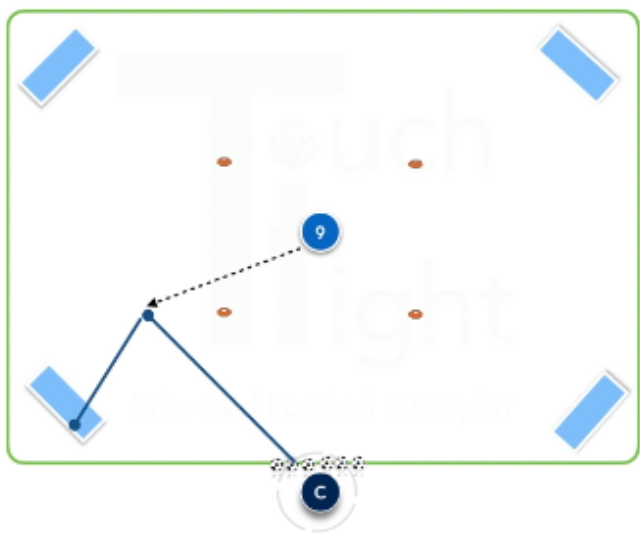


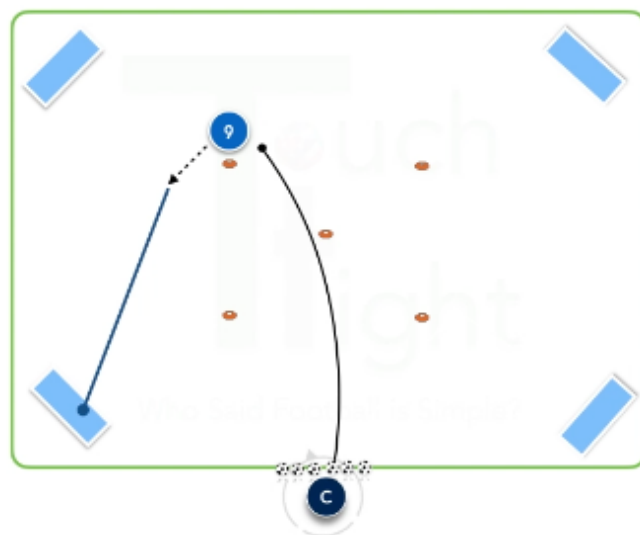


Key Objective: Can Individual create space through effective movement off the ball

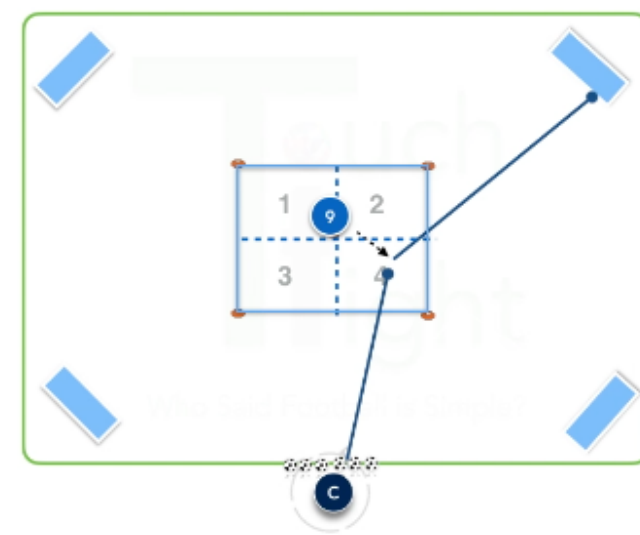
1



2



3



Organisation

This Individual practice is focused on developing movement to receive in a 25 x 25 area, with coach working one to one with a player. We can begin practice with a number of balls. Player must initiate movement away from central cone for coach to play pass and play to finish first time if possible.

Key Coaching Points

Here we must focus on movement to and away from the pass, developing touch to finish in mini goals as show. Player then jogs back to central area

Challenging Player Questions

What is the most important element of your movement?
How can you improve this aspect?

Organisation

Progression 1:

Player must make movement out of central area to receive.

Coach will now vary delivery, with passes lofted or driven on the floor.

Key Coaching Points

This will encourage a change of pace from standing position. This will also encourage quick feet movement away from the pass and also develops player's first touch as pass is received.

Challenging Player Questions

How does your movement differ here?
How might this affect your first touch and your pass/finish decision

Organisation

Progression 2:

With central area split into 4 areas, coach can determine movement into each area by calling number so player must move ball into that area, before breaking out to finish.

Key Coaching Points

Player's touch must move them into area coach calls and then take them out of square to finish, encourages quick thinking and reactions to call.

Challenging Player Questions

Listening skills important now so how will this influence your play?
What can help you process quickly?

