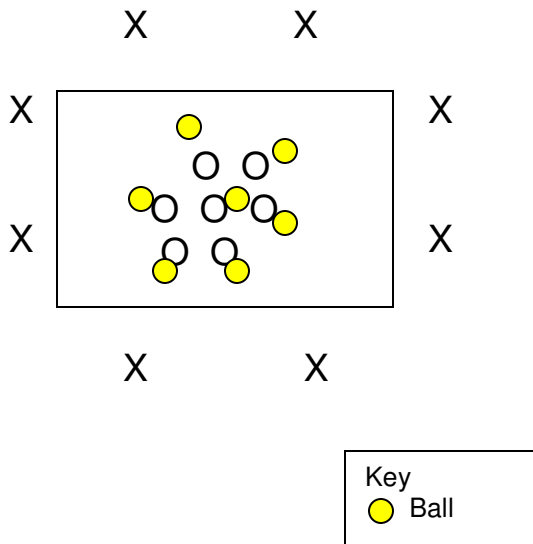


Possession Under Pressure: The Underlying Principle Behind Building a Successful Youth Team

**Session Delivered by Eric Kinder – Head of Youth Development,
Carlisle United FC**

20th August 2008 at the Sheepmount Complex, Carlisle

Warm Up



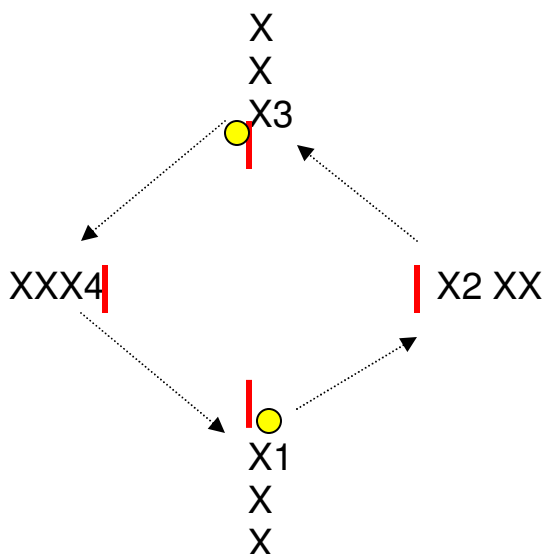
Organisation

- Mark out a square
- Space half the group on the outside of the square and the other half inside
- O Players on the inside of the square have a ball each
- Inside players pass the ball to an outside X player and follow pass, to switch position with outside player
- Outside player must take a touch across their body before entering the inside area, where they perform a turn/trick, before passing to another outside player

Progression

1. Inside Player who is passing the ball must really follow their pass and put pressure on the outside player (no tackling). Outside player has to take their touch away from pressurising player
2. Inside and outside player perform a 1-2 before outside player takes ball into area

Exercise 1: Diamond Passing



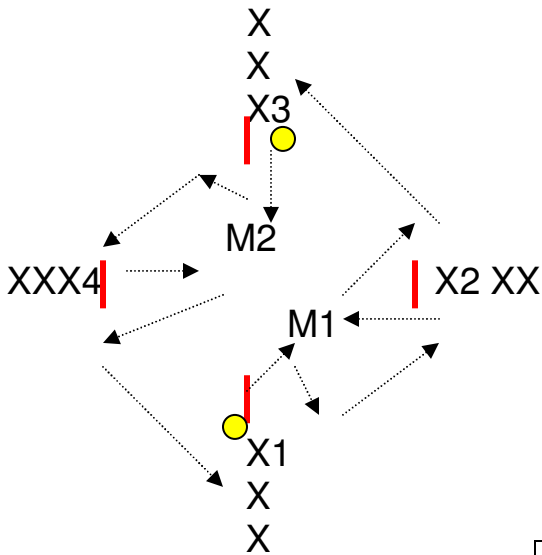
Organisation

- Split players up into 4 groups
- 2 Opposite groups start with a ball
- Players pass in 1 direction (work on taking ball across body) and follow pass to join back of next group

Progression

1. Coach shouts Change and players go the other way
2. X1 passes to X2. At same time X3 passes to X4. X2 lays ball back to X1 who then passes the ball back to X2 around the other side of the cone/pole (1-2). X3 and X4 repeat the move on other side
3. 2 players are then put into the middle section. X1 plays a 1-2 with Middle man (M1) around the cone/pole and then transfers the ball to X2 and follows his pass. X2 plays also plays a 1-2 with M1 and then transfers to next group. At same time X3 is repeating exercise with M2.

