



Support Angles — Three Options, Always

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

0:00 – 0:10 • 10 MIN

The Triangle Grid

0:10 – 0:25 • 15 MIN

Short and Long

0:25 – 0:40 • 15 MIN

No Straight Lines

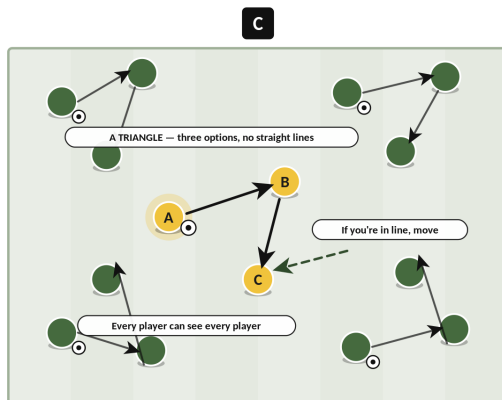
0:40 – 0:55 • 15 MIN

The Possession Match

0:55 – 1:00 • 5 MIN

Player-led review**14.1 THE TRIANGLE GRID**

Warm-up • 10 min

**SET UP**

- 28 × 20 m grid marked with flat markers.
- Groups of three, one ball each. Four or five trios with a squad of 14–16.
- No obstacles — the groups must avoid each other ...

RULES

- Never a straight line. If the coach can draw one line through all three players, the group has lost the ball.
- The two players off the ball must move every time ...

COACH IT

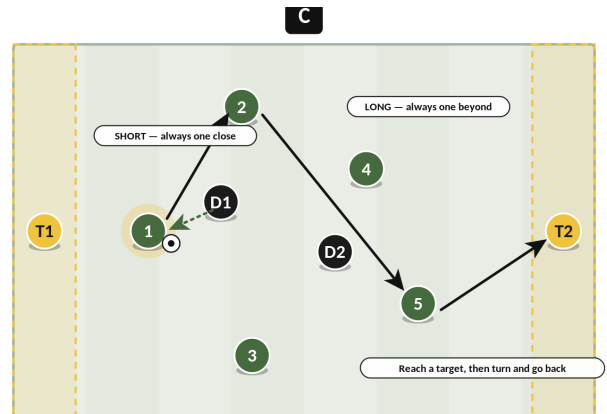
- Technical: Receive side-on so both other players are visible. Firm, along the ground. The pass to the far point of the triangle is often the right ...

SAY

- Don't correct each one. Freeze one group, stand where a defender would, and let them see that you ...

14.2 SHORT AND LONG

Technical practice • 15 min

**SET UP**

- Two areas, each 24 × 16 m, with a 3 m target zone at each end.
- Five in possession, two defenders, and a target player in each end zone. Nine per area; two areas ...

RULES

- 1 point for reaching a target, then the team turns and attacks the other one.
- Targets play one touch back into the area and may not be tackled.

COACH IT

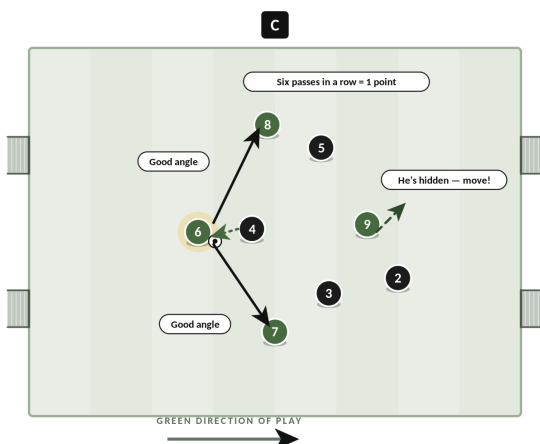
- Technical: Receive on the half-turn facing up the area. The pass into the target is the hardest one — firm, into the near foot, so they can return it ...

SAY

- Who's your long option? Nobody? Then we're going nowhere.

14.3 NO STRAIGHT LINES (4 v 4)

Skill game • 15 min

**SET UP**

- Two pitches, each 32 × 24 m, side by side with a 5 m corridor between them.
- Per pitch: two mini goals at each end, 4 red bibs, 4 blue bibs, 2 balls.

RULES

- Goal = 2 points. Six consecutive passes = 1 point. The count resets on any turnover.
- From game 3, the sequence must change direction at least once.

COACH IT

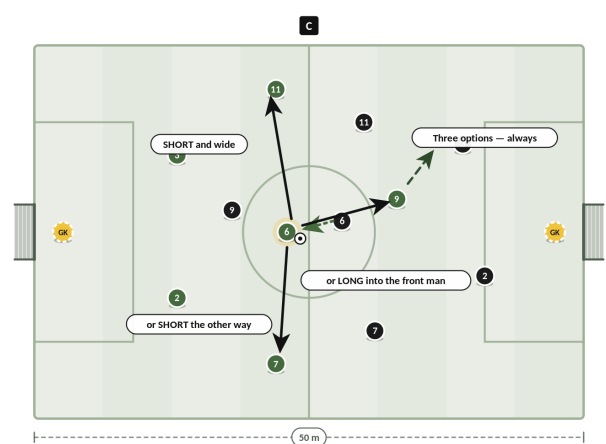
- Technical: Receive side-on, first touch out of the feet, firm passes. Under pressure the pass weight is the first thing to go — watch for under-hit ...

SAY

- Where was everyone at pass three? All near the ball? Let them work it out.

14.4 THE POSSESSION MATCH (7 v 7)

Conditioned match • 15 min

**SET UP**

- 50 × 34 m with full-size goals.
- Four spare balls in the back of each goal.
- 7 v 7 including goalkeepers (14). With 15–16, play 8v8 or roll subs every 90 seconds.

RULES

- Goal = 3 points. Six consecutive passes = +1. A goal within ten seconds of a six-pass sequence = +2 more.
- The count resets on any turnover or when the ball ...

COACH IT

- Technical: Receiving side-on, first touch away from pressure, firm passing. All of this theme, now in service of a team idea.

SAY

- The recurring U12 fault. Who is furthest from the ball right now? What's his job?