



**Amherst Soccer Association
Director of Coaching Lesson Plan**



Session: Possession

Coach: Adrian Parrish

UNRESTRICTED SPACE– WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * 4 players per group on half a field * One player wears a different shirt to the others * Players pass and move the ball around including the one in the different colored shirt * One the coaches the command the 3 attacking players try to keep the ball away from the defender * If the defender has the ball they attempt to keep it away, play for 60 seconds 	<ul style="list-style-type: none"> * Surface of Foot * Non Kicking foot planted next to the ball * Lock the ankle on the kicking foot * Make Eye contact with receiving player * Movement after the pass * Supporting angles * Communication
<p>RESTRICTED SPACE</p>	<ul style="list-style-type: none"> * 4 v 2 in a 12yd x 15yd area * The 4 keep the ball away from the 2 defenders * The 4 attacking players score a point each time they split the defenders * If the defenders win possession of the ball they score a point and must attempt to keep it away from the attackers * Switch roles after 2 minutes 	<ul style="list-style-type: none"> * All of the above * Engage the defender * Heads up, do not force the play * Keep the ball moving * Transition of Play
<p>ONE GOAL WITH COUNTER GOALS</p>	<ul style="list-style-type: none"> * 4 v4 on the field plus GK's * By the side of each goal place two target players * The team in possession of the ball can use the target players to maintain possession * Target Players play 2 touch * If a goal is assisted by a target player it counts as 2 * Normal goals count as 1 * Change over every 4 minutes 	<ul style="list-style-type: none"> * Look to get the ball forward quic kly * Relax when receiving the pass * Play the ball back at an angle
<p>MATCH CONDITION ACTIVITY</p> <p align="center">5 v 5 Scrimmage</p>	<ul style="list-style-type: none"> * 5v5 scrimmage * Teams play with 3 attacking players and 2 defenders * Keep field wide and long 	<p align="right">Legend</p> <p> = Players = Ball = Pass = Movement = Goal </p>
<p>COOL DOWN</p>	<p>Player's with a ball each lightly dribble around the area, using all parts of the feet.</p>	