

4v4 + 3 Barcelona Possession Game

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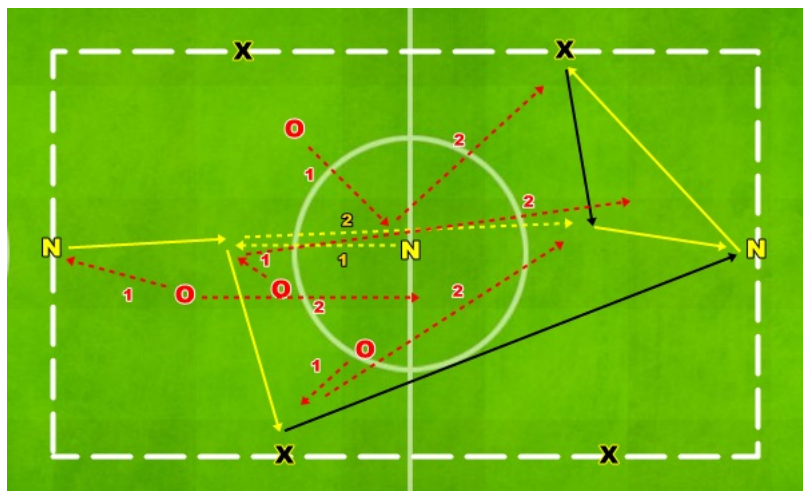
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This is another game from the FC Barcelona first team training sessions and this one is all about keeping possession, once again. The idea is for a team to pass the ball around use the neutral players to get the ball around. However, at FC Barcelona, this training session is used to control the pace at which the ball is passed around. The pace of the ball's movement, around the pitch, is vital and the passing action is most important. From the 2007-08 season, this game is one of the parts of the first day of training for the club, under Josep Guardiola, Tito Vilanova and Aureli Altimira!

Age Group: 14-years to professional players

SETUP

- The playing area is equal to 35 x 25 yards
- Two teams of 4 players each and three neutral players
- One ball



RULES

- One of the two four-player teams (O) starts inside the playing area with the objective being for them to intercept the pass or gain possession
- The other team of four-players (X) starts on opposite lengths of the playing area, two players on each side
- The neutral team is lined up along the centre of the shorter-width, as shown, with one player in the centre of the playing area and two on the edge
- The idea of the game is for the outer players to pass the ball around themselves without letting the inner players intercepting it
- The outer players can move freely along their side of the playing area
- The inner player can also move freely all over the inner playing area, supporting play
- Defenders need to try and close down the play as fast as possible

At Barcelona, Pep Guardiola would play out two sessions of 10-minutes each, swapping player roles to ensure that all his players get the opportunity to play according to their primary and secondary roles on the pitch.

PROGRESSIONS

- In each 10-minute session, the last three minutes are dedicated to quick passing wherein the team in possession must try to make 120 passes during the 3-minute period

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COACHING POINTS

- Passing speed and accuracy
- Patterns of play
- Movement off the ball
- Defenders need to close down the player in possession
- Defenders support each other

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David Nugent 7 months ago

Great exercise for strenghtening fundamental movement patterns - where to support, where can you play you first touch ie; pass or take the ball away from danger. And of cause, great excercise on defending as a team. Thank you Cleat beat.

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