

March 2016

Developing Attacking Play – In Possession (12-16)

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at St Neots FC



Q - Who are the best attacking team in the world and why.....?

- <https://www.youtube.com/watch?v=DfHwByfQZ64>
- England U21s 35 pass move Vs Germany



Learning Outcomes

By the end of the session coaches should be able to plan sessions that allow players to

- Recognise Possession is about passing; but isn't only about passing
- Recognise opportunities to risk or retain possession
- **Make decisions** (quick passing, through passing, safe passing, running with the ball, dribbling, shielding and protecting possession) **to retain and build attacks**



IN POSSESSION PHILOSOPHY STATEMENT

ENGLAND TEAMS AIM TO
INTELLIGENTLY DOMINATE
POSSESSION SELECTING
THE RIGHT MOMENTS TO
PROGRESS THE PLAY AND
PENETRATE THE
OPPOSITION.

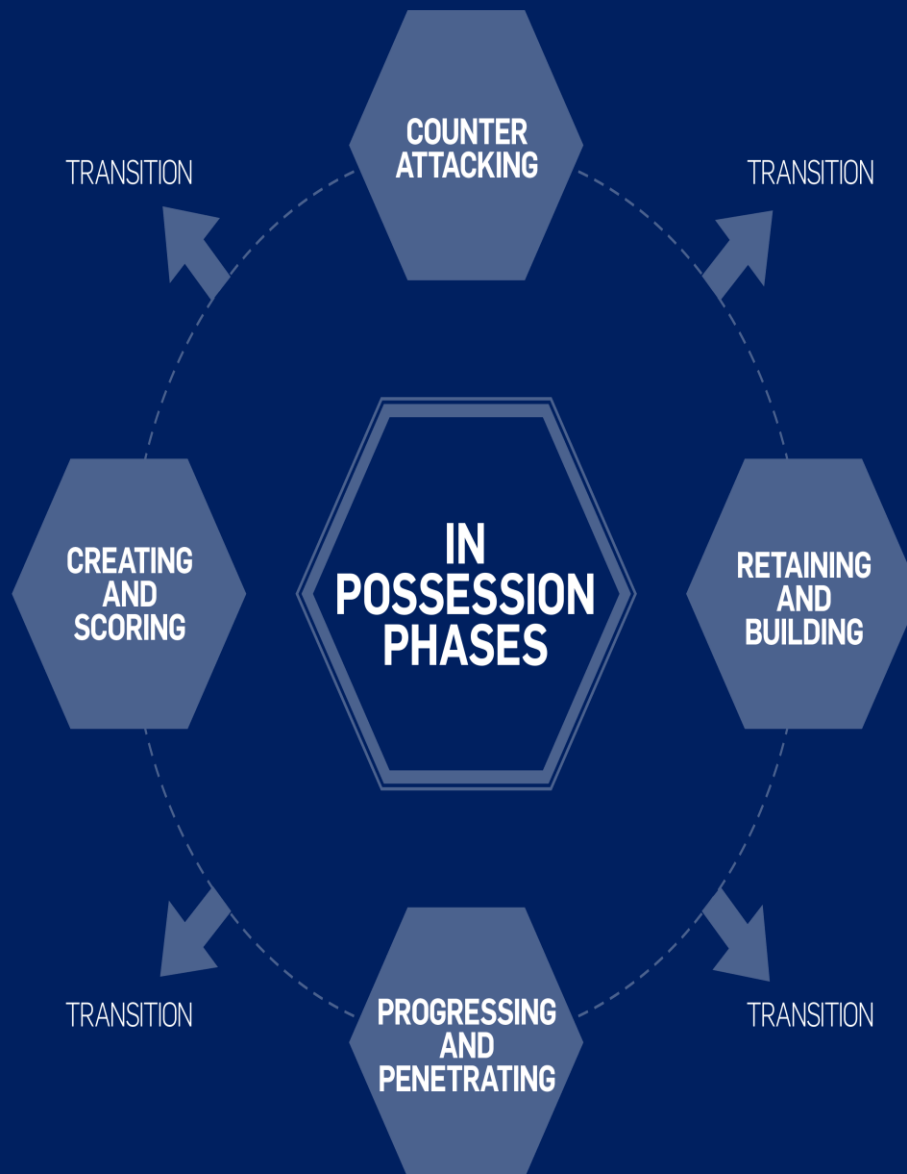


ENGLAND DNA

IN POSSESSION MODEL

The fluid nature of the game means each aspect of possession is closely linked. Similarly, possession may be lost at any stage prompting a transition to the defensive philosophy.

