



# How to spread out - Possession

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

Eddie Lima, Bristow, United States of America  
Individual-Young Member

## Description

ASA Coaching Education Directors - Matt Badiee and Eddie Lima

### 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 I - Hand Catch "Keep away"

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

**Equipment:** many soccer balls and cones to create the grid.

**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:** Hand Catch "Keep away"

Players play keeps away by catching and throwing the ball with their hands (no feet is allowed). When a player has the ball, he/she cannot run, and tries to throw ball to teammate that is spread out.

At the end of 3 minutes, when the coach blows the whistle, the team with the soccer balls wins. If the activity is too hard for your players you can add neutral players/coaches (Blue)

**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:** Play with their feet.



### Activity: Hand Catch "American Football style"

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

**Equipment:** many soccer balls and few cones to create the "ZONE".

**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:** Hand Catch "American Football style"- End Zone Game

The field dimension is consistent with the game format, length longer than width.

- Set up the field as shown with a 'End-Zone' at each end.

- Score a goal by getting the ball from one 'End-Zone' to the other by running with the ball or throwing towards a teammate inside the end zone. The player must have possession of the ball inside of the end zone to count as goal.

- Once a goal is scored, immediately attack going in the other direction. Do not give the ball to the other team. The 'End-Zones' are free, both (attacking and defending teams) can enter these areas. If the activity is too hard for your players you can add neutral



players/coaches.

**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:** Play with their feet.

## Activity: Hand Catch with a target "Goal"

**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:** Hand Catch with a target "Goal"

The field dimension is consistent with the game format, length longer than width.

- Players are allowed to move/run with the ball.
- If the opponents touch the player that is holding the ball, the team lose possession.
- The opponents cannot steal the ball from the players hands, only touch the player.
- The player that got touch must give the ball to another team and the first pass is free as long as do not go towards the goal.
- Players can throw the ball on the ground or air.
- The balls can be intercepted by another team.
- To score the player can throw the ball into the designated target (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:** The players can only finish if his/her teammate throw the ball and the player that receives the ball finish in 1 touch with the foot.



## 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.

