

# Olé football

Spain and Barcelona mesmerise their opponents when in possession of the ball. Improve your players' composure when they have the ball to emulate the Spanish. This session will help your players retain possession and if the opposition do not have the ball, they cannot score any goals.



### What you tell your players the session is about

1. The team becoming more composed on the ball.
2. Keeping possession by using the whole pitch.
3. Playing quick and simple passes in order to make opponents chase the ball.

### Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 15 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm up	Cones	Passing and moving with your team mate from <i>The Ultimate Warm-Ups Manual</i> , exercise 40
The session	Balls, cones	The players are remaining composed and playing around the pressing defenders to keep possession
Development	Balls, cones, two goals, two poles or mannequins	The players are using the whole pitch by switching the play to the outside players
Game	Balls, cones, two goals	The team is keeping possession in order to kill the time and win the game
Warm down	n/a	Gentle jogging and stretching exercises



### Where it fits

Individual skills: Passing, receiving (control), movements off the ball to receive, movements off the ball to create space, communication vision,  
Team skills: Communication, team work, combination play

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### What to think about

- In order to be composed on the ball, players need to have a good first touch and passing ability.
- When keeping the ball, communication is vital and helps make up the mind of the player in possession.
- Passing the ball is not enough. Players need to follow this up by moving off to receive again or to create space for the player on the ball.





## Set-up

Use a 40 yards long by 30 yards wide area for the session.

Use a pitch 60 yards by 40 yards for the development and game.



## What you get your players to do

Split the group into two teams. You pass to the black team and call the name of a white player to run into the other half to win the ball.

If the white player wins the ball, play transfers to the white team's half and the black player who gave the ball away tries to win the ball back.

If a team makes five passes another opponent runs in to help his team mate. If another five passes are completed, another opponent runs in to help and so the exercise continues.

The winning team is the one which forces the opposition to commit the most players into their half during 15 minutes.



## What to call out

- "Relax on the ball and make a simple pass"
- "When the ball moves, you move on"
- "Spread out and use the whole pitch"



## Development

Play a small-sided game with four neutral players playing outside the pitch as full backs and wide players. Outside players are limited to two touches and cannot pass to each other (use cones to block the channels).

The team in possession tries to build an attack and score by using the outside players. This game ensures the team in possession is spreading out and using the whole of the wide pitch.



## Game situation

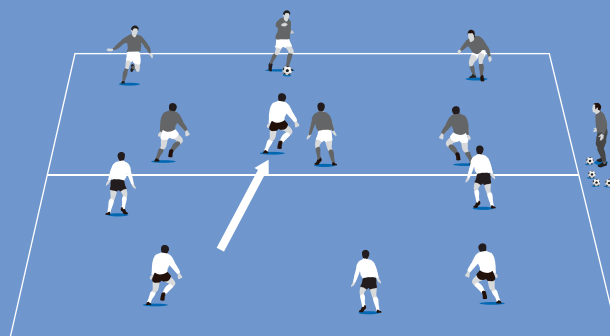
Play a small-sided game called the 1-0 game. Whichever team scores the first goal is not allowed to score again until the opponents score.

The team in possession tries to kill time in order to win the game 1-0. However, if the opponents score a goal then the roles are reversed with the other team now leading 1-0 and keeping possession.

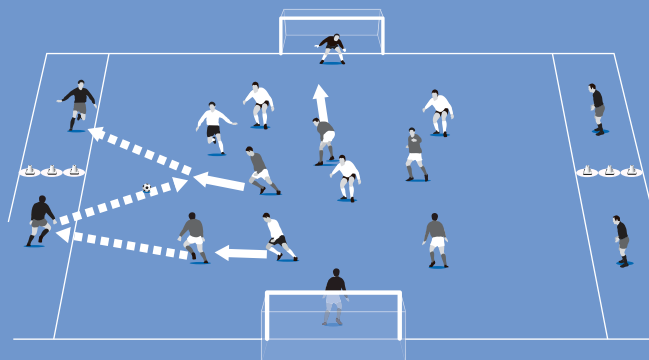
When the game ends after 15 minutes, the team which has the 1-0 lead is the winner.

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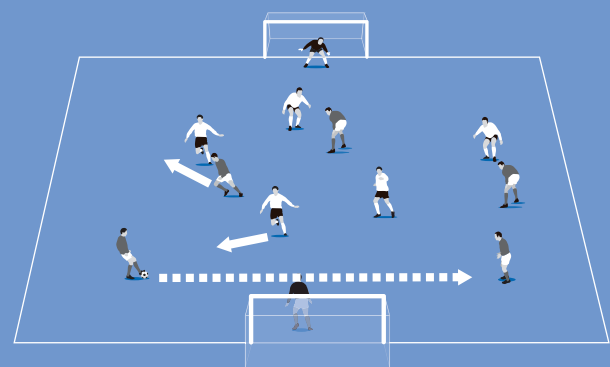
player movement ⇨ pass ⇨⇨⇨⇨⇨



Players on one team pass the ball to each other while an opponent tries to intercept. After five passes another opponent enters the half.



Four wide, neutral players help the team in possession build an attack in a small-sided game.



In the 1-0 game, a team scores, they are 1-0 up and try to keep the ball.

