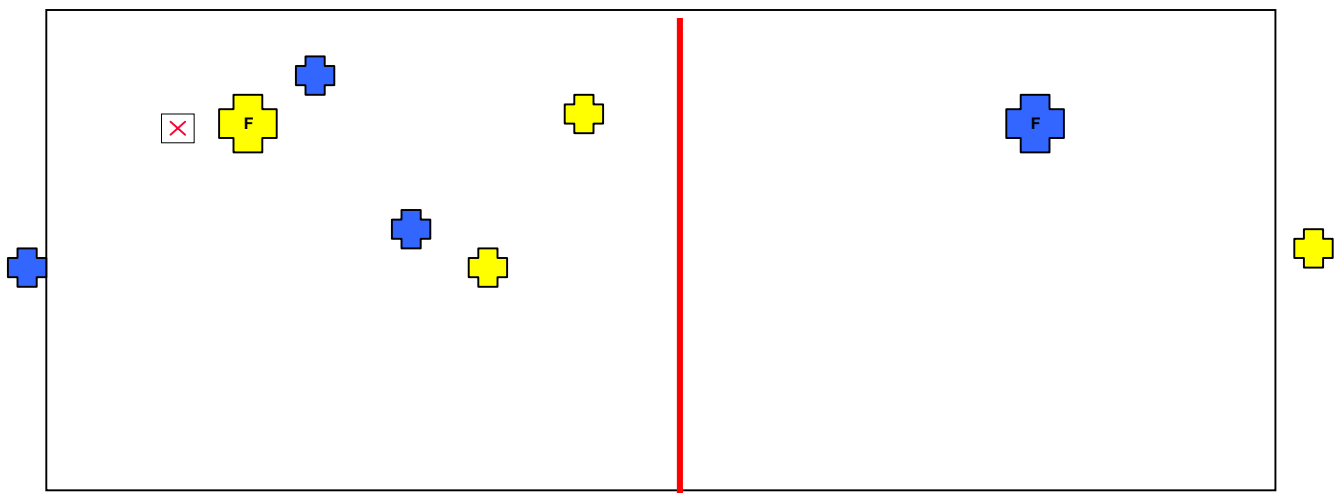


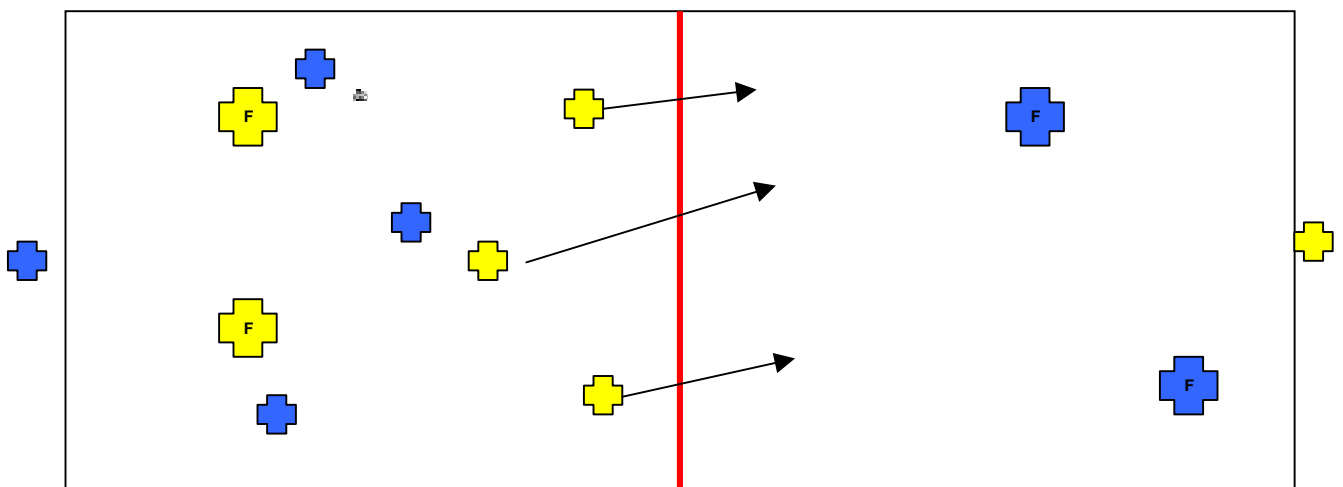
Possession - Buildup In The Defensive Half

This exercise was suggested by Gary Rue, a high school coach from Kentucky.

Play 6v6, including GKs, with two goals and a midline on a 60x40 layout. Assign two "forward" players on each team. Initially restrict these players to their attacking half. The other three players can go forward but they must retreat into their defensive half as soon as possession is lost. Before the possessing team can attack the goal, they must string together a certain number of passes or have everyone on the team touch the ball. Only the two "forwards" can defend during this time.



Initially yellow is on offense and is playing 5 v 3. As soon as blue wins the ball yellow must retreat to their defensive end.



Blue now plays 3 plus the GK v 2 to keep possession and advance the ball. No one is allowed to shoot on goal until all members of the offensive team have touched the ball.

Later, allow the two forwards to go back into the defensive half during this possession time or include the forwards as checkers to receive forward passes followed by drops back into the defensive half. The GK should definitely be included in the buildup process.

At some point remove the midline and adjust restrictions to encourage possession with a focus to go forward when the opportunity presents itself.

As coach, keep your focus on your prime directive (ignoring other glaring problems). This forces your charges to put their focus on **OWNING THE BALL.**