

Football/Soccer Session (Moderate): 4v4+2 Possession

Profile Summary

Name: Ken Sweda
City: Naperville
Country: United States of America
Rank: Elite – 0 points
Membership: Adult Member
Sport: Football/Soccer



Description

4v4+2 Possession with introduction of positional responsibilities.

Screen 1 (25 mins)

Purpose: A possession game played in a grid split into 2 halves lengthwise, team in possession plays on the exterior with assistance of two interior Jokers.

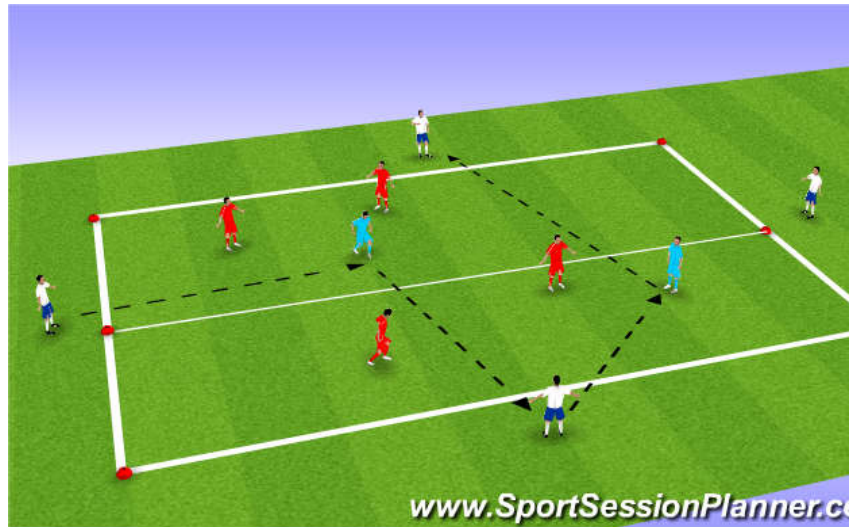
White begins in possession as shown, taking up outside positions. Two reds and one Joker occupy each half of the field. Players in interior cannot leave their zone (builds positional ideas.)

Play is a basic rondo using interior Jokers to move the ball in both dimensions.

If Red wins the ball, they quickly switch positions with White and play resumes immediately.

Coaching points:

- "Positional" awareness (defending players work only within their zone)
- Quick transition upon winning/losing the ball
- Press hard upon losing the ball
- Maximize the 2v1 defending advantage in each zone while pressing, force play outside



Pass



Pitch Line 1