

Possession at the bell #13

Objective – Keeping the ball under pressure and moving to space

Game Focus Reset Progression

1. 1/8th of a pitch (depending on numbers)
2. 2 teams – each side has their own half
3. To score you have to have the ball in your half when the whistle is blown (every x seconds)
4. Play is in 2 min periods – at the end of each period start counting down from 5-0 to increase desperation

1. SPEED of reaction
2. Communicate
3. Run off the ball/play the angles
4. Pressure on the ball
5. Pass to space

Principles

1. Defensive/Defensive transition
 1. Press after Loss
 2. Back home
 3. Interception/channelling
2. Attacking/Attacking transition
 1. Stick to stick
 2. Keep the ball
 3. Open vision – face the field

1. Coach sends new ball in

1. Increase/Reduce size of box to add ease or difficulty
2. Each team gets a fixed number of balls – pressure not to be wasteful
3. Players have to keep the ball for 5 passes = 5 points – AND – they have to be in their own half for the 5 passes

