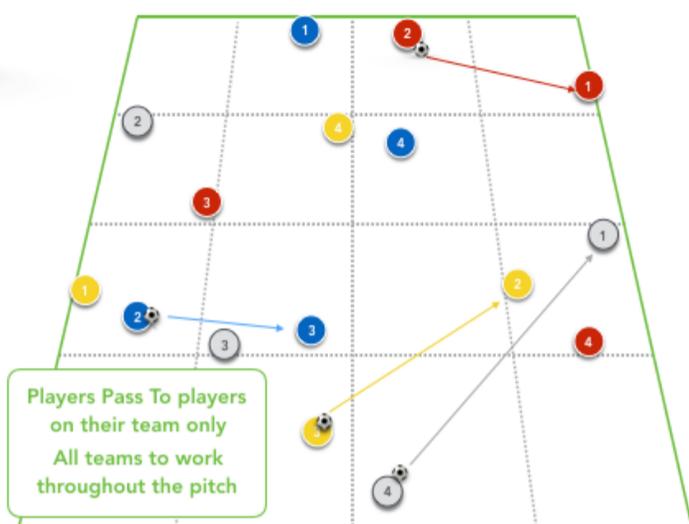


