

Possession Exercises

Coaches:

Tonight I will be presenting a few of my favorite possession exercises. The criteria that I used for selection were, first, that the games were self-managing. I believe it is important that the players can play the game without the coach. These exercises do not require much intervention from the coach to keep them going.

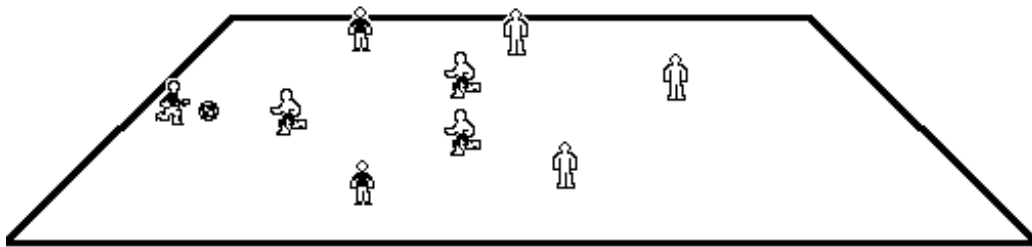
The second criterion was that the games present environments that are progressively more challenging to the players. As such, the games will start in 360 degree environments where possession is fairly easy (we will have to add restrictions to make the game more of a challenge) and progress to environments that are directional where possession is more difficult.

Possession is a tactical issue and the normal progression would be from unrestricted space to restricted space (grids) to goals. Tonight I will deviate from that general progression and go from A-B-C-D. That is the progression will go from simple to complex as we move through the exercises.

Enjoy

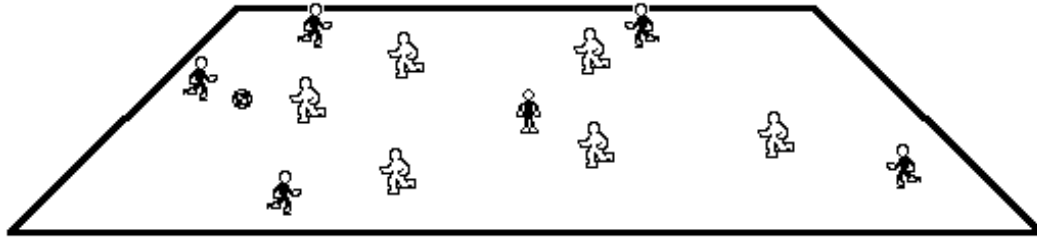
Low

Three Team Keep Away



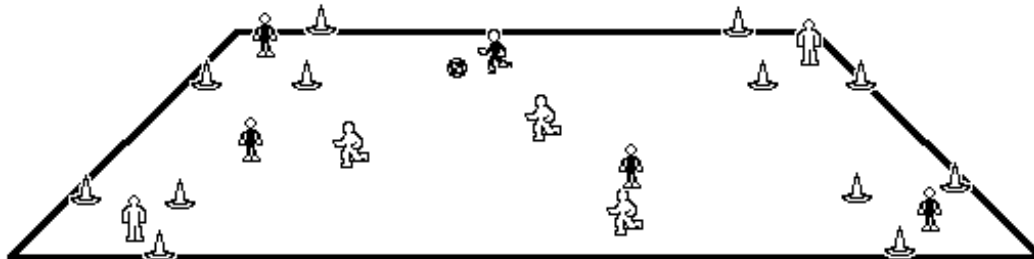
Comments:

Two Team Keep Away



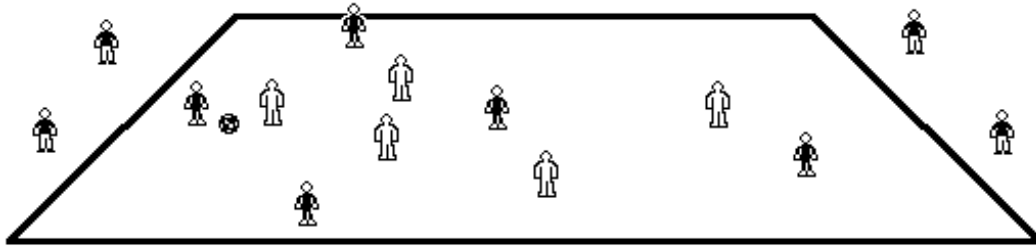
Comments:

Combination Keep Away



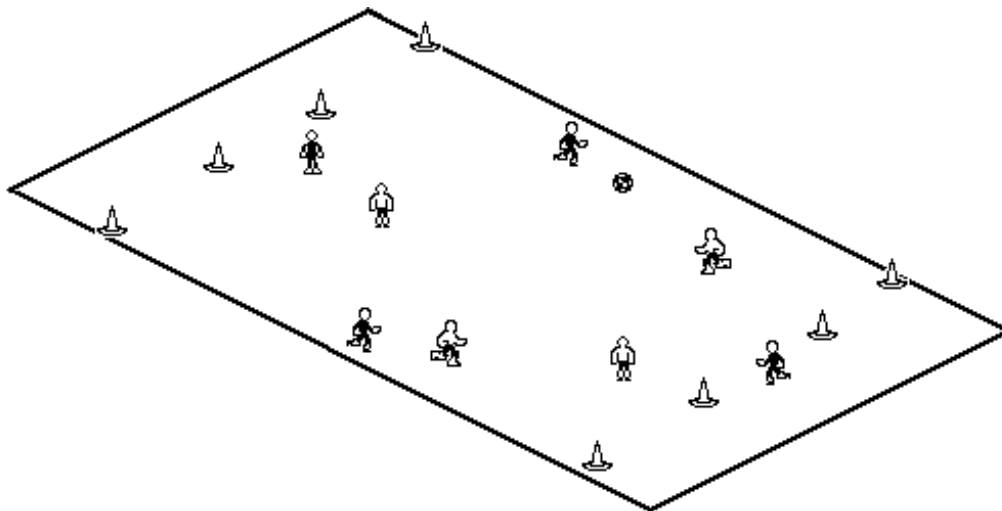
Comments:

5V5 to Targets



Comments:

End Zone Game



Comments: