**Practice Theme/Topic**

Directional Possession

---

**General Notes**
Keeping Possession

**Aims & Objectives**
Knowing where to support player in Possession

**Organisation & Setup**
30x12yds

**Coaching Factors & Outcomes**
Improved Movement/Support

**Adaptation & Progression**
Limited Touches
Once played into Target can't receive it back

---

**Technical**
Passing/Receiving
Dribbling/Turning/RWTB
Protecting/Shielding
Game Understanding

**Physical**
Accelerate/Deceleration
Change of Direction/Speed
Contact

**Psychological**
Awareness/Decision Making
Confidence
Concentration

**Social**
Recognize importance of teammates
Are Good Learners

---

**Coaching Point #1**
Create Depth/Width

**Coaching Point #2**
Angles/Distance/Support

**Coaching Point #3**
Decision Making with the Ball
Knowing what to do before the Ball arrives

**Coaching Point #4**
Awareness of surroundings

---

Keeping possession with the aim to go forward