POSSESSION FOR PENETRATION

Open body -> support -> switch play -> penetrate -> attack space

SESSION OVERVIEW

SESSION AIM

Develop possession with purpose by opening the body, supporting at good angles and recognising early opportunities to penetrate.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Possession to Penetrate	**Half-Turn Passing**	**1v1 + Support**	**11v11 Free Game**

ACTIVITY 1 | HALF-TURN PASSING

ORGANISATION

Players work in groups of three with one ball. Place one player at each end and one working player in the middle.

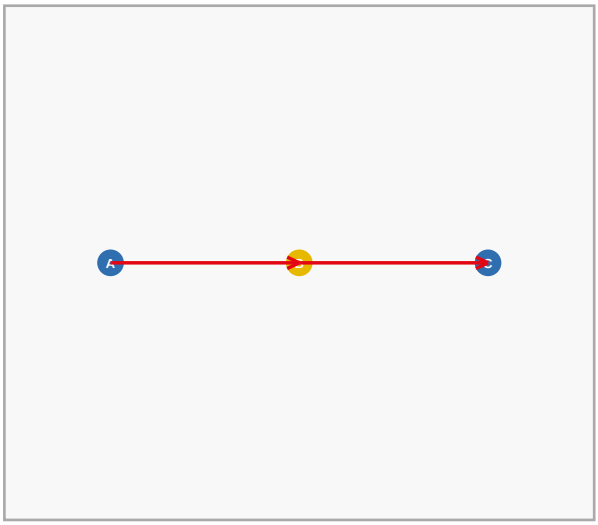
HOW IT WORKS

The middle player works for 30-60 seconds. Player A passes into B, who checks at an angle, receives in a half-turned position and quickly switches the ball to C. B repeats the action in the opposite direction. Rotate the middle player after each work period and include short stretching breaks.

COACHING POINTS

- Check at an angle to open the body.
- Use as few touches as possible to turn and play forward.
- Take a positive first touch.
- Pass sharply and accurately.
- Communicate clearly and demand the ball.

DIAGRAM



Receive half-turned in the middle and switch the ball quickly to the opposite side.

PROGRESSIONS

1. Reduce the middle player to two touches where possible.
2. Increase the passing distance as technique improves.

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ACTIVITY 2 | 1V1 + PERIMETER SUPPORT

ORGANISATION

Mark out a 10 x 15-yard grid. Place four support players around the perimeter and play 1v1 inside. Keep spare balls around the outside.

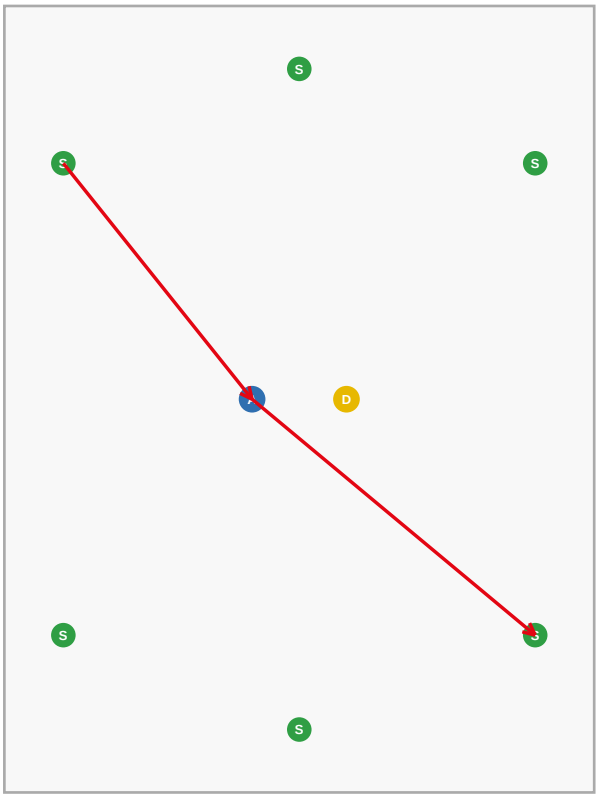
HOW IT WORKS

The two inside players compete for possession. A point is scored by transferring the ball successfully from one end-line support player to the opposite side. The player in possession may use any perimeter player as support. Perimeter players are limited to two touches, and after each point a new ball enters from a different side.

COACHING POINTS

- Offer useful angles to receive from the perimeter.
- Use sharp movement and changes of speed.
- Receive half-turned whenever possible.
- Pass with accuracy and appropriate weight.

DIAGRAM



Use support around the outside to protect possession and switch from one end to the other.

PROGRESSIONS

1. Limit the inside player to three touches.
2. Award two points for a switch completed without using a side support player.

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ACTIVITY 3 | 9V9 FIVE-GATE GAME

ORGANISATION

Use a 30 x 40-yard area. Play 9v9 and create five gates with cones or poles. Keep spare balls with the coach to maintain tempo.