1

Date

Group:

Tactics/Strategies

Individual Development

2

Theme:

Creating Space

Complexity:

Low

Intensity

Low

3

Duration / Volume

20 Minutes - (6 x 3)

Intervals

3 x 2 (6)

Recovery

45 seconds

4

Principles

Sub Principle

Opposed Numbers

0 - Unopposed

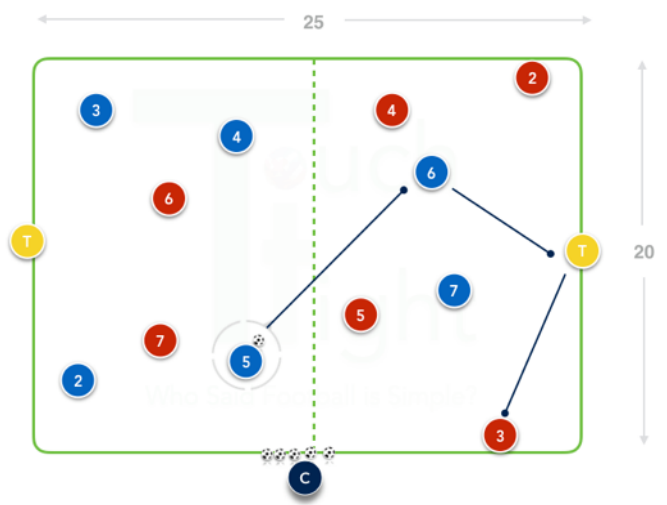
Strategy

Build Position Specifics



Key Objective: Can Individual create space through effective movement off the ball

1



Organisation

20 x 25 Yard area, split into 2 halves. Each area has a 4 v 2 with 4 players target to transfer possession to 2 teammates in opposite half to then hit target player at end to recycle.

If defending team win possession they must aim to transfer to opposite side

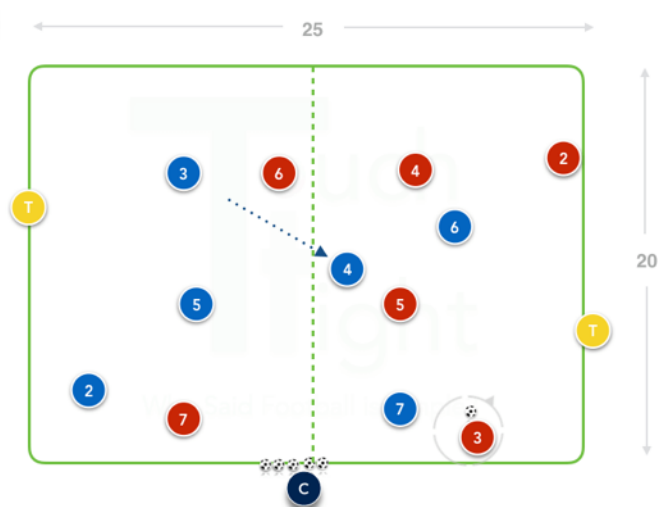
Key Coaching Points

Passing quality must be accurate and correct weight to break lines.
 Body shape to play on the half turn
 Creating large angles to create space and time for yourself and others

Challenging Player Questions

How can you get passes in quickly?
 Where is the space to get on the ball in order to transfer?

2



Organisation

Progression 1:

Extra defender can press to create 4 v 3. This leaves 3 v 2 in opposite half and so players need to weigh up risks here.

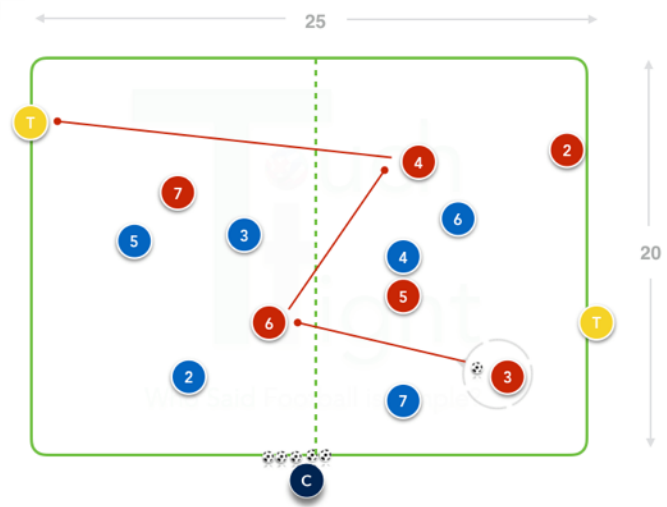
Key Coaching Points

Quicker Passing when pressed
 Recognition of additional pressure
 Recognition of additional space in 3 v 2 in opposite half

Challenging Player Questions

How does this change your possession play?
 Where is space freed up?

3



Organisation

Progression 2:

Receiving player in opposite half now must bounce to support player who must play through to opposite end

Key Coaching Points

Increased challenge to support first pass.
 Target player must now use space in behind defensive line

Challenging Player Questions

How will defenders react to this?
 How can you support pass transfer?

