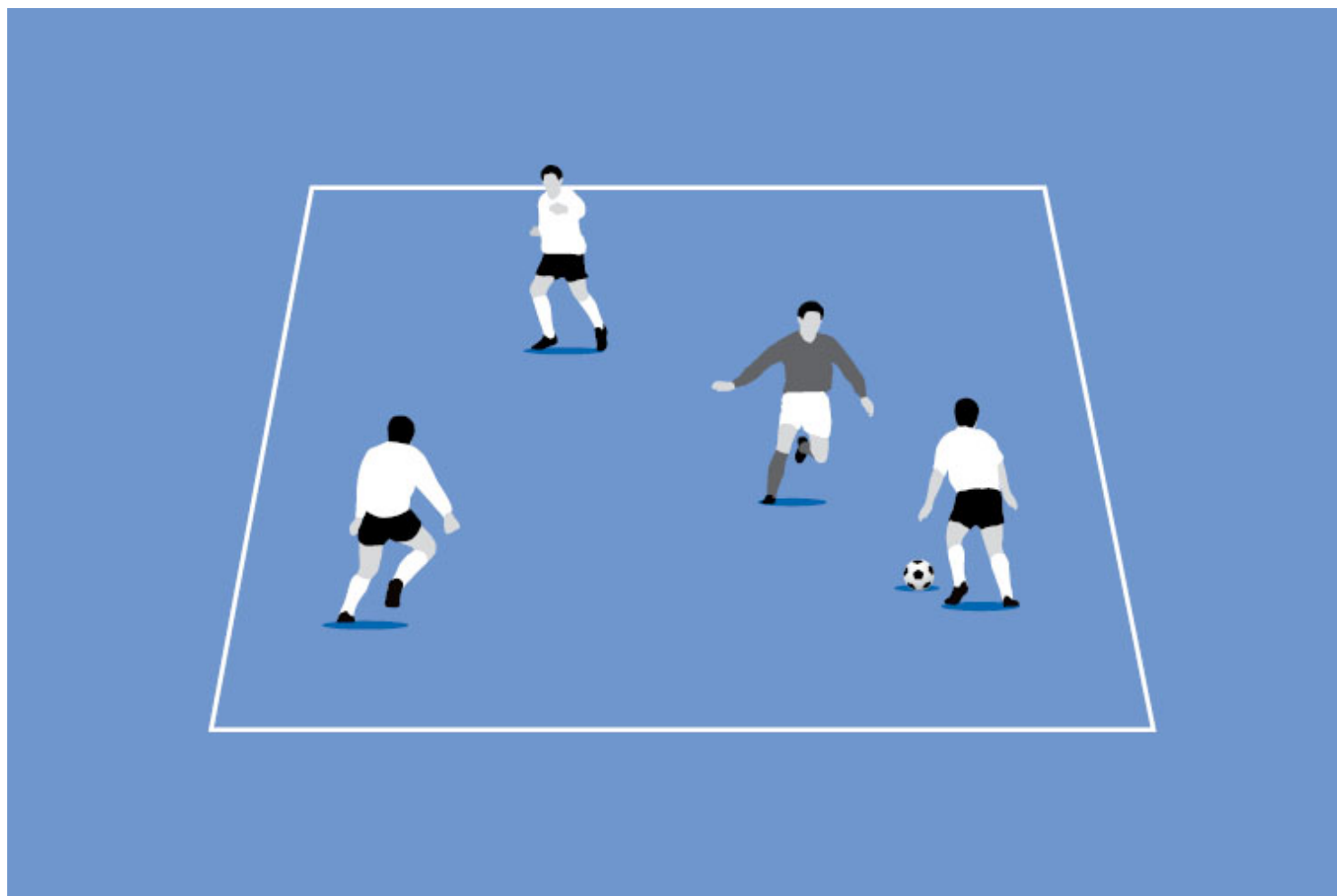
Set-up

4 x 10x10 yard squares (forming a 20x20yd square).

Warm up	10 minutes
Session	15-20 minutes
Developments	15-20 minutes
Game Situation	15-20 minutes
Warm Down	10 minutes

What you get your players to do

Three players play possession against one defender, firstly using 1 touch and then 2 touch. If you lose the ball you must become the new defender.



