

Developing Possession Skills Australian Institute of Sport

Common characteristics allowing for maintaining possession in the tight:

- Close support (Keeping in touch)
- Quality of passing
- Passing to correct side
- Awareness (Getting where you can see opponent and see forwards, spatial awareness)
- Comfortable on the ball in the tight
- Good use of the body
- Scanning
- Faints, dummies
- Standing up the defender
- Keep ball out of tackling range
- Not getting into sprint mode
- Change of direction and change of pace
- Not stopping the ball (not allowing to get ambushed)

Changing Habits (Changing Behaviour)

What is a habit? – Regular way of behaving

- Receiving the ball with the inside of feet
- Keeping the ball moving
- Keeping the ball central to your body
- Dribbling on the back foot
- Keep the ball out of tackling range
- Keep your body open
- Get where you can see forwards (much of the play as possible)
- Getting level and outside of opponent (threatening opponents)
- Face forward
- Receive balls on angles
- Protecting the ball
- Looking to get behind opponents if not come out (threatening opponents)

Technique and skills required from new AIS Scholarship holders that aid maintaining possession

What is Technique? Method of doing something

Action or movement pattern to execute a task

What is Skill? Ability to do something well

Ability to execute a movement pattern to achieve a predetermined goal as effectively and efficiently as possible
(smith 1991)

- Good passing & shooting techniques (dinks, passing correct side, $\frac{3}{4}$ balls, crossing ball with tail,
- Good touch
- Moving with the ball

4 V 2	Vary size of grid depending on player competency Condition game by limiting touches on the ball
5 V 2	Moving circle
6 V 3	Two Squares (size will vary depending on play competency. 3(defenders) players from one team try to win ball from 6 and transfer ball to other square. Number of touch will also depend on play competency
5 V 5 to 10 V 10	Size of pitch will vary depending on player competency. Each player has own opponent.
4 V 4 or 3 V 3	Taking the ball across the line
9 V 9 or 10 V 10	Half pitch, 18 yard box to halfway. Taking the ball over the line between the width of the 18 yard box.

Formation (shape work):

Full pitch 11 V 11 if possible, going over phases of play.
Familiarising and recognising situations and problem solving and decision making.

Half-pitch or three quarter-pitch work with back players or forwards and midfielders in different thirds of the pitch.

Keeping possession, switching of play, making forward progress etc

“COACHING” FOR SKILL DEVELOPMENT

Organise Activity

Knowledge of results

Set Tasks

Observe

Give Information (Evaluation)

Feedback / Guidance

Allow for Repetition

Practise

Re-Organise Activity

(easier or harder)

Set Task(s)

Knowledge of results

Give Information (Evaluation)

**Feedback / Guidance
(Affects motivation)**

Allow for Repetition

More Repetition

Re-Organise & Set Tasks (Break down into parts or Put into game situation)

Whole or Part Learning