

U-13 Week 1 Possession Practice

Objective/Purpose: Possession is the ability to keep the ball individually and collectively in small groups and as a team. The technical aspects of passing and receiving and the tactical aspects of movement and shape are key to our players success. The possession play of younger players tends to be slow, thus the numbers must be small so that the players can achieve success through multiple repetitions in a less cluttered playing environment. As players get older, play speeds up and they can handle activities with larger numbers.

Warm Up: 15min.

Inside-Outside - One soccer ball per two players. Separate players into two groups. One group of players, without soccer balls, forms a 30 yd x 30 yd grid. These players are the outside players (Outsiders). The other group of players, equipped with balls at their feet, position themselves inside the circle. The players inside the circle (Insiders) dribble about the grid freely looking for an opportunity to pass the ball to a player on the perimeter of the circle (Outsiders). The Outsiders must one or two touch the ball back to the Insider. The Insider then controls the ball and looks for another Outsider to pass to. After approximately two minutes, the Insiders become Outsiders and vice versa.

Variation: The Outsiders start with the ball in their hands. The Insiders move around freely inside the circle without a ball. The Insiders call for a ball from one of the Outsiders. The Outsider serves a ball (on the ground or in the air) to the Insider, who must one or two touch the ball back to the Outsider (server).



Another Game: 20min.

3v3 or 4v4 Gate Game - One ball. In an open area set up 6- 8 gates (2 cones about 3 yards apart) at many different angles all over the field space. Organize players into 2 teams. Play keep away in the field space. Points are awarded each time a team can pass the ball through any gate to a teammate and keep