Importantly, the goalkeeper is included in all aspects of the playing philosophy both in and out of possession. England goalkeepers are viewed as part of the team, and not apart from the outfield players.

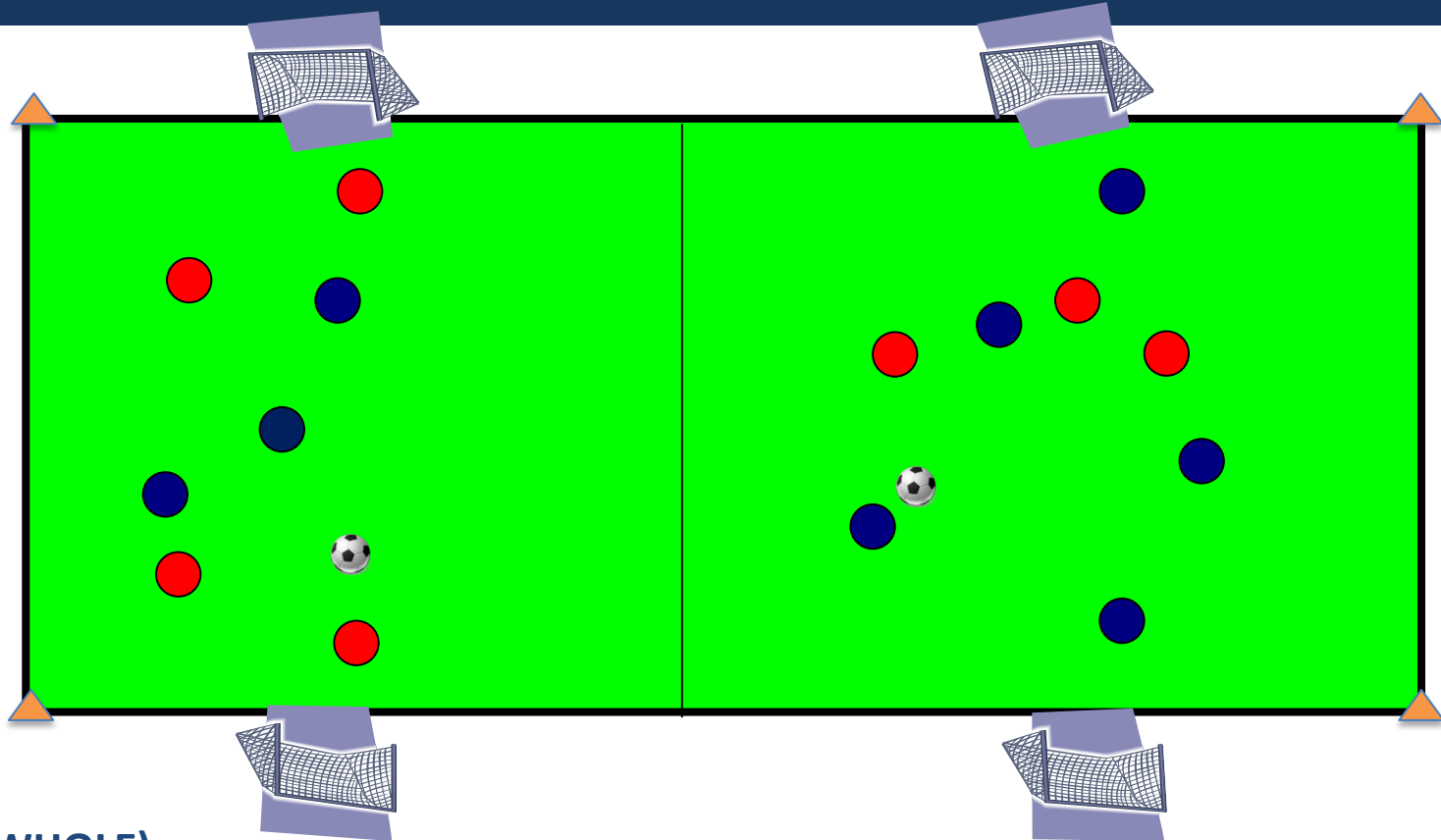


Task

For the aspect of possession (*Counter Attack, Retaining and Building, Progressing and Penetrating, Creating and Scoring*) on your table discuss:

- What are the key principles?
- What does this look like with your team?
(Bring these outside with you)





WHOLE)

- Two different size pitches set up for arrival
- Small sided games with possession focus
- Observe your organisation/session structure
- Observe individual player performance-Who needs my help?
- Observe unit performance-How does the midfield unit perform?
- Observe group performance-How do the team work from visual triggers/clues and hints?

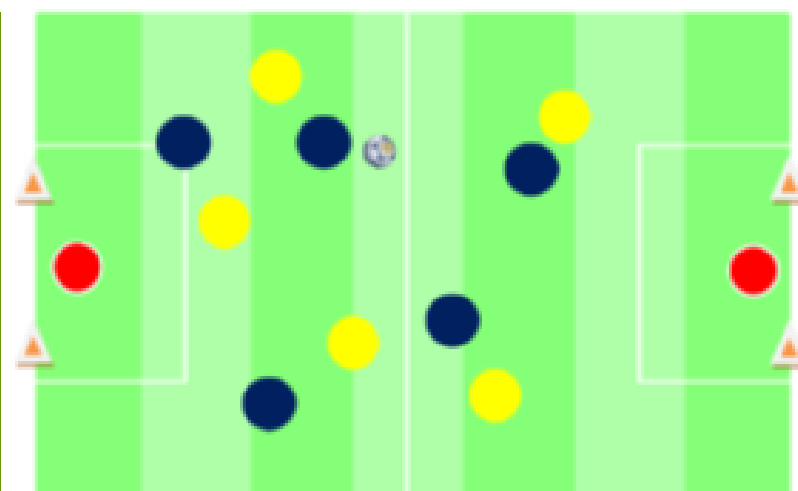
Game Name

'21s'

FMU Session Checklist



To Consider	The Plan...
<p>What CONTENT will I offer to the players?</p> <p>Relevance Is it appropriate for the age / ability of players?</p> <p>Repetition Is there a chance to practice the learning focus lots of times?</p> <p>Realism Does this happen in the game?</p>	<p>Game Challenge: Based on the card game...</p> <p>Players pass 'n' move the ball and try to prevent the opposition from touching the ball finishing with a goal. If they do this successfully they will get a point per pass plus the goal eg 10 passes and a goal is 11, the first team to reach '21' (or over) wins.</p>
<p>How will I CONNECT with the Players?</p> <p>Conversation How do I build rapport with ALL players?</p> <p>Consistency Do I do, what I say?</p> <p>Challenge How do I challenge the player's appropriately?</p>	<p>Ensure you get around the pitch to INTERACT with ALL players</p> <p>Set rules at the start / ensure GKs are changed regularly</p> <p>Praise Effort and Intention</p> <p>Challenge players to 'match' the teams</p> <p>Offer a technical challenge (see right)</p>
<p>How will I COORDINATE the session?</p> <p>Play Is it easy for me to setup and progress?</p> <p>Position Where do I position myself to see ALL players?</p> <p>Observation Is there an opportunity to interact with the players and develop the game?</p>	<p>HARDER –</p> <ul style="list-style-type: none">• Introduce 1 touch passes only• Smaller pitch – up the pressure <p>EASIER –</p> <ul style="list-style-type: none">• Play without GKs - ↑ goals scored• Larger pitch will provide more time to make decisions <p>Don't forget: Time Limit / Keep Score</p>



Technical

- Shooting & Passing – inside / outside of foot, laces, volley & header.
- When to pass? When to dribble? When to protect / shield ball?

