



Diagram Key:



Player running with ball



Pass



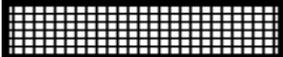
Shot



Player running (no ball)



Ball



Goal



Cone/Marker

Handball Possession Warm Up

Category: Possession/Transition

Practice Segment:

- Warm Up
- **Skills:**
- Passing and Receiving
- Dribbling/1v1
- Defending

Players: Full Team

Time: 20 min

Handball Possession Warm Up:

Set Up:

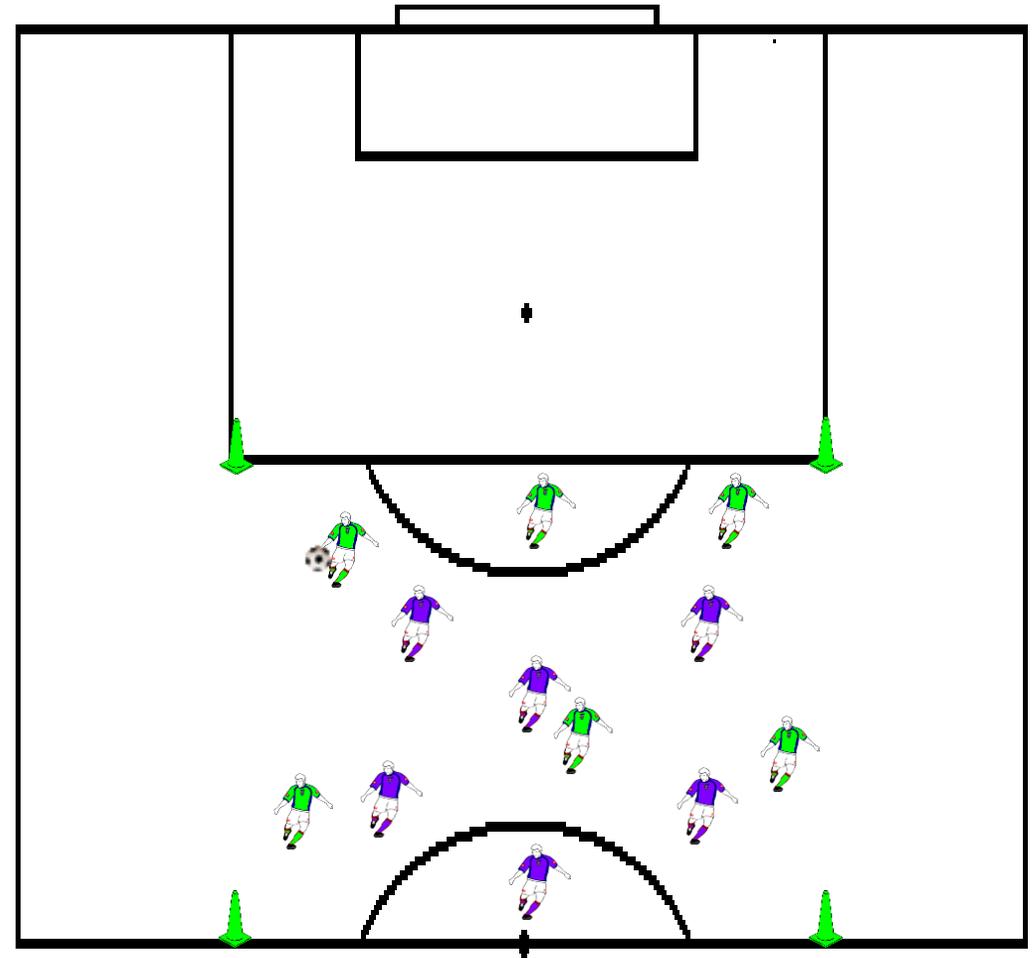
- A #’s appropriate space is set up in $\frac{1}{2}$ a field (we played the width of the box from the top of the box to the mid line)
- The group is broken into 2 teams wearing 2 distinct colors

Action:

- Players pass the ball with their hands to teammates to keep possession from their opponents. Each unbroken sequence of 5 passes equals 1 pt.
- ALL PLAYERS on the team in possession must count their team’s passes OUT LOUD as they are completed.
- Players may take up to 3 steps with the ball in hand
- Passes that hit the ground constitute a loss of possession
- Teams periodically break for dynamic flexibility exercises

Focus:

- Count your passes!
- Shape
- Vision
- Use of space



Handball Possession Warm Up, phase 2:

Set Up:

