

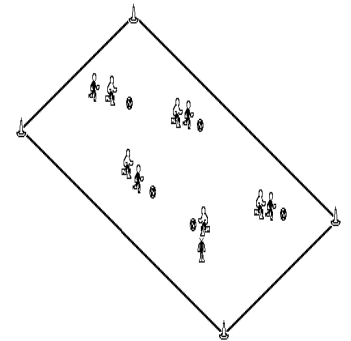


## Wyoming Youth Soccer Coaching Symposium 2009

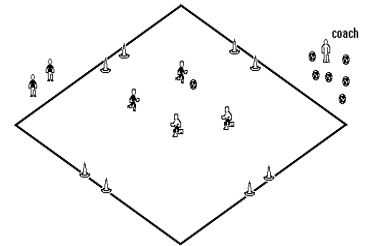
Topic: Possession for Penetration

presented by Mike Singleton, US Youth Soccer National Staff  
msingleton@mayouthsoccer.org

- 1) **Shield-Steal**---Half of players in the group have a ball and half do not. If you do not have a ball you need to steal one from someone who does. If ball goes out of bounds, person who touched it last does not get possession. You can teach players the technical points of shielding as a group at start of activity. Show technique with body sideways, arm providing protection, ball on outside foot, knees bent, turning as defender attacks, using feel to understand where defender is going. Fix technical shielding errors throughout this activity and make sure entire group knows how to properly shield. *Version 2:* make this directional with players earning points by dribbling over line in control.



- 2) **2 vs. 2 to Four Cross Goals**---Teams defend one goal and have the opportunity to score on the other three, you must dribble through a goal to score a point. The goals are on the ends of a large cross in a square grid roughly 10yd X 10yd. Have one team of 2 on deck, they come on when a team gets scored on twice. Game is continuous, they must run on immediately.



- 3) **4 vs. 4 Target Game**---Teams comprised of 4-6 players depending on numbers and space. To score 1 point you must pass the ball to a target player on an endline. The target plays ball back to the team that played to him. If this team gets to the other target before losing possession it equals 3 points. Stress recognizing opportunities and timing of passes.
- 4) **6 vs. 6 Endzone Game**---Teams comprised of 4-6 players depending on numbers and space. To score you must pass the ball to a teammate into the opponent's end zone (created with discs). The player cannot go into the endzone until after the ball has been passed. Stress recognizing opportunities and timing of passes.
- 5) **8v8 game**
- 6) **Cool Down**---Body coordination activity

