

U10-U11 Sample Session Plan

Keeping Possession



Time: 12 min

Topic: Dribbling & Ball Control

Coaching Points:

- Where should the support come from (wide and depth)
- How to keep possession

Instructions:

- Divide players into 3 teams, each with different colour pinnies.
- Team A and B are attackers, and try to maintain possession of the ball by forming a rough diamond shape in the grid.
- Team C is defending team and plays in the center of the grid, trying to steal the ball or force the teams in possession to make a mistake and kick the ball out of bounds. If team C does either, they become one of the attacking teams and the team (A or B) that last touched the ball becomes the defending team.
- The game does not stop when this transition happens. Play is continuous, so teams need to learn to transition quickly.