

Football/Soccer Session (Moderate): Awareness/Possession Game

Profile Summary

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Sport: Football/Soccer



Description

An awareness game to stimulate quick movements into and out of space in relation to defensive positions and position of the ball.

Screen 1 (30 mins)

The purpose of this game is to develop awareness of space, specifically in reference to the positions of defenders relative to the ball, and can aid in development of a Center Mid.

Set up a large square (20x20)

Inside the large square make a smaller square (diamond) 10x10.

Along each length of the large square, place a Blue player.

Along each length of the diamond, place a Red player.

Inside the diamond, place a Yellow player.

Ball starts with one of the outside Blue players.

On coaches signal, ball is played around the outside Blue players who look to play into the central Yellow player. The Red inside players attempt to deny/steal the pass but are allowed to defend only along their specific length of the diamond.

As Blue plays the ball around the outside, the Yellow player floats inside the diamond, trying to find space and a passing lane where they can receive a pass from an outside Blue.

If the ball moves successfully to the inside and that player successfully plays back out, a point is earned.

Play for two minutes, then swap the inside Yellow player, until all Blues have had the inside role. Then repeat for Red.

Alternately, award a point to Blue for each successful entry+exit pass sequence, and a point to Red for every steal. Play to 5 points then switch out inside player.

Coaching points:

- Quickness of movement of the inside player
- Quickness of movement of the ball
- Quick play of the ball into the insider player (similar to the "splitting pass" rondo)

Progressions:

- Add a second ball and/or a second inside blue.
- Make the central player Blue, and upon receiving the ball and successfully playing back out, they switch with the player they pass to (who must move the ball along outside before he enters).

Point to consider:

- This is an introduction in awareness ("finding the gaps") and is foundational. Move on to a positional rondo game following this activity to build on the ideas.