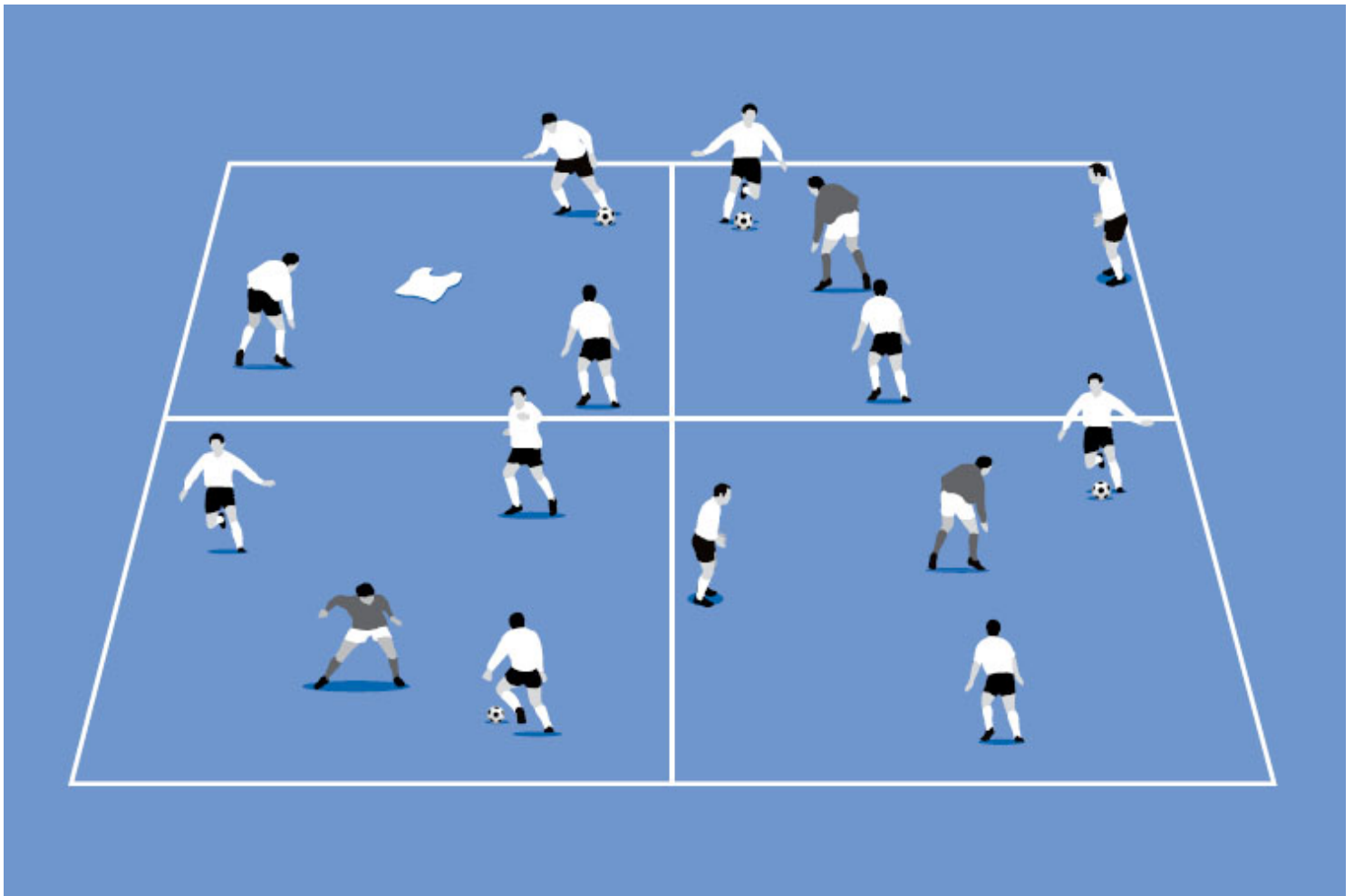
Begin the session with a 3v1 possession game.

Development

Three of the four zones have 3v1 situations. One zone just has three players passing the ball with a bib on the floor.

In the 3v1 zones, if you give the ball away then you must sprint to the zone with no defender and then pick up the bib in order to defend 3v1.

