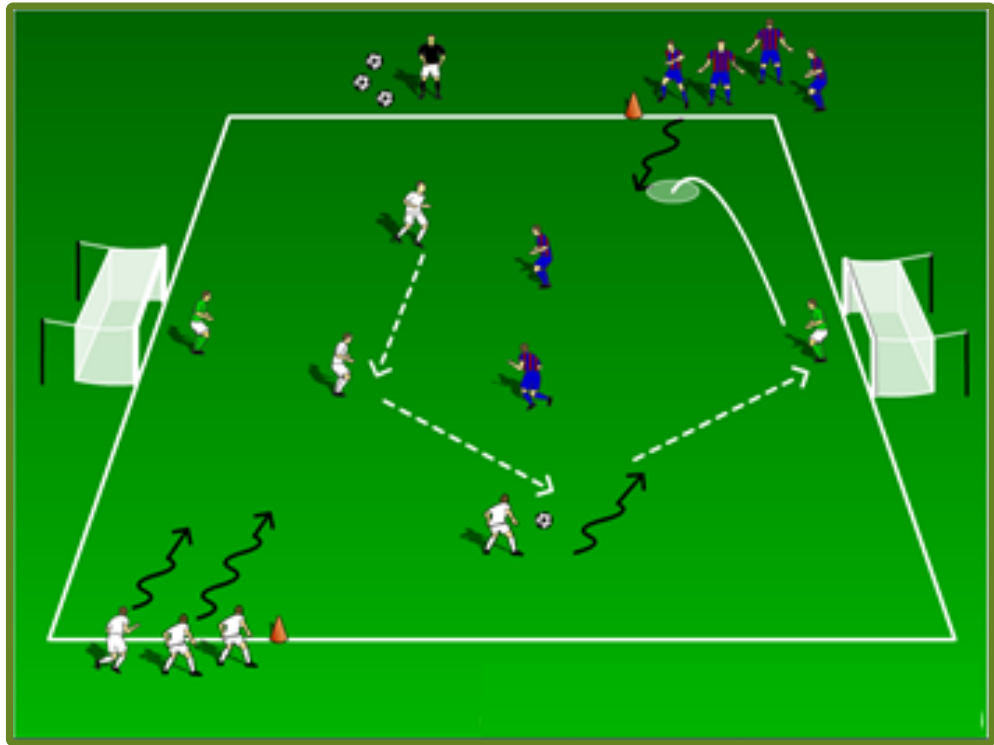


Soccer90

Possession overload - Advanced

Decision making from the coach and player - Area – 30 x 40. Two teams and a GK in each goal. The players start from the position shown. The coach has all the balls. A 3 v 2 starts the exercise.



Here are the conditions of the game:

1. Play starts with a pass from the coach to the team with 3 players.
2. That team plays a 3v2 to goal.

Once a shot is made or the defenders win the ball the change is this:

3. The team of three attackers quickly come off the field and are replaced by two new defenders.
4. The two that were defending are now joined by another team mate to give them three. When this transition occurs the ball has to start with the player who is joining the attack.
5. A 3 v 2 is now played by the opposite team. The same sequence is performed throughout the exercise.

Coaching points:

Decision making. Reactions to losing and winning the ball.

Attackers – Make the extra man count. Mobility with and without the ball.

Defenders – Pressure, cover and delay.