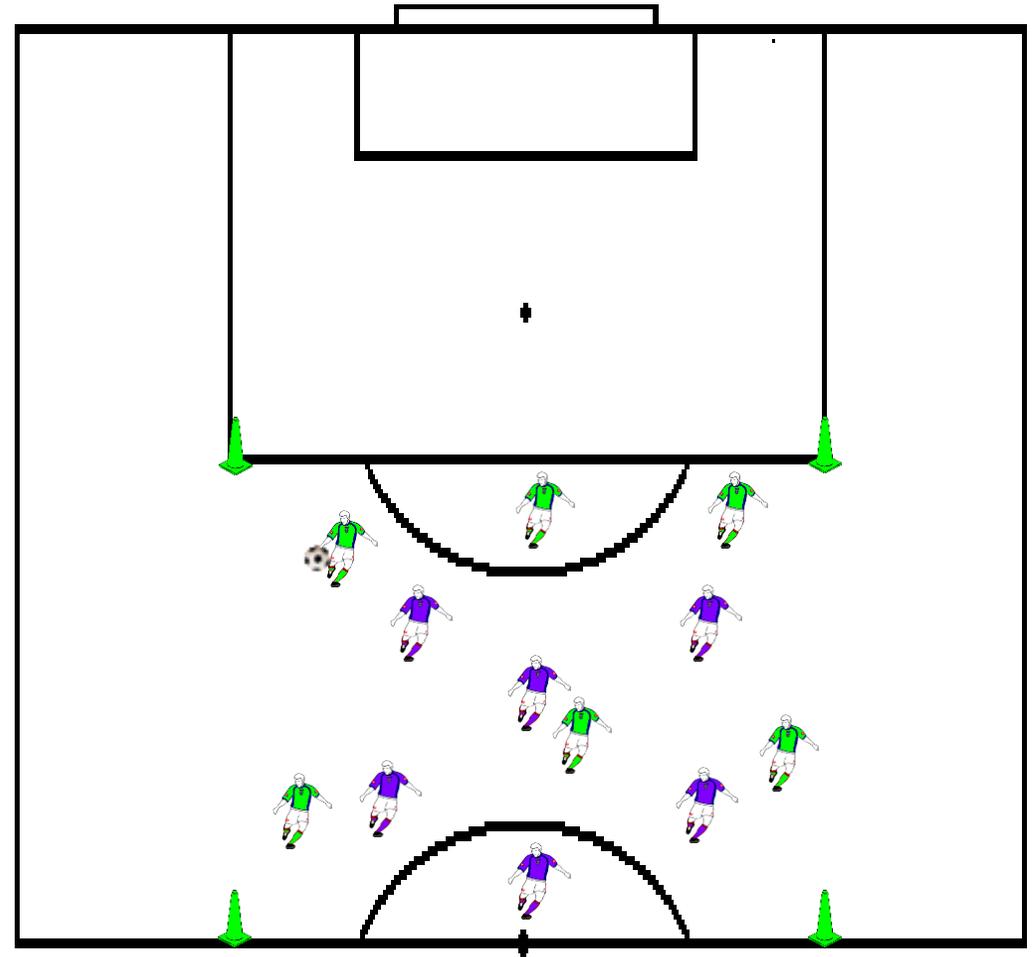
- A #’s appropriate space is set up in ½ a field (we played the width of the box from the top of the box to the mid line)
- The group is broken into 2 teams wearing 2 distinct colors

Action:

- Players alternate passing the ball with their hands and rolling it on the ground to teammates to keep possession from their opponents. Each unbroken sequence of 5 passes equals 1 pt.
- ALL PLAYERS on the team in possession must count their team’s passes OUT LOUD as they are completed.
- Teams periodically break for dynamic flexibility exercises

Focus:

- Count your passes!
- Shape
- Vision
- Use of space



Handball Possession Warm Up, phase 3:

Set Up:

- A #’s appropriate space is set up in ½ a field (we played the width of the box from the top of the box to the mid line)
- The group is broken into 2 teams wearing 2 distinct colors

Action:

- Players now play normal soccer possession without using their hands. Each unbroken sequence of 5 passes equals 1 pt.
- ALL PLAYERS on the team in possession must count their team’s passes OUT LOUD as they are completed.
- Teams periodically break for dynamic flexibility exercises

Focus:

- Count your passes!
- Share what you see!
- Shape-triangles and diamonds
- Vision-head up BEFORE you get the ball
- Use of space-team in possession should be evenly spaced through the playing area

