

REACTION SPEED TRAINING DAY: MEDIUM POSSESSION PRACTICES



How Reaction Speed Possession Helps Maximise Performance

Cognitive Speed and Decision Making

- ▶ Scan continuously and act quickly as situations evolve
- ▶ Recognise key moments and make effective decisions under pressure
- ▶ Process information quickly to execute the next action

Recognition of Triggers

- ▶ Identify key triggers such as press, switch, penetrate, or secure
- ▶ Recognise these moments early as the situation develops
- ▶ Respond quickly and appropriately within the game context

Coordination in Game Situations

- ▶ Combine effectively with teammates in limited space
- ▶ Maintain structure and relationships under pressure
- ▶ Support collective actions to progress or retain possession

Mental Transitions Between Roles

- ▶ Switch quickly between attacking and defending roles
- ▶ Adapt immediately as the phase of play changes
- ▶ Stay engaged and ready to act in all moments of the game

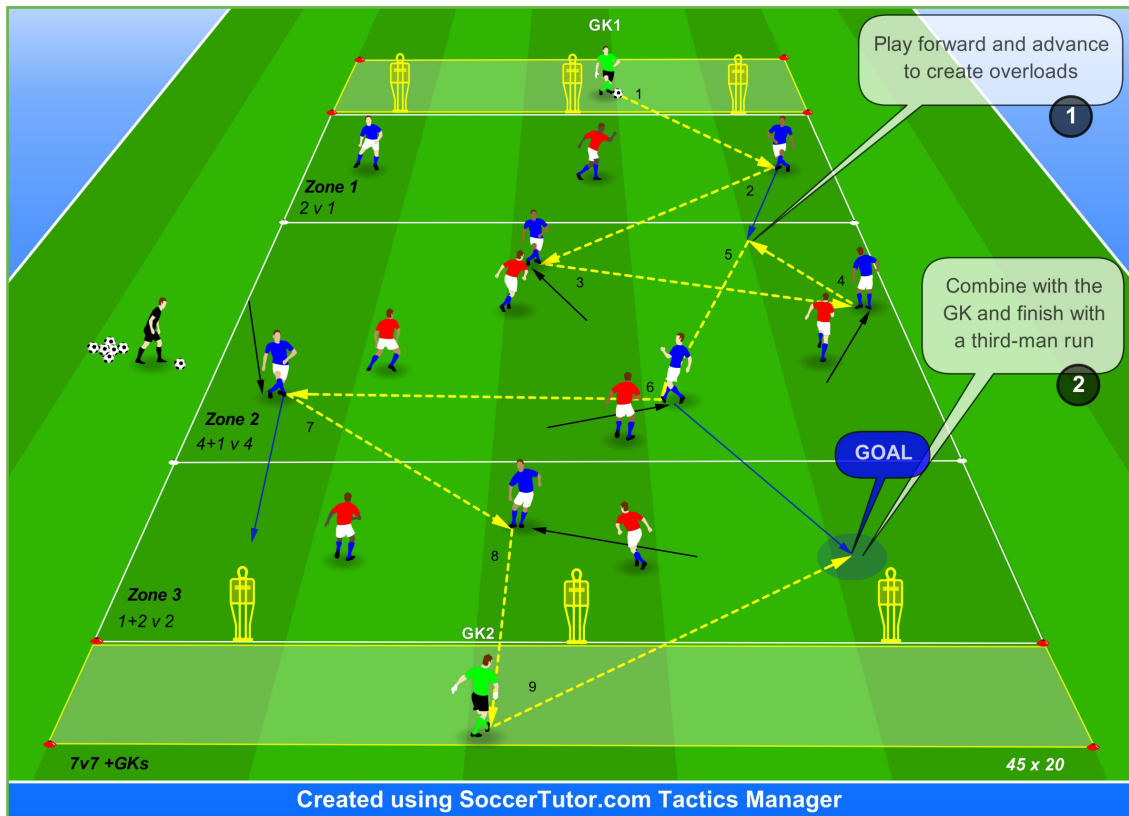
Controlled Physical Load

- ▶ Use medium density to create realistic tactical situations
- ▶ Limit unnecessary running while maintaining intensity
- ▶ Manage physical output through pitch density (area per player)

REACTION SPEED TRAINING DAY: DIRECTIONAL POSSESSION PRACTICES



4. 7 v 7 (+GKs) Progressive Overloads and Third Man Runs End to End Possession Game



Practice Duration
18 min

Work Duration
12 min

Reps
4 min

Sets
3

Area (m)
45 x 20

Numbers
14 +GKs

Objective: Progress through zones and score using the goalkeeper and third man runs.

- We play in 5 zones with goalkeepers (neutral) in each end zone.
- A goalkeeper (GK1) starts with a pass into Zone 1 where there is a 2v1 overload.
- The blues then look to play into Zone 2, and the passer moves forward to create a 5v4 overload the large middle zone.
- From there, they move the ball into Zone 3. This time, 2 players can move forward to create a 3v2 overload.
- **The final aim is to score by combining with the goalkeeper (GK2) and receiving a return pass with a third-man run.**
- If the reds win the ball, the roles reverse.

50 Possession with Purpose Practices from a High Performance Expert to Maximise the Performance



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