



Transition Possession

Category: Tactical: Possession

Skill: Mixed age

Pro-Club: Performance FC
Alex Butt, Newcastle, Australia

Screen 1 (30 mins)

SETUP

Two rectangles of 40m by 20m side by side are set up that show to different possession zones. 12 players are split into three teams of four. Game is 4v4 inside the square but 8v4 for team in possession with outside team support.

ACTIVITY

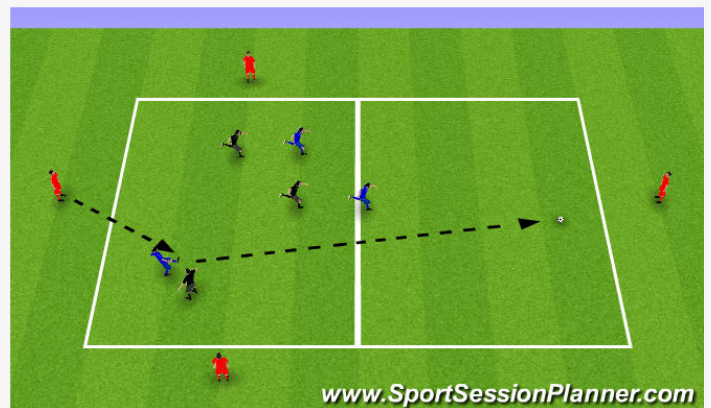
Possession game starts with coach feeding ball to one team. Team in possession must try to string together 4 passes in which they can switch play to score a point.



Screen 2

PROGRESSION

Once one team can string together 4 passes with or without the outside teams help they can then switch play when the opportunity and pass is on. It does not have to happen immediately but a point is not awarded until switch pass is completed.



Screen 3

ROTATION

The game continues in the other half of the pitch until one team can string four passes and switch play to the other side.

VARIATIONS

The difficulty of the practice can be increased with limitation of touches, rules on outside players not passing to each other or return pass to the same player. Teams can switch in and out based on results or time.

