

# Session Plan

## Possession with Pressure

### Level 3

#### Category:

Possession  
Passing  
Teamwork in  
Possession  
Defending  
w/transition

#### No of Players Required:

8 – 16 players.  
Adjust area  
size to  
number of  
players

#### Practice Length:

15 – 20 min

#### Equipment Required:

Cones and  
balls, 2 sets of  
bibs. 8 large  
cones for  
gates

#### Aims & Objectives:

- Individual ball mastery
- Protecting the ball
- Team Possession
- Defending
- Transition from defending

#### Coaching Points:

1. Ball mastery in tight areas
2. Supporting team mates keep possession
3. Passing
4. Transition from defence to attack

#### How to:

1. For this example 6 players in yellow with a ball each. Two defenders in blue. Yellows must keep possession of their ball

2. Blues try win balls back and then transition to scoring between any of 4 gates on outside.

3. When yellows lose their ball they must support other yellows to keep possession

4. Game ends when all balls have been won back. Defenders count their successful transitions and on last ball how many passes can yellow team do before they lose the ball.

