



# How to spread out - Possession

**Category:** Tactical: Possession  
**Difficulty:** Moderate

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Individual-Young Member

## Description

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### Activity: Small-sided games

**Number of players required:** From 4 - full team

**Equipment:** many soccer balls 2 - 4 pug goals. If the coach does not have pug goals he/she can use cones as goals.

**Grid requirement:** Create 2 grids of 20 X 20 yards marked with cones.

**Organization:** All players are required to play within the grid.

**How the game is played:** From 2 to 4 teams will be formed like regular scrimmage to play "small side games".

**Variations/Progression:**

- Competition between the teams
- Implement the topic of the session in the small side games



### Activity: 3 Goals Game

**Number of players required:** All Players from the same age group

**Equipment:** many soccer balls and 6 pug goals. If you do not have pug goals, you can use flags or cones.

**Grid requirement:** Create a grid 55 yards long by 35 yards wide (1/4 of the full field). Coaches should not use more than 1/4 of the field for the activity.

**Organization:** All players are required to play within the grid.

**How the game is played:** "3 Goals Game". The width is longer than the length. Each team have 3 goals to score.

At first, players may only attack the goal in front of them, but after a while, they will figure out if they use the width they will find less pressure to score a goal.

**Observation:** Make sure the players stay at least 5 yards from each other. You can demand a "turn over" (give the ball to another team) if you see the team with possession of the ball within 5 yards from each other.

**Variations/Progression:** You can add players to play for both teams.



### Activity: 4 Goals game

**Number of players required:** All Players from the same age group

**Equipment:** many soccer balls and 4 pug goals, cones or flags to create the goals.

**Grid requirement:** Create a grid 55 yards long by 35 yards wide (1/4 of the full field). Coaches should not use more than 1/4 of the field for the activity.

**Organization:** All players are required to play within the grid.

**How the game is played:** "4 Goals Game". The width is longer than the length. Each team have 4 goals to score. They cannot score in the same goal twice.

**Observation:** Make sure the players stay at least 5 yards from each other. You can demand a "turn over" (give the ball to another team) if you see the team with possession of the ball within 5 yards from each other.

**Variations/Progression:** You can add players to play for both teams.



## Activity: 5 Goals game

**Number of players required:** All Players from the same age group

**Equipment:** many soccer balls and cones or flags to create the goals.

**Grid requirement:** Create a grid 55 yards long by 35 yards wide (1/4 of the full field). Coaches should not use more than 1/4 of the field for the activity.

**Organization:** All players are required to play within the grid.

**How the game is played:** "5 Goals Game". The width is longer than the length. Each team have 5 goals to score. For the goals outside they must score from inside. The middle goal they can score from both sides. They cannot score in the same goal twice.

**Observation:** Make sure the players stay at least 5 yards from each other. You can demand a "turn over" (give the ball to another team) if you see the team with possession of the ball within 5 yards from each other.

**Variations/Progression:** You can add players to play for both teams.



## Activity: Scrimmage with extra players

**Number of players required:** All Players from the same age group

**Equipment:** many soccer balls and 2 goals. If you do not have regular goals, you can use pug goals, flags or cones.

**Grid requirement:** Create a grid 55 yards long by 35 yards wide (1/4 of the full field). Coaches should not use more than 1/4 of the field for the activity.

**Organization:** All players are required to play within the grid.

**How the game is played:** Two teams will be formed like regular scrimmage. However, you could add players to play for both teams.

**Observation:** Make sure the players stay at least 5 yards from each other. You can demand a "turn over" (give the ball to another team) if you see the team with possession of the ball within 5 yards from each other.

**Variations/Progression:**

- Competition between the teams
- Implement the topic of the session in the small side games.

