



## U12U14 Week 5 Possession

**Category:** Technical: Passing & Receiving  
**Difficulty:** Moderate

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Individual-Adult Member

### 4v0 (10 mins)

#### **Set Up**

In a 10x10 box 4 players are positioned on the sides of the box with one ball between the 4 players.

#### **Implementation**

Players pass the ball among themselves.

Players cannot pass across the grid and can only pass to the players to their left and right.

Players must move along their side of the square to support the player with the ball.

Players must have 2 touches.

Progress the session by having players play 1 touch

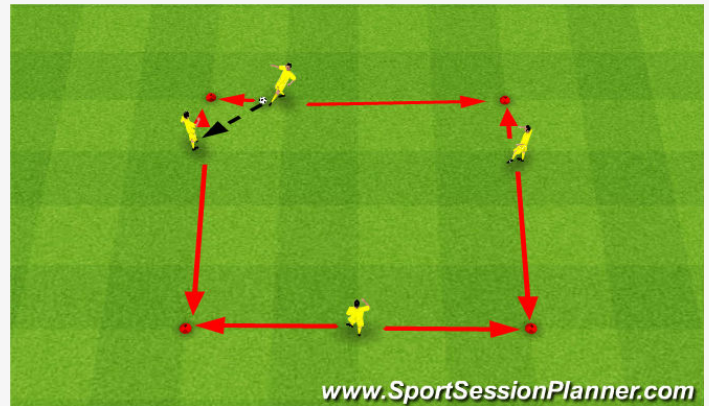
#### **Coaching points**

Players need to recognize when to move into a supporting position.

Receive the ball on your back foot (foot furthest from where the pass originates)

Use the inside of the foot for passes.

Concentrate on playing at a high Tempo



### 4v1 (15 mins)

#### **Set Up**

In a 10x10 box 4 players are positioned on the sides of the box with one ball between the 4 players. There is a defender inside the box.

#### **Implementation**

Players pass the ball among themselves, keeping the ball away from the defender. If the defender takes the ball whoever played the pass goes in the middle.

Players cannot pass across the grid and can only pass to the players to their left and right.

Players must move along their side of the square to support the player with the ball.

Players must have 2 touches.

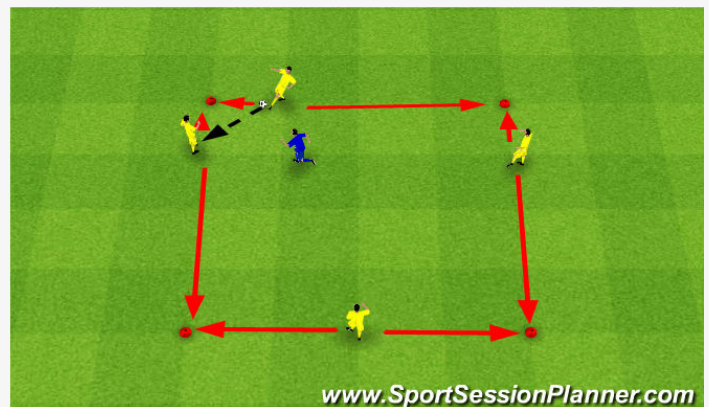
Progress the session by having players play 1 touch

#### **Coaching points**

Players need to recognize when to move into a supporting position.

Receive the ball on your back foot (foot furthest from where the pass originates)

Use the inside of the foot for passes.



### 2 Touch (15 mins)

#### **Set Up**

On a size appropriate field two teams play a regular scrimmage.

#### **Conditions**

Players must play 2 touch. If they take 3 touches a free kick will be awarded to the opposition.

#### **Coaching points.**

Players need to recognize when to move into a supporting position.

Receive the ball on your back foot (foot furthest from where the pass originates)

Use the inside of the foot for passes.