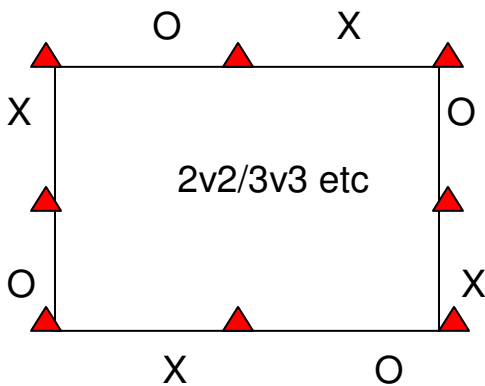
Pro 3



Key

- Ball
- | Pole/Cone
- Direction of Ball

Exercise 2: Possession



Organisation

- Area Size approx 20x20
- Players are split into 2 teams
- Additional Players can be used as neutral
- Outside players order themselves alternatively in within a small goal e.g. X then O etc
- X's and O's try to keep possession. Both teams can use their respective outside players. Who play the ball back into the inside players.
- If ball goes through a goal possession stays with that team.
- Play for approx 45 secs and then change positions

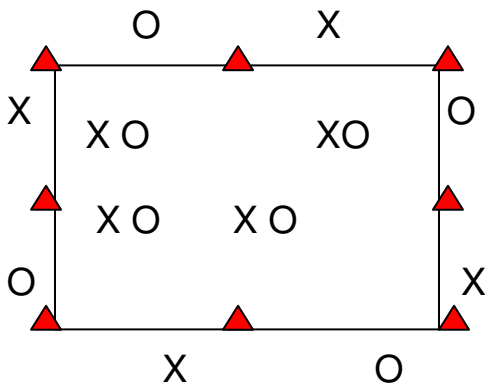
Progression

1. Outside men can now also pass long to other outside players
2. Try to get alternatives e.g. short - Long
3. Set a target for possession e.g. 4 passes

Other Progressions (dependent upon quality)

- When ball goes from outside to outside, outside man must play back 1st touch
- Outside man must play back 1 touch

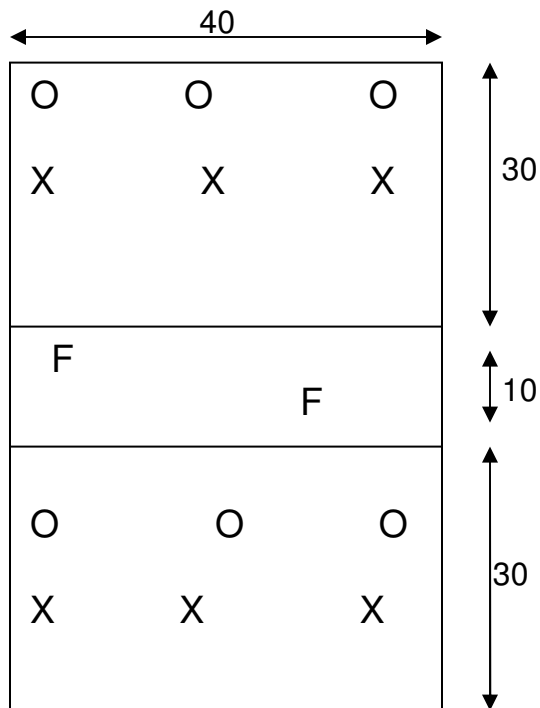
Exercise 3: Possession



Organisation

- As above
- Inside players go man to man (can only tackle partner)
- Additional players can be used as neutral (but can only pass to inside players)
- Use sidemen to help keep possession

Exercise 4: Small Sided Game



Organisation

- Equal teams in each end zone
- Two Neutral players in middle zone
- If additional players can play 2 v1 in middle area
- Teams must win possession of the ball and the pass to F player
- F player then looks switch play and pass ball into another player from the same team in the alternative end zone

Progression

1. F player may run with the ball into attacking zone to create an overload

Other Progressions (Dependent upon ability)

- Man to man marking
- Limit touches of middle man e.g. 2
- End product – put goals or cones with balls on at end of end zone

COACHING TIPS FOR ALL POSSESSION SESSIONS

1. Losing Markers
2. Movement to Receive Ball
 - Where?
 - When?
 - How
3. Individual Play on Receiving Ball
4. Combined Play
 - 1-2
 - runs to create space
5. End Product