



February 12<sup>th</sup> -18<sup>th</sup>

First Kicks: U7/8 # 6

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Category: Technical: Keep possession

### Whole

**Objectives:** Keep possession

**Organization:**

Field size: 25m x 30m

Divide players into three teams of four. Two teams will play 4v4 for 5 minutes, while the third team will be on a break. After every 5 minutes switch the teams. Game rules apply.

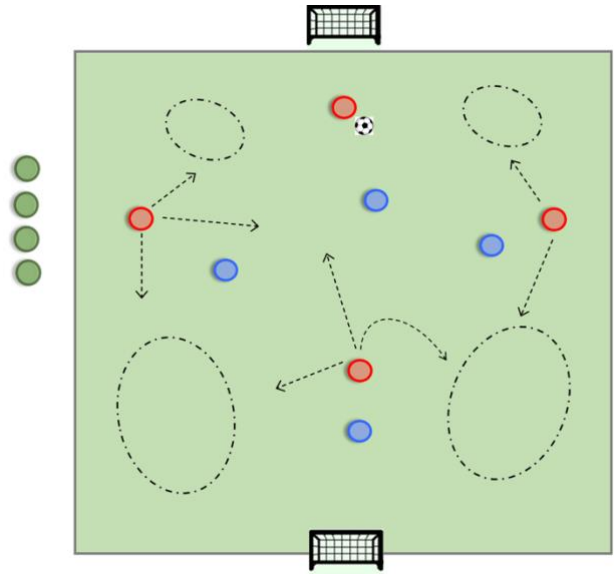
**Coaching point:**

Emphasize the importance of ball possession: stay wide, quality of pass, off the ball movements

**Reminder!**

Team shape: remind players to adjust their position to keep their team shape (diamond) as moving forward.

**Duration:** 10-15 min



### Part (team base)

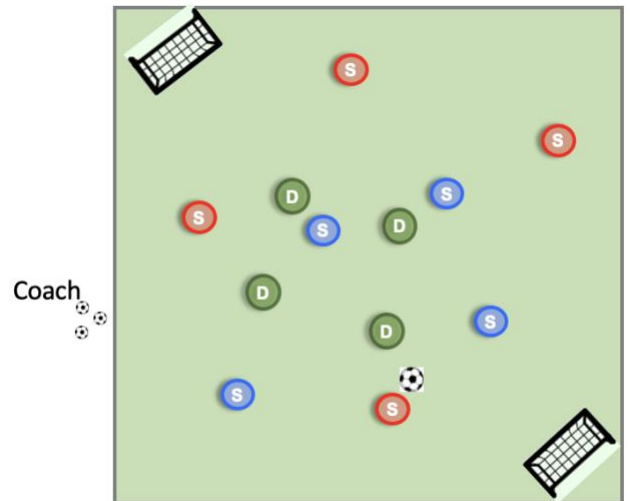
**Objectives:** Keep possession

Field size: 25m x 30m

**Organization:**

Divide players into three teams: blues, green and reds. Two teams will join and start as strikers while the third team play as defenders. The strikers try to make seven passes in a row to score, while defenders try to win the ball and score on pugs. Every 3 minutes, switch the defenders.

**Duration:** 10-15 min



## Whole

**Objectives:** Keep possession

**Organization:**

Field size: 25m x 30m

Play 4v4. Game rules apply.

**Coaching points:**

- Team shape (i.e., diamond)
- Pass and move forward

**Progression:**

You can give different tasks to the players of the team on the break to monitor and discuss the performance of a specific team. Tasks should be related to the coaching points.

**Duration:** 15-20 min

