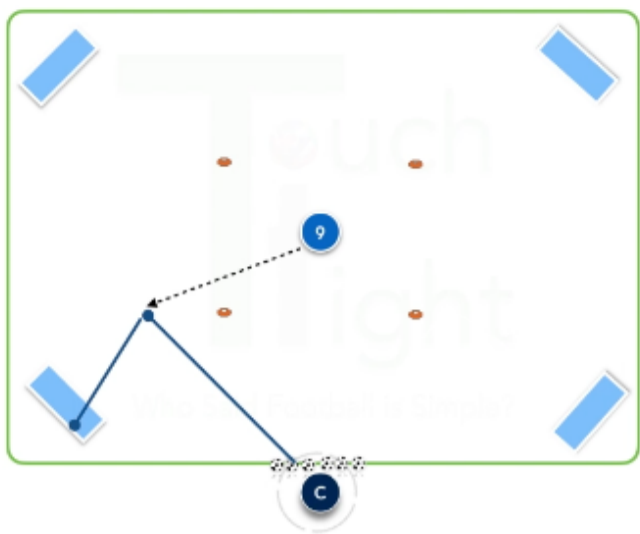


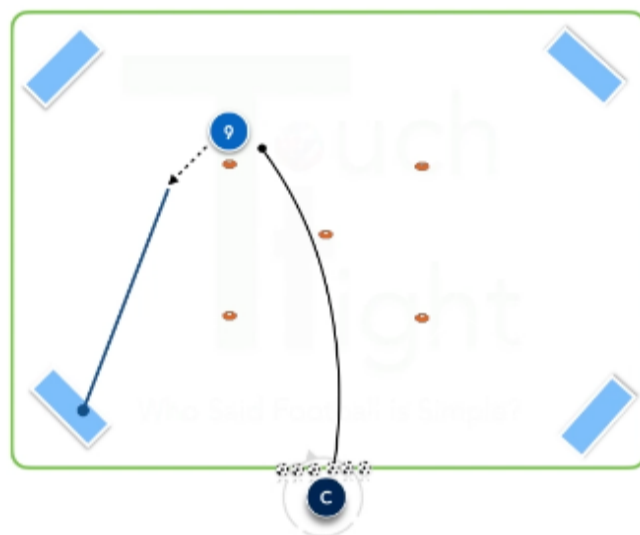


**Key Objective: Can Individual create space through effective movement off the ball**

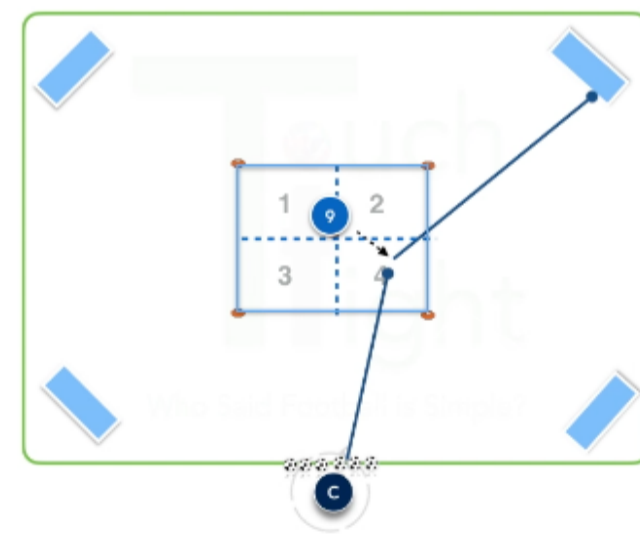
1



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