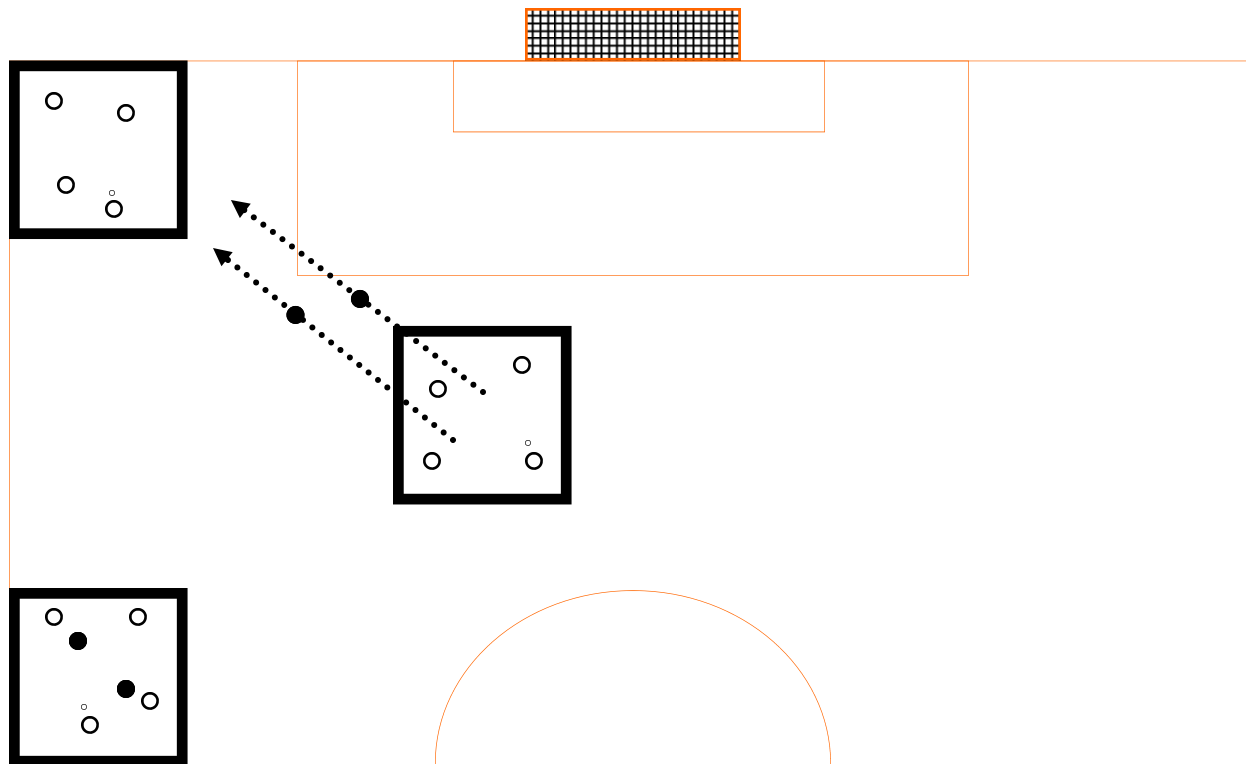




REAL MADRID POSSESSION



An exercise I saw several Real Madrid teams use—including the First team. For the First Team, it was used as warm-up exercise and the team had a great time doing it. The players were animated and there was a lot of laughing and good-natured finger pointing when possession was lost. It is a great progression of an old stand-by.

— PASS —
~~SHOOT~~
 ••• RUN •••
 - DRIBBLE -

EQUIPMENT: 12 cones, 3 balls

FIELD DIMENSIONS: 3 grids approx. 15 x 15

NUMBER OF PLAYERS: 15: 12 attackers, 4 defenders

PLAY:

- 2 grids start with four attackers and two defenders each, 3rd grid starts with just 4 attackers
- basic 4 v 2 possession
- when a defender wins possession the passer and intended receiver (or closest attacker) runs to grid with no defenders
- the grid with no defenders passes 1 touch until they see defenders approaching their grid

COACHING POINTS:

- working on vision and field awareness: when first introducing this exercise, you will most likely find that the attackers in the grid without defenders will get caught completely by surprise by the new defenders coming into their grid. Instruct them to be look over their shoulders after every pass. Remind them that defenders can come from two directions.

NOTES: -this exercise can work with almost any number of players. The size of the grids, and distance between the grids, will depend on a) the age, and b) the number, of the players involved in your session.

