



Width and Depth — Making the Pitch Big

Session 13 • Possession principles • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

Big Square, Small Square

0:10 – 0:25 • 15 MIN

The 5 v 2 Rondo

0:25 – 0:40 • 15 MIN

The Switch Game

0:40 – 0:55 • 15 MIN

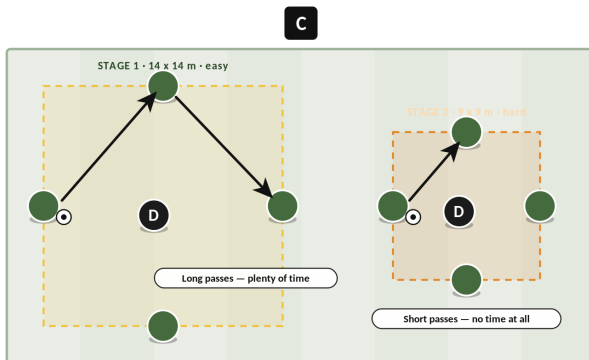
The Wide Match

0:55 – 1:00 • 5 MIN

Player-led review

13.1 BIG SQUARE, SMALL SQUARE

Warm-up • 10 min



THE BIGGER THE SQUARE, THE EASIER IT IS TO KEEP THE BALL

SET UP

- Two square sizes marked from the start: a 14 × 14 m square and a 9 × 9 m square, using different-coloured flat markers. Mark three or four of each so every group has one.

RULES

- Outside players stay on their line. Stepping inside loses the ball.
- Two touches maximum.
- The defender scores a point for every interception ...

COACH IT

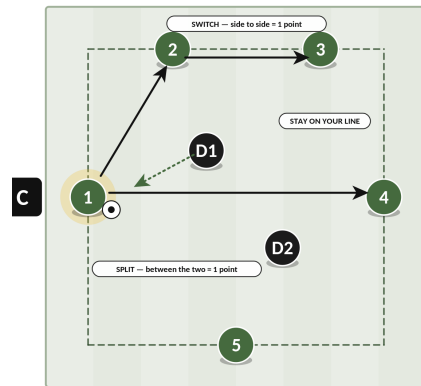
- Technical: Firm, accurate passes along the ground over a genuine distance. Receive side-on so the next pass is available. The far player is often the ...

SAY

- If you come towards it, how far does his pass have to travel? Now how easy is that to intercept?

13.2 THE 5 v 2 RONDO

Technical practice • 15 min



OUTSIDE PLAYERS MAY NOT STEP INSIDE — TWO TOUCHES MAXIMUM

SET UP

- Two boxes, each 14 × 14 m, marked with flat markers, with a cone at each corner.
- Five outside players on the lines, two defenders inside. Seven per box; two boxes covers 14 players ...

RULES

- Outside players stay on their lines. Stepping in gives the ball to the defenders.
- Two touches maximum for the first eleven minutes; one touch for the final four if the group is ...

COACH IT

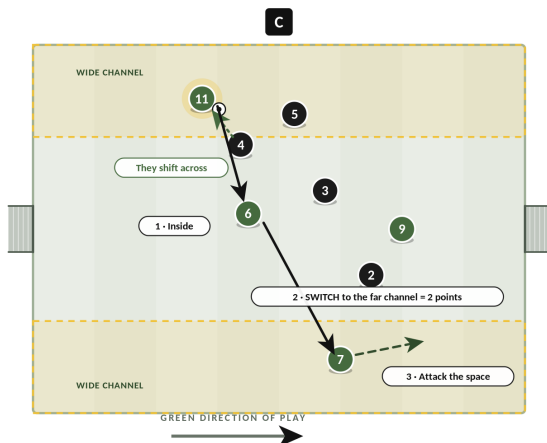
- Technical: Receive side-on so both the split and the switch are available — the Session 1 habit under a new demand. Firm passes. The split must be ...

SAY

- How far apart are you? Get to your corner. The distance is the whole practice.

13.3 THE SWITCH GAME (4 v 4)

Skill game • 15 min



SET UP

- Two pitches, each 32 × 24 m — as wide as you can make them — side by side with a 5 m corridor.
- Per pitch: one mini goal at each end, plus a 6 m wide channel marked down each touchline.

RULES

- Goal = 1 point. A switch from one wide channel to the other = 2 points. A goal within five seconds of a switch = 4 points.
- Each team must have a player in a wide channel at ...

COACH IT

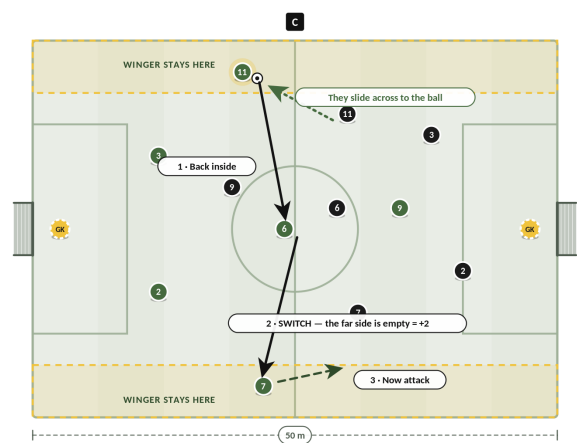
- Technical: The switch is usually a firm, driven pass along the ground or a lofted one over a crowd — teach both, and let the picture decide. Receive ...

SAY

- Ask between games: how many of you were within ten metres of the ball just then? Whose job was the ...

13.4 THE WIDE MATCH (7 v 7)

Conditioned match • 15 min



SET UP

- 50 × 36 m — wider than any pitch used so far. If you can mark 38 m, do.
- A 5 m stay-wide zone marked down each touchline. Wingers must be inside it whenever their team has ...

RULES

- Goal = 3 points. A switch from one side of the pitch to the other = +2.
- Wingers must be in the wide zone when their team has possession in the opposition half.

COACH IT

- Technical: Driven passes across the pitch, lofted where the ground route is blocked. Receiving in the channel on the half-turn, facing forward.

SAY

- The break question — hands up if you were free — does more than any instruction.