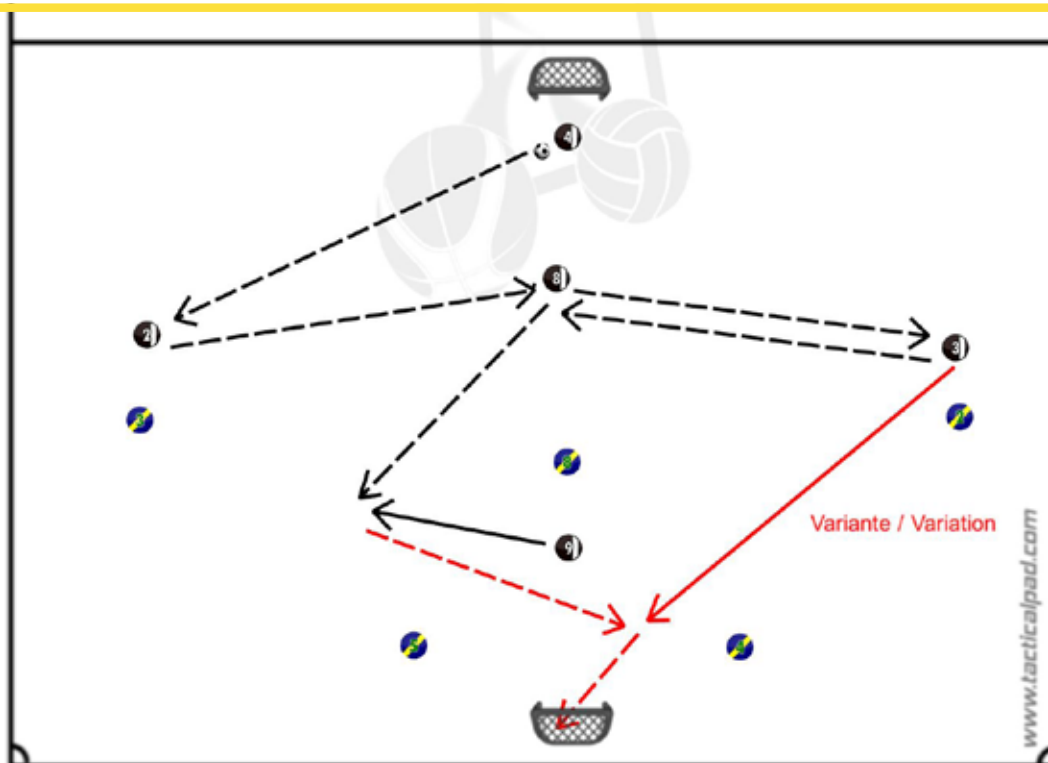


Efficacy of the ball possession in a 5 v 5



PLAYERS AGE:

U15

NUMBERS OF PLAYERS:

10 players

MAIN GOALS

- **TECHNIQUE:**

Passing, Receiving

- **PLAYER TACTIC:**

Escape the marker

- **TEAM TACTICS:**

Efficacy of ball possession

SECONDARY OBJECTIVES:

Mobility

EQUIPMENT:

cones, balls, bibs, mini goal

Two teams of 5 players each are placed on a field of 30 x 20 m (4 mins. work, 3 series - 2 mins. active rest) and they are positioned as follow: the yellow/blue team is placed with 2 midfielders and 3 forwards, the team in black jersey is placed with 1 midfielder, 3 advanced players and 1 forward. All the available players took part, in turn, to the exercise, beyond the specific role. 3 were the variations of the practice: 1) Ball possession to make everyone touching the ball with the least number of passing/receiving, 2) Directed possession to get to the end zone, with all the players having touched the ball at least one time and with the least number of passings possible, 3) Possession to shoot on goal with all the players having touched the ball at least one time and with the least number of passings possible (1 more point is added to the one of the scored goal)