Colorado United Session Plan

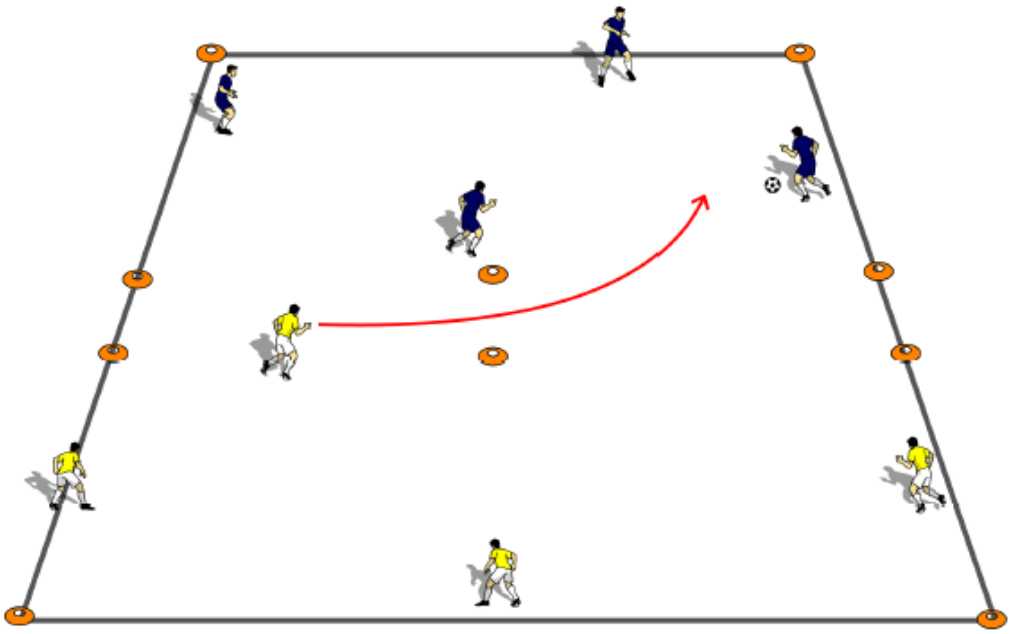
Coach Nike Academy - Possession | Week 1

Theme | 20m | u9

Two team possession - Bank

Aims & Objective

To improve a teams ability to maintain possession of the ball.
To improve a teams decision making, when to maintain possession when to switch the ball.



Bank
* Two teams of players each set up in their own area around 15x20, size dependent upon ability/numbers. Place a small channel in between the two areas.
* Players keep possession off the ball in one area, as soon as the players have made one pass a defender runs in from the opposite team and attempts to win the ball back. Team aims to possess making as many passes as possible and to secure their passes/points they shout "Bank" and pass over to the opposite team.
* If the defender wins the ball back they can either pass back to their team or clear the ball from the area.
* Both teams race to get to 21 points.

Progressions
* Add another defender - Has to be a new defender each time - Players have to play a give and go before switching the ball
* Increase number of points to 50
* Add a goal that they can score in after reaching point target

Coaching Points
* Attack the space *Numbers up/overloads *Quick transition *Movement off the ball *Pass to space/feet? *Weight of pass *Awareness *First touch into space