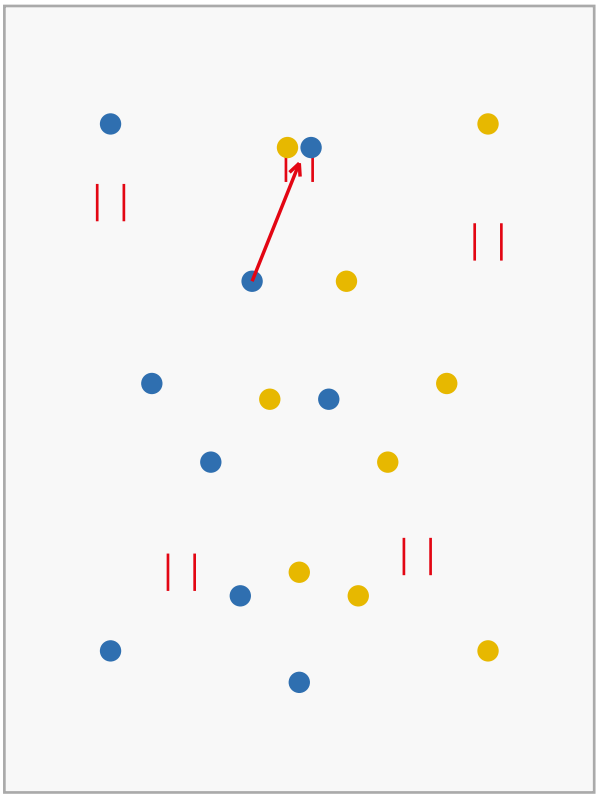
HOW IT WORKS

Teams compete for possession and score by passing to a teammate through any gate. Players should circulate the ball to create openings and then recognise the right moment to penetrate through a gate.

COACHING POINTS

- Maintain possession with constant movement and sharp passing.
- Show at good angles to receive.
- Scan for opportunities to play through the gates.
- Attack space early when a penetration opportunity appears.

DIAGRAM



Keep the ball moving until a clear opportunity appears to penetrate through a gate.

PROGRESSIONS

1. Allow players to dribble through a gate as well as pass through for one point.
2. Award two points for a gate penetration followed by immediate forward support.

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FINAL GAME | 11V11 FREE PLAY

ORGANISATION

Organise an unrestricted 11v11 game on a full-size pitch with goalkeepers.

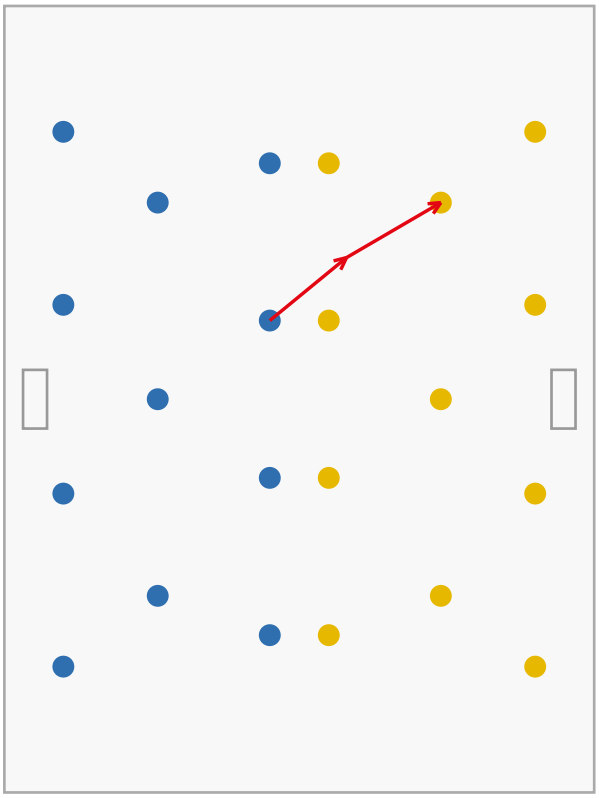
HOW IT WORKS

Both teams compete normally and try to transfer the session principles into the game: maintain possession when needed, open the body to see forward, support at good angles and attack space when a penetrating pass or run is available. Finish with 5-10 minutes of light jogging and stretching.

COACHING POINTS

- Maintain possession through movement and sharp passing.
- Show at useful supporting angles.
- Open the body to improve field vision.
- Recognise penetrating passes early.
- Attack space positively when the opportunity appears.

DIAGRAM



Unrestricted 11v11 to transfer possession and penetration decisions into the full game.

PROGRESSIONS

1. Keep the game unrestricted and observe whether penetration occurs naturally.
2. Finish with a 5-10 minute cool down and recap of the key coaching points.