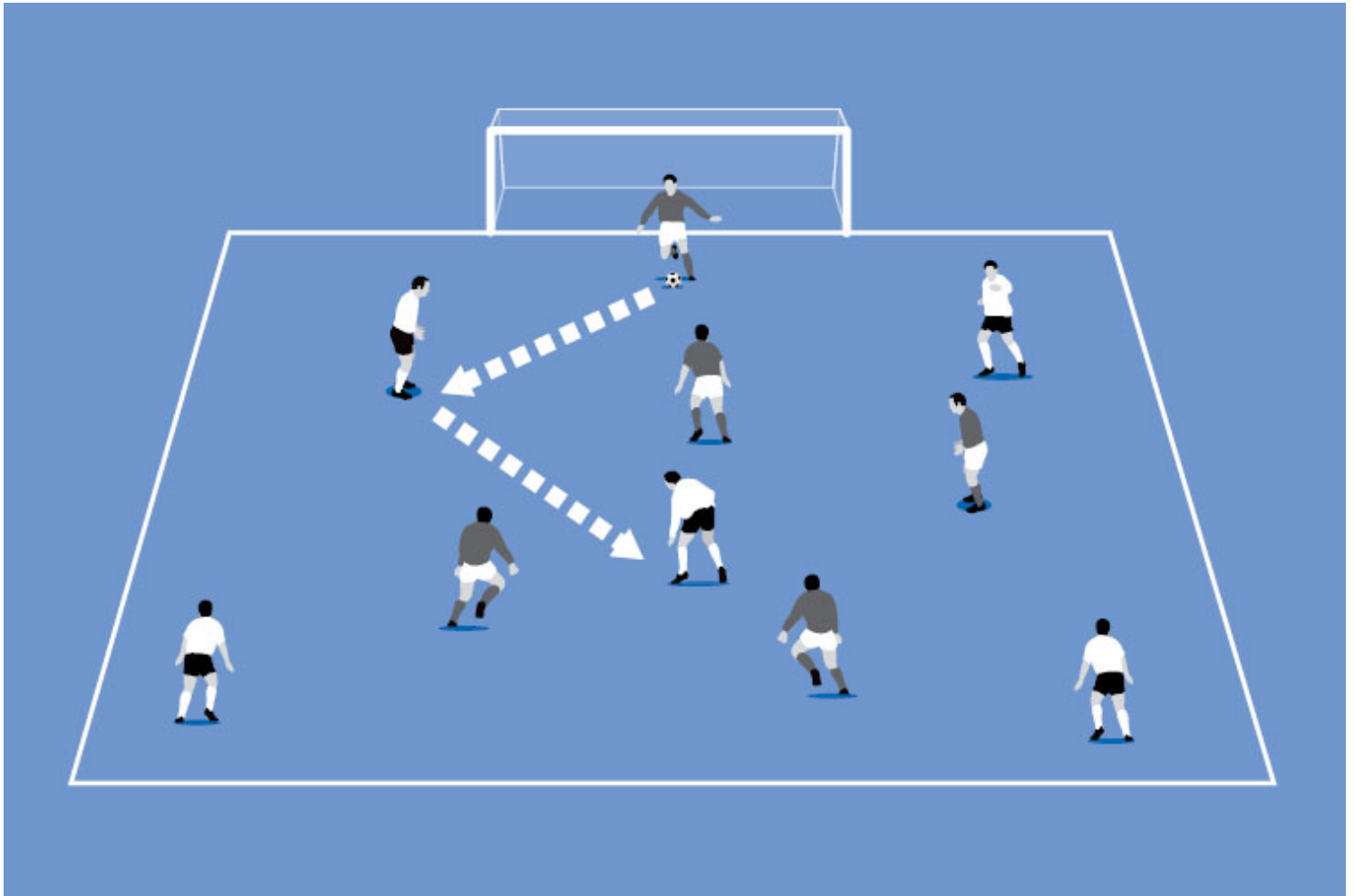
If you win the ball – or it leaves the grid – then you stay in your zone, drop the bib and become a passing player.



Lose possession and you must run to the spare grid and act as a defender trying to win the ball back.

Game situation

One team keep possession using the goalkeeper. If a player gives the ball away then they must defend 1v1 against the opponent for 5 seconds. All other players must freeze whilst this happens. If the player defends successfully, possession is retained. If the opponent scores, they then become the defending team.



Lose possession in this game situation and you must defend your goal 1v1 for 5 seconds.

What to call out

“React to losing possession”

“Immediately pressure”

“Can you win the ball?”

