

Playing Through The Thirds

Category: Possession

Length: 01:00 Rec. Players: 12

Published: November 20, 2014 @ 20:51

Practice Theme/Topic

Possession through the thirds

General Notes

Whole part whole practice

Aims & Objectives

To play through the thirds with possession

Organisation & Setup

Whole (slide 1)
Pitch split into thirds, goal at each end, 2 teams 6v6 with footballs in the goals as spares

Part (slides 2&3)
Set up is two targets on half way line with a goal at opposite end. One team to play from goal into Pugg goals/targets and other team to defend Pugg goals and attack into big goal.

Slide 2 is 5v2 (5 includes the GK) with 5 starting from GK to play the ball into Pugg goals.

Slide 3 is 4v3 with ball starting with the CB of the 4 to play into Pugg goals

Whole (slide 4)
Pitch split into thirds, goal at each end, 2 teams 6v6 with footballs in the goals as spares

Coaching Factors & Outcomes

Support play as a units and a team

Creating space as individuals

Possession with a purpose

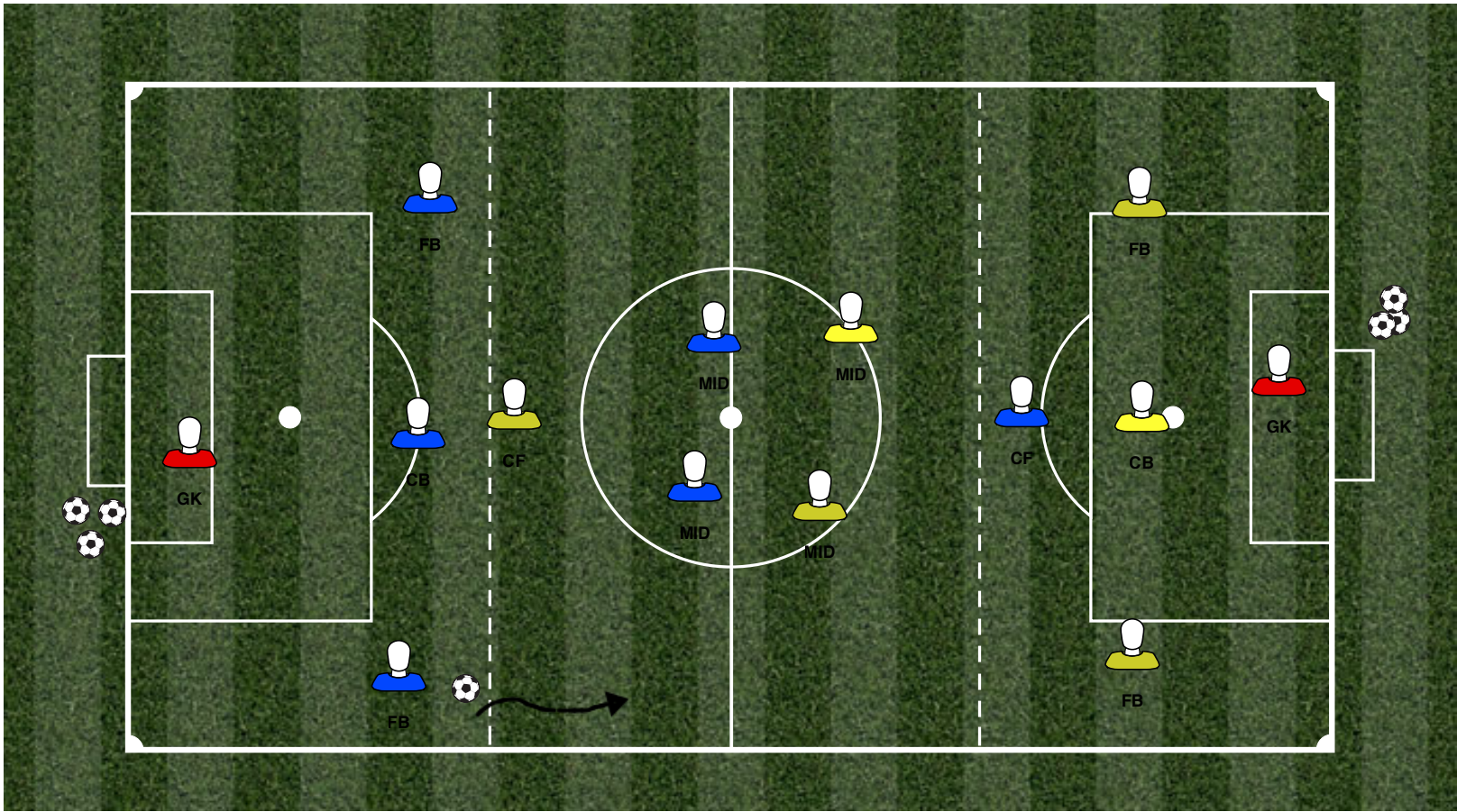
Play to create an outcome (shot)

