

This report is a temporary version while we eagerly await John Helsdon's excellent reporting

Possession games

Tom Goodman

- ❖ Warm-up - Groups of three passing ball in a restricted area with other groups doing the same
- ❖ He placed emphasis on being relaxed – think about the simple decisions of who and when to pass
- ❖ Prepare the ball towards an option and away from pressure on your first touch
- ❖ Emphasis on only passing to a player who is ready to receive ball
- ❖ After you pass the ball, get to a spot on the field where you can see as much of the field as possible
- ❖ Adjust pace to distance - close soft and long hard
- ❖ Keep the ball moving when you receive it
- ❖ Visual cues – eyes up and looking at you in space means that they are ready to receive ball
- ❖ Coordination drill – using counts of 1,2,3,4 the player is seated and makes a series of 4 different arm and leg movements like arms and legs apart. He built it up to a snappy rhythm
- ❖ Arranged like the warm-up (Passing in 3 person groups) he added the goal to split the opponent, count as through pass one which went between a player from one color and another color (i.e. if you are yellow and make a pass to your yellow teammate that goes between a red and a blue – count it)
- ❖ Did a 10 v 5 – the 10 play keep away, the 5 try to get ball to coach. He suggested playing this with 22 players on full size field
- ❖ Eliminate as many defenders as possible with one pass
- ❖ 4 - 2 player groups, 2 goals with 5 yd deep end zones, 1 player in each end zone, 2 yellow in the middle are neutral, play 2v2 in middle with the neutrals helping, goal is to get ball in to player in your end zone
- ❖ added the ability for opposite end zone player to come out of zone and provide support from the back
- ❖ added continuous possession – when you score (get to end zone player), then attack opposite end zone
- ❖ next he played a full field game with the restriction that every time you win ball it must go back to your goal keeper before starting the attack
- ❖ players need to keep spaces live not stand in space with mark on you
- ❖ 2 balls to a group of 4 players – 1 hot player alternates receiving passes and must pass to the one of the remaining three with out the ball. Balls are to be kept moving all the time