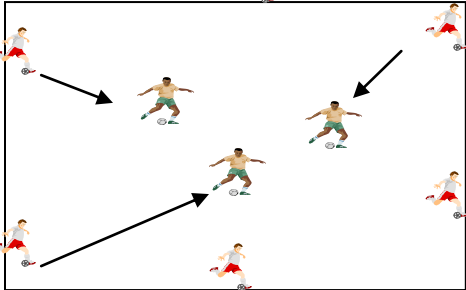
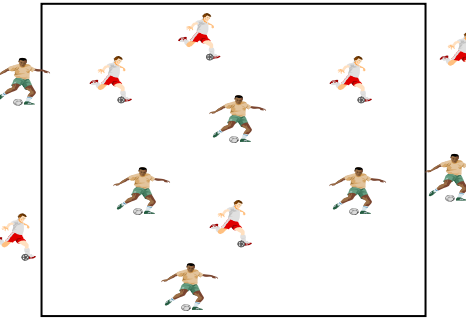
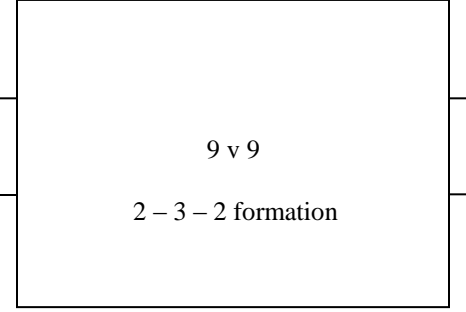


Fergie's Soccer Academy Development Program Possession with a Purpose

FSA Coach / Player Development

Warm up- Windows	Organization	Coaching Points to observe	Ages
	<ul style="list-style-type: none"> • Cones, Pinnies, Balls , Area 40 x 30 • 16 players, Split players into 2 groups of 8 • Players on the outside with a ball , • Players inside without a ball • Unrestricted movement, inside players check and move to receive a pass, then play back to same server • Start with 2 touch , 1 touch • Receive turn and play to different player • Receive a ball out of the air 	<ul style="list-style-type: none"> • Players have a good attitude and focused on exercise • Make eye contact , keep eye on the ball • Selection of what body surface to use • Relax the controlling surface • Receive at an angle • Receive sideways on • Vision / awareness take a look before receiving • Communication between Players 	<p>12 + 15 Min</p>
<p>1st Activity</p> 	<ul style="list-style-type: none"> • Area 40 x 30 • 4 v 4 + 2 End Line Targets • When ball is played into target player, player switches and takes their place. • 1 point for each ball played to target player • 1st team to score 10 points wins 	<ul style="list-style-type: none"> • Players have correct attitude and are Mentally Focused. • Quality of the 1st touch • Correct Weight and Pace of the pass. • Accuracy and Range of the pass • Open Body shape to improve Vision • Movement to support player on ball, angles • Good shape - Length ,Width , • Communication between Players • Possession vs Penetration, when ,where, how 	<p>15 min</p>
<p>2nd Activity</p> 	<ul style="list-style-type: none"> • Area 70 x 50 • 9 v 9 (Goalkeepers included) • 2 – 3 – 2 player formation • Score by passing to player in end zone • Progress to 2 touch / 3 touch • Path of Ball → 	<ul style="list-style-type: none"> • Players have correct attitude and are Mentally Focused on exercise • Quality of Passing • Quality of players 1st touch • Shape –length, width, supporting angles • Changing point of attack • Movement off the ball • Retain possession if you cant penetrate – when, where, how 	<p>15 min</p>

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