Adaptation & Progression

Position of Pugg goals/targets

Size of thirds

Numbers of players on each team (overloads could be created)



Coaching Point #1

Try to support the ball
-how will you do this?
- move as the ball moves

Coaching Point #3

Thy to be positive on and off the ball
- what might this look like on and off the ball?
-how will this help your team?

Coaching Point #2

Try to play forwards
- how can you do this? When would you use each techniques?

Coaching Point #4

Try to create a shot
-when should we shoot?
-how do we create the chance?

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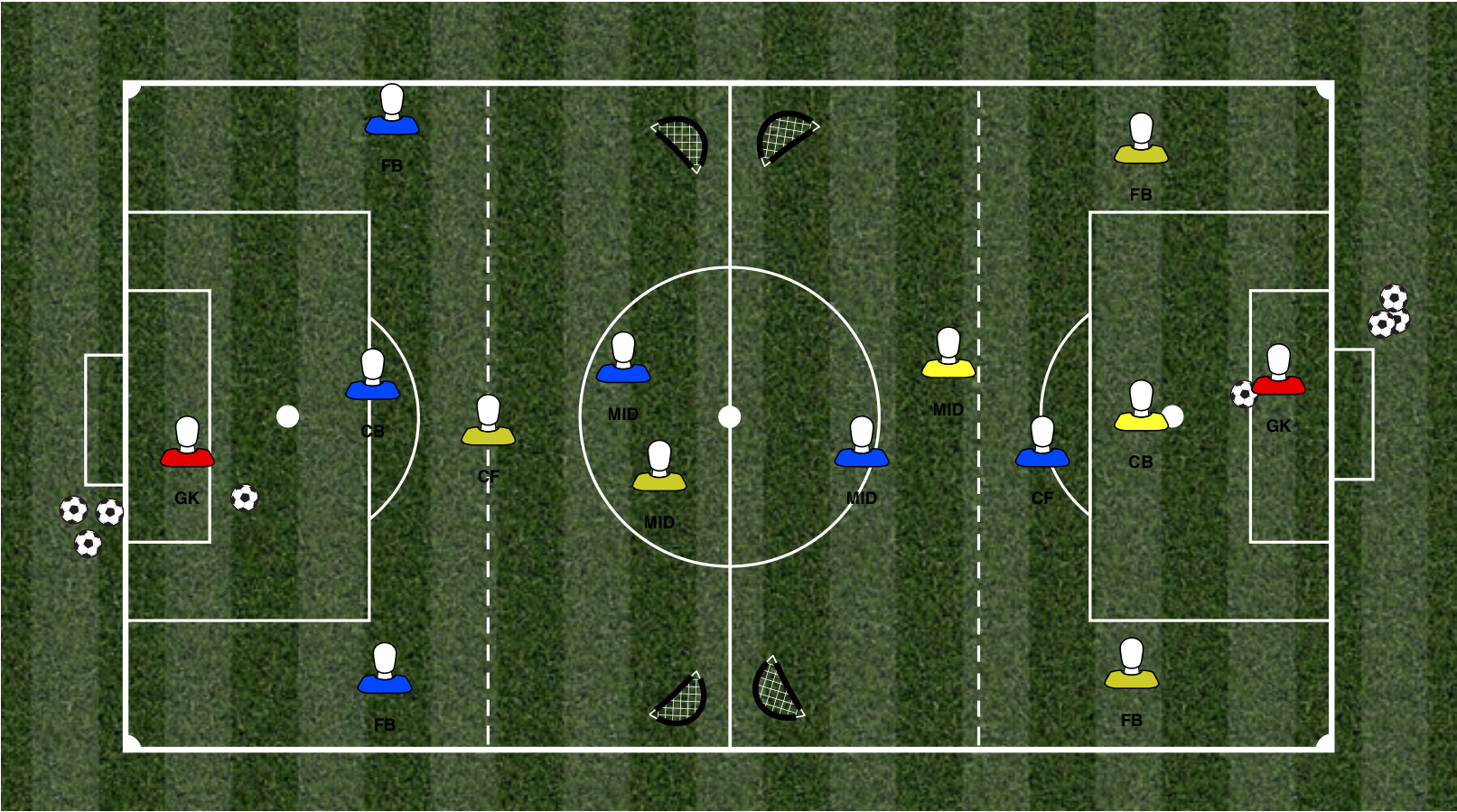
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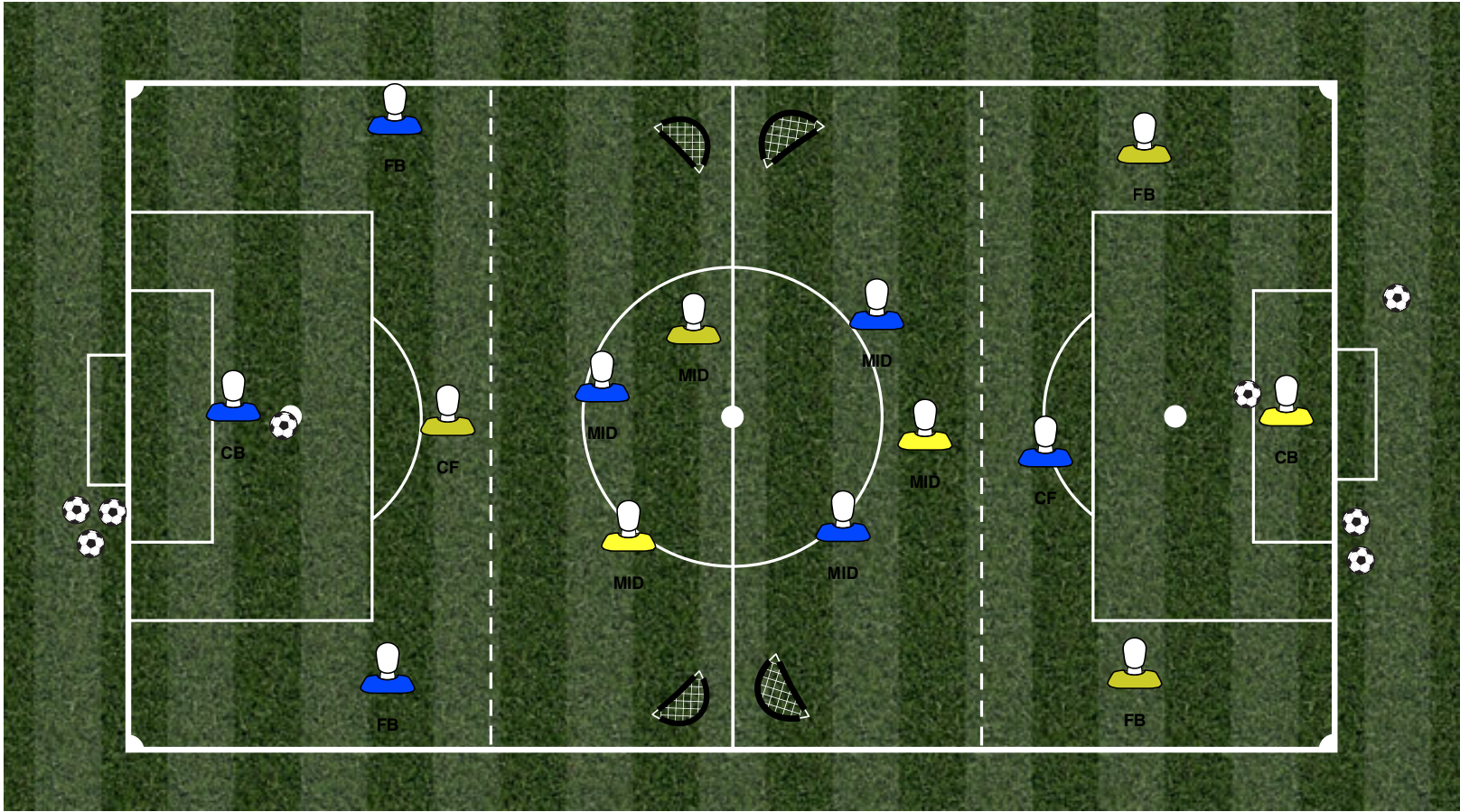
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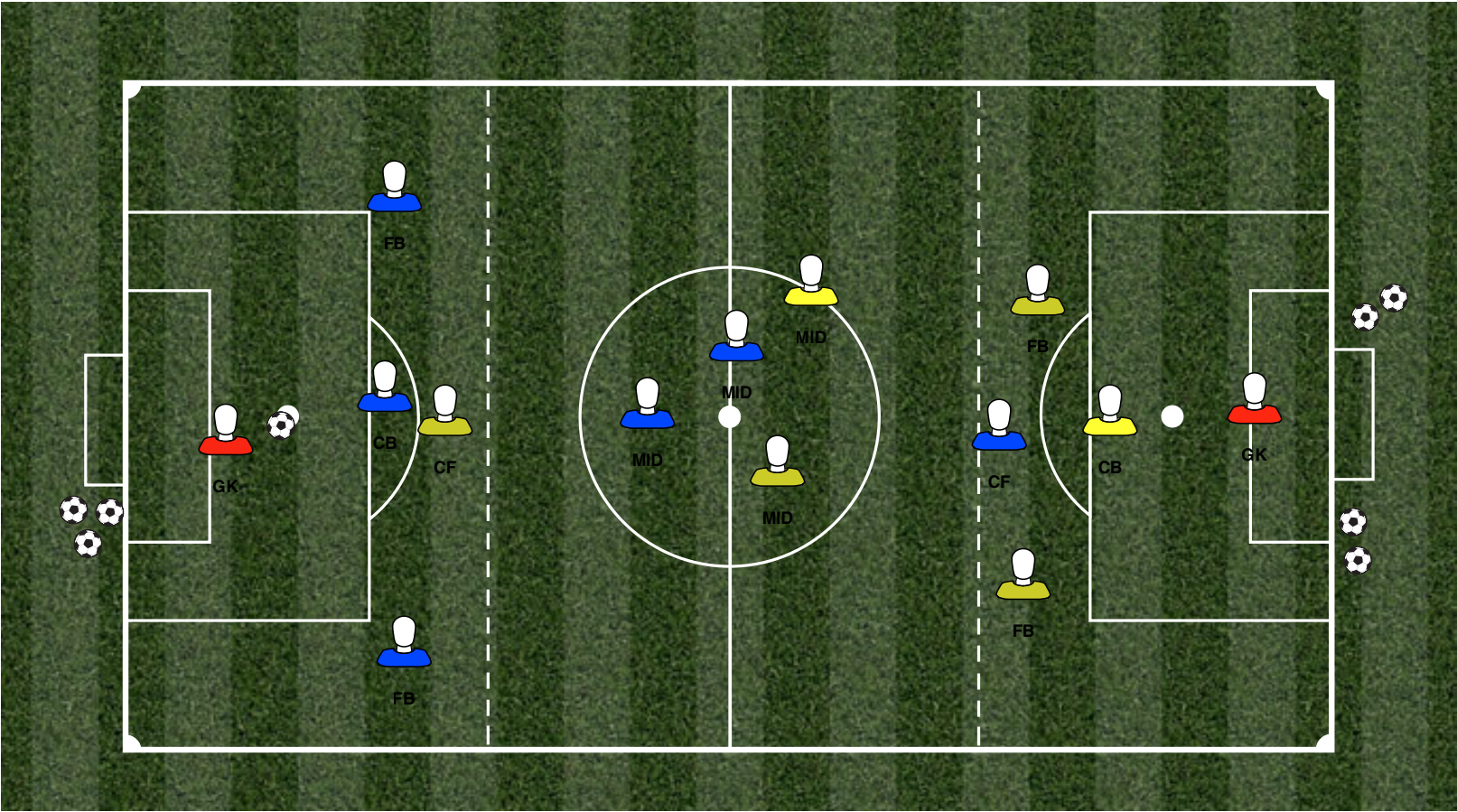
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