



Possession Under Pressure — Does It Survive Contact?

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

0:00 – 0:10 • 10 MIN

The Shrinking Rondo

0:10 – 0:25 • 15 MIN

The Pressure Box

0:25 – 0:40 • 15 MIN

Possession v Press

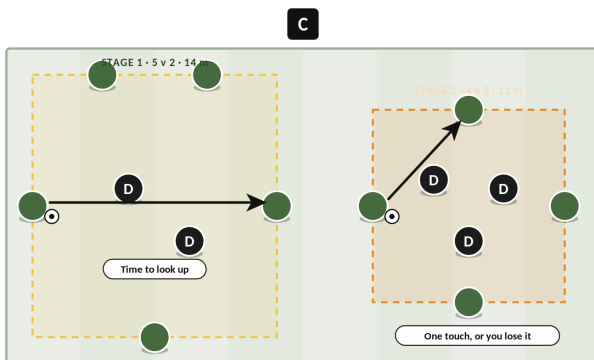
0:40 – 0:55 • 15 MIN

The Possession Exam

0:55 – 1:00 • 5 MIN

Review, with the players**16.1 THE SHRINKING RONDO**

Warm-up • 10 min



SAME SKILL, LESS TIME • THE ANSWER IS TO LOOK EARLIER, NOT TO PANIC

SET UP

- Two box sizes marked before the session: 14 × 14 m and 11 × 11 m, in different marker colours. Two or three of each.
- Stage 1: five outside, two defenders inside, 14 m ...

RULES

- Outside players stay on their lines.
- Two touches in Stage 1; one touch in Stage 2 if the group can cope, two if they can't.
- Defenders swap with whoever loses the ball.

COACH IT

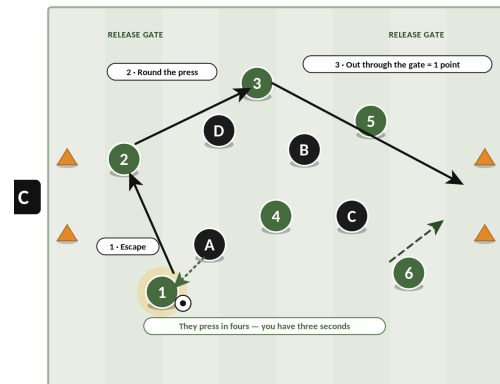
- Technical: Receive side-on. First touch out of the feet even in a small space — especially in a small space. Firm passes; an under-hit pass in an 11 m ...

SAY

- You had a second. What could you have done with it? Then: when should you have looked?

16.2 THE PRESSURE BOX

Technical practice • 15 min



SIX AGAINST FOUR IS AN OVERLOAD • USE IT, DON'T PANIC AT IT

SET UP

- One area 22 × 18 m with a 4 m release gate in the middle of each end line.
- Six in possession against four pressing. With 14–16 players run two areas, or one area with rolling ...

RULES

- 1 point for a pass out through either release gate. 1 point to the defenders for winning the ball.
- Two touches maximum for the possession team from minute 8.

COACH IT

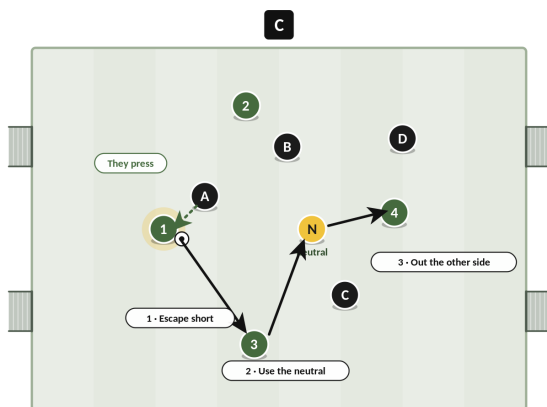
- Technical: First touch away from the nearest presser. Firm passing — under a four-player press, a soft pass is a turnover. Receive side-on so the ...

SAY

- You had six against four. Where were the other two? If you all come, they don't have to move. Someone ...

16.3 POSSESSION v PRESS (4 v 4 + 1)

Skill game • 15 min



NINETY SECONDS OF PRESSING, THEN SWAP • BOTH JOBS MATTER

SET UP

- Two pitches, each 30 × 22 m, side by side with a 5 m corridor.
- Per pitch: two mini goals at each end, 4 red bibs, 4 blue bibs, one neutral player in yellow who ...

RULES

- Possession team: 1 point for six passes, 2 for a goal. Pressing team: 2 points for winning the ball within five seconds.
- The neutral always plays for whoever has the ball ...

COACH IT

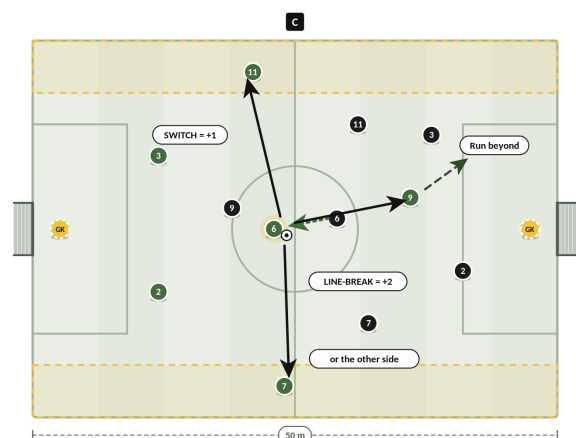
- Technical: Under a hunting press, the first touch decides everything. Firm passing; a bouncing ball invites a tackle.

SAY

- One goes. What do the other three do? Let them answer; the word you want is cut off.

16.4 THE POSSESSION EXAM (7 v 7)

Conditioned match • 15 min

**SET UP**

- 50 × 36 m with full-size goals and the 5 m stay-wide zones from Session 13 marked.
- Four spare balls in the back of each goal.
- 7 v 7 including goalkeepers (14). With 15–16, play ...

RULES

- Goal = 3. Switch of play = 1. Six consecutive passes = 1. A pass beating two or more opponents = 2.
- Wingers stay in the wide zones when their team has ...

COACH IT

- Technical: Everything from four themes of work. Expect it to be imperfect and resist fixing it tonight.

SAY

- That's this theme's homework, and the players should name it themselves at the break.