

## SPIKE! PRESSURE POSSESSION IN THE TEAM ENVIRONMENT

### STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

### THEMES & COMPETENCIES

#### Theme:

- + Advanced technical training and fitness.
- + Team possession with purpose.
- + Group and team defending.

#### Competencies:

- + Anaerobic endurance training.
- + Receiving with feet.
- + Passing over short and medium distances.
- + Passing techniques - chip, lofted, driven and swerve.
- + Mental conditioning - decision making and speed of play.
- + Support with and without the ball.
- + Pressure, cover and support.

### WHY USE IT

Fun, challenging and intense warm-up for possession theme.

### SET UP

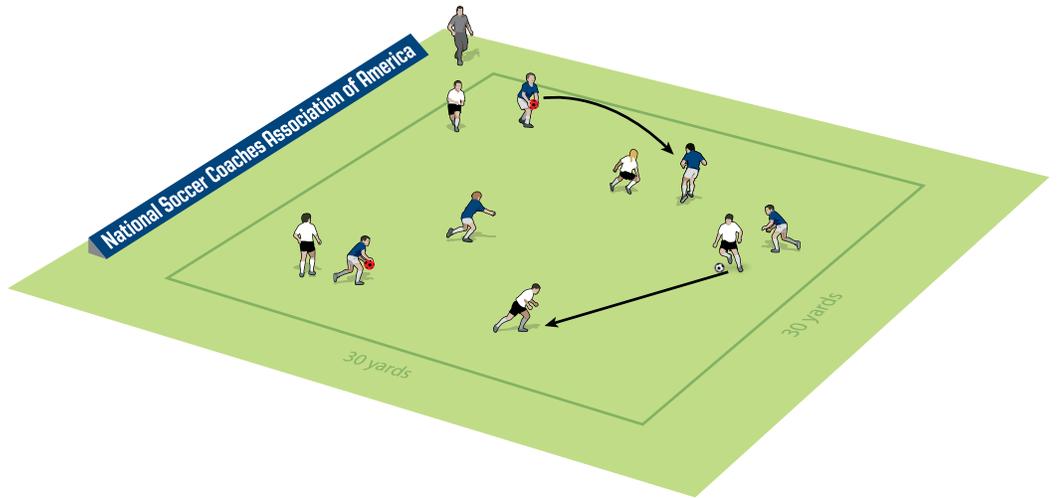
Start with 30x30 yards for teams of 16-18 players. 3 soccer balls (2 of one color and one of another). Two equal teams.

### HOW TO PLAY

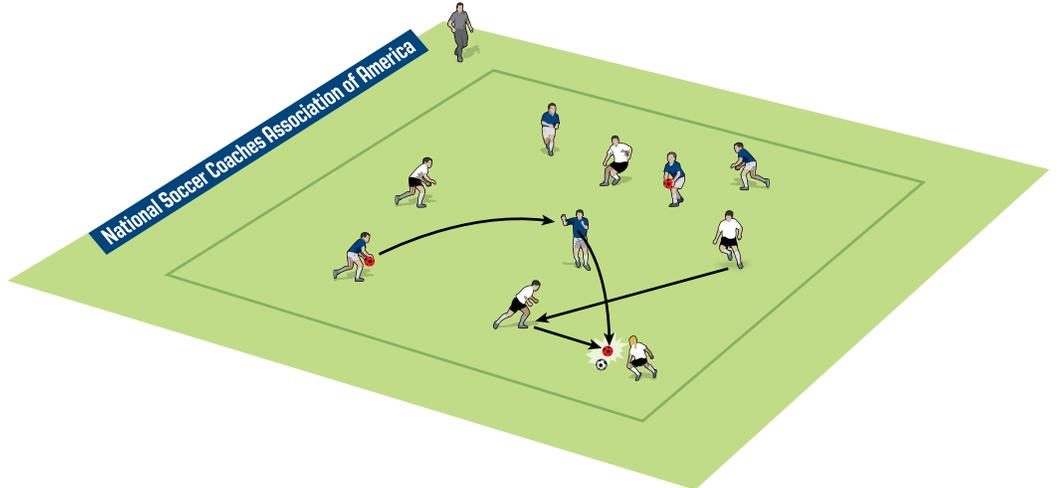
One team has a ball and passes the ball with their feet only, counting passes as they go. If they get to 15 passes, they earn a point. The other team has 2 'spike' balls that can only be moved by throwing to one-another (allow only 3 running steps in possession). They must attempt to pass the ball between their teammates so they can throw a 'spiker' and hit the other team's ball to earn the point. First team to 3 points wins.

### COACHING NOTES

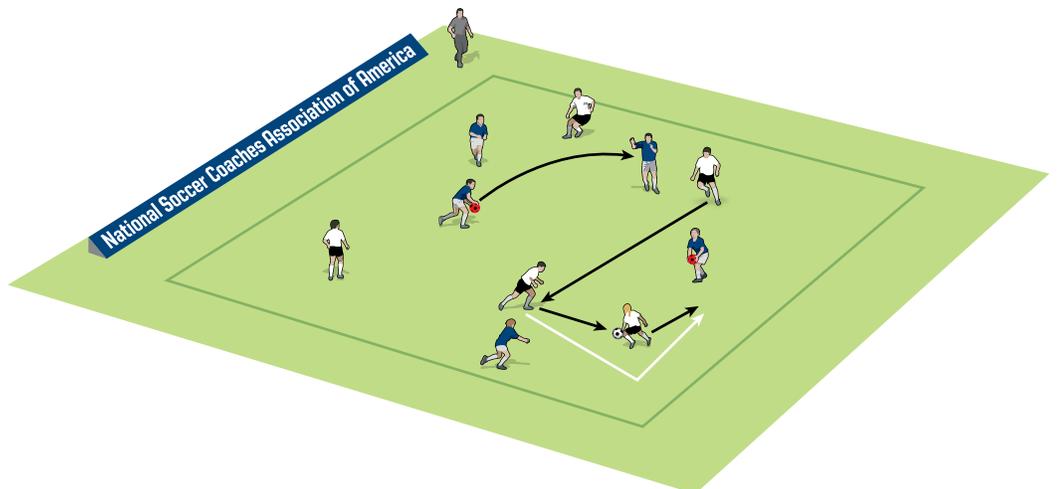
- + Objectives: Both teams have training targets. The possession team must know where the spikers are and avoid them while quickly passing. The spikers must coordinate their efforts to destroy their opponents' possession.
- + Tip: Adjust the size of the grid to increase or decrease the pressure on the possession team.
- + Adaptations: Require a combination(s) as part of the possession team's sequence - i.e. an overlap.



- + White team pass the ball with feet to achieve 15 passes
- + Blue team use their hands to move their two balls close enough to 'spike.'
- + Blue player in possession is only allowed 3 steps.



- + White team players pass the ball between them aiming for 15 passes.
- + Blue player throws to teammate who 'spikes' the ball as white player attempts to pass to - 1 point to the blue team!



- + White players complete a required overlap for a point while avoiding the blue 'spikers'.

