**PRACTICE THEME:**  Possession – when to 1 touch

|  |  |  |
| --- | --- | --- |
| **DIAGRAM** | **ORGANIZATION** | **KEY COACHING POINTS** |
|  | * Players are in groups of six – each group has 2 balls * The groups follow the pattern of 1 touch, 4 or more touches, one touch, 4 or more touches, etc. | * Communication: “man on” = 1 touch,   “time” = 4 or more touches   * If you play to someone who only has one touch you have to be an option for them – change your angle * If you have time get your head up and find a better option |
|  | * 6v6 in PK box, teams get a point for completing a one touch pass * Progress: if a one touch pass is intercepted the score is reduced by one or set back to zero. Also, if you intercept and pass and play it one touch = 10pts | * In tight spaces, when you can’t get separation from a defender rather than go   2 yards wider (does nothing) post up   * If you get locked in just try to knock the ball off of them for a point * Don’t force it when you have the lead - too risky |
| Half line | * Play 6v6, the field is the width of the 18 but extended 40 yards almost to half * No GK, one team scores by striking the ball and having it hit the back of the net, the other team scores by getting 5 passes |  Real game link: Is the 1-2 on? When to penetrate vs. possess. How do we make these decisions – influenced by vision, score, weather, pressure on ball, pressure on 2nd attacker, etc. |
| * The team scoring with 5 passes must get the ball across the half line before any of their passes count * The half line is about 10 yards off the 18 * Play with offsides | * Don’t posses the ball in the defending third, if the ball is lost it will be an easy scoring opportunity of the other team * Playing a longer ball out of the back is more acceptable because if it is intercepted we have numbers behind the ball |
| **SCRIMMAGE:** Play an age appropriate scrimmage. Minimize coaching and let the players play and have fun!! | | |