1

Date
06/02/16

Group:
U14s, All Players

Tactics/Strategies
Dynamics of Small Play

2

Theme:
Force & Speed Exercises

Complexity:
Low

Intensity
Medium

3

Duration / Volume
24 Minutes - (8 x 3)

Intervals
3 x 2 (6)

Recovery
60 seconds

4

Periods
Sub Principle

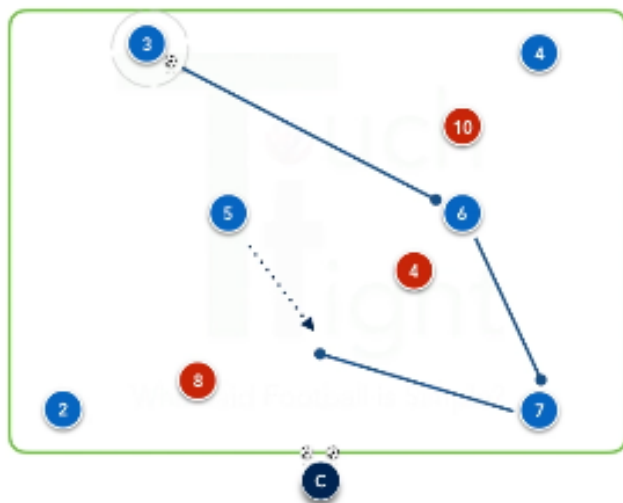
Low
4 v 2, 5 v 3

Strategy
Develop Unit Strengths



Key Objective: Create and Exploit Space in a

1



Organisation

This 6 v 3 Possession practice is played in an area 30 x 25 Yards, with the focus on the 6 players in possession creating effective supporting angles and movement to keep the ball against 3 defenders. If defenders win possession can they make 5 passes before any turnover. Rotate defensive players throughout practice.

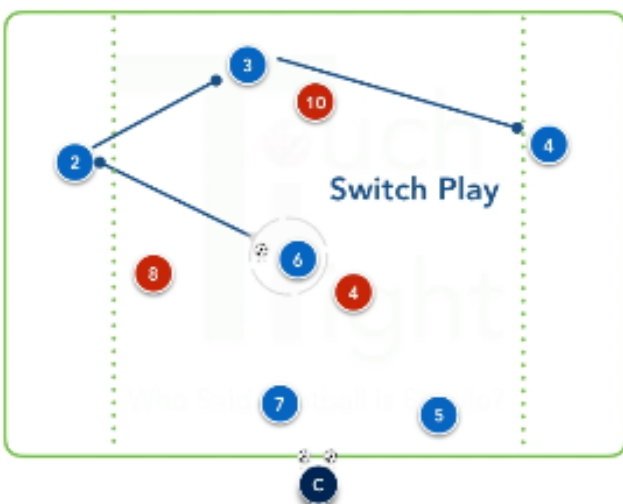
Key Coaching Points

This practice requires individuals to make area as big as possible, checking shoulders for space, recognising when to play short to draw defenders & play longer pass to break pressing lines.

Challenging Player Questions

How can you create better angles for player in possession?
When do you play short & long?

2



Organisation

Progression 1:

Introduce 5 Yard end zones whereby possession players must attempt to transfer possession from one side to the other. Observe how this directional practice now changes defenders mindset, thus providing a different challenge for the team in possession.

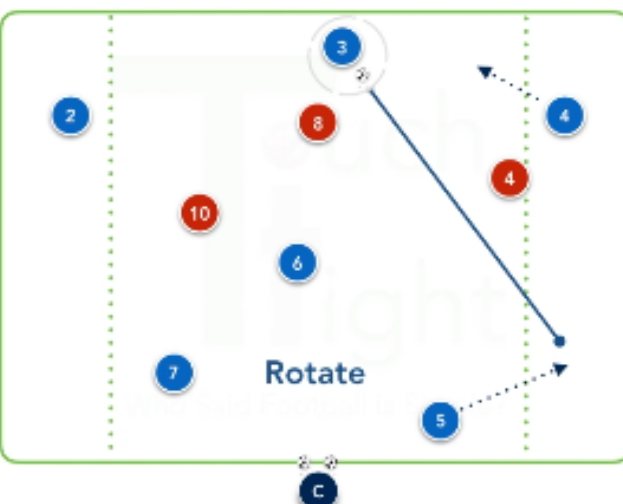
Key Coaching Points

Now it is directional, defenders will now focus on keeping players in front, this will require better movement and creation of angles in advanced areas to break lines.

Challenging Player Questions

Where are new spaces created?
How can they draw opposition players in to commit press?

3



Organisation

Progression 2:

Players in possession must now look to play a forward pass into a runner in end zone, with the player already in the zone making a well timed run back into possession area.

Key Coaching Points

This is all about timing and develops individual's ability to work in pairs or more to challenge defenders with creative movement.

Challenging Player Questions

How can you time rotation to confuse defenders?
When is right time to make rotation

1
Date
Group:
Pitch Size 30 x 25

2
Theme: Force & Speed Exercises
Complexity: Low/Medium
Intensity Medium/High

3
Duration / Volume 24 Minutes - (8 x 3)
Intervals 3 x 2 (6)
Recovery 60 seconds

4
Tactics/Strategies Dynamics of Small Play
Opposed Numbers 6 v 3
Strategy Create/Exploit Space