PSYCHOLOGICAL

- Opportunities to increase Confidence, motivation, self-esteem both individually & collectively – score / create a goal!
- Encourages players to try new techniques & challenge existing.

Physical

- Running, Kicking, Striking & Jumping, Agility, Balance, Coordination & Speed.

SOCIAL

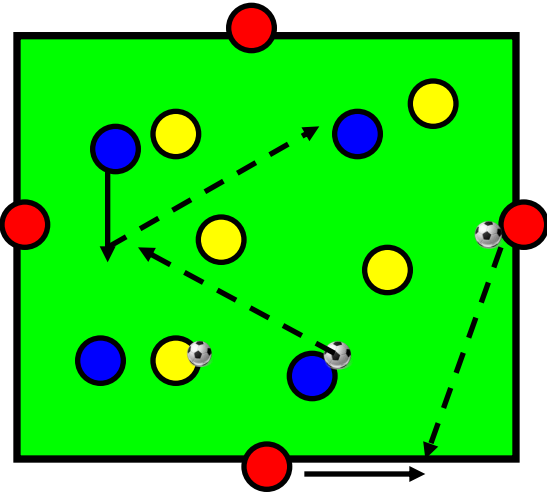
- Teamwork & communication. Discussions around team strategies & tactics to keep ball & score a goal to maximise points.
- Healthy competition, bragging rights & appropriate banter.

SAFETY

LEARNING

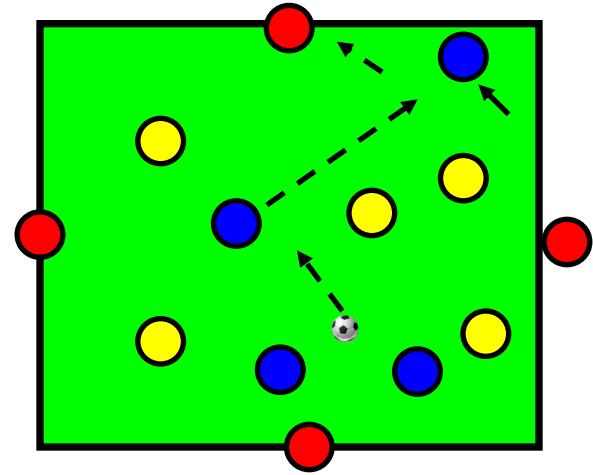
RESPECT

Possession



1 - Developing Possession Skills

1. Three groups – ball per group
2. Red's on perimeter; can move along their side of the box, receive and play to any other available red (below waist height)
3. Yellows + blues – move ball amongst your group – look for the times to pass or run with the ball
4. Try to find spaces between other colours to play through



2 - Keeping + Risking Possession

1. 1 ball – blues vs. yellows (rotate teams)
2. Score a point for every pass played to your team. Can use outside players to help keep possession but no point scored if passing to outside (when to risk, when to keep)
3. Add – split pass (between two opponents) worth 3 points – give + go = 5 points



Learning Outcomes Revisited

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Questions/Post Course

- The Future Game – Practices linked to age group specifics
- <http://facc.thefa.com/coaching-articles/fa-licensed-coaches-club-masterclass-series#GarethSouthgate> (Gareth Southgate U21s Manager attacking)
- LCC events CFA web page
- International Journal of Sports Science & Coaching Volume 9 - Number 4 - 2014: *Temporal Analysis of Losing Possession of the Ball Leading to Conceding a Goal*



Additional Comments

- What are the principles in each area – applying it in context – what does it look like in your age group/team
- Can observation tasks be specific to coach?
- For Support regarding this event or your development please contact: Jackie Bushell, County Coach Developer - jackie.bushell@thefa.com





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