

**TOPIC: Possession with a Purpose**

**BY: Janet Rayfield USSF National Staff Coach**

<u>ACTIVITY 1</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
	<p>20x20                  2 groups of 5 v 0                  2 Touch rhythm                  “Desegregate” – both groups using 20x45                  Keep count of passes to add competition against other group</p> <p>OBJECTIVE: Highest number of passes in given time</p>	<ul style="list-style-type: none"> <li>• Appropriate shape as to the ball and other players on the field.                         <ul style="list-style-type: none"> <li>• Close support, long support</li> <li>• Angle of support</li> </ul> </li> <li>• Weight of passes (long and short)</li> <li>• Choice of pass                         <ul style="list-style-type: none"> <li>• Short vs. long</li> </ul> </li> </ul>
	<p>20x45                  Continuous 5 v 3 + 2 Keep away</p> <p>OBJECTIVE: Every 5 passes is a point</p>	<ul style="list-style-type: none"> <li>• Composure upon winning possession                         <ul style="list-style-type: none"> <li>• Key first pass away from area where ball was won.</li> </ul> </li> <li>• Transition                         <ul style="list-style-type: none"> <li>• Establish shape as soon as possible</li> <li>• Keep shape expanded on offense</li> </ul> </li> </ul>
	<p>20x45                  3 v 3 v 4                  (Note this creates a 6 v 4 when X is defending and a 7 v 3 when Z or O is defending.)</p>	<ul style="list-style-type: none"> <li>• Team shape                         <ul style="list-style-type: none"> <li>• Close support, long support</li> </ul> </li> <li>• Transition                         <ul style="list-style-type: none"> <li>• Establish shape as soon as possible</li> </ul> </li> <li>• Awareness of surroundings</li> </ul>
	<p>20x45                  4 v 4 to targets                  Play into target and keep possession , get ball back into defensive half and play into target again. Target player switches when she plays ball into team mate.                  OBJECTIVE: Ball to target and back into team for possession = 1 point</p>	<ul style="list-style-type: none"> <li>• Attacking shape                         <ul style="list-style-type: none"> <li>• Now that there is direction – support in front, behind, or square</li> <li>• Movement and positions of support that make defenders make choices.</li> </ul> </li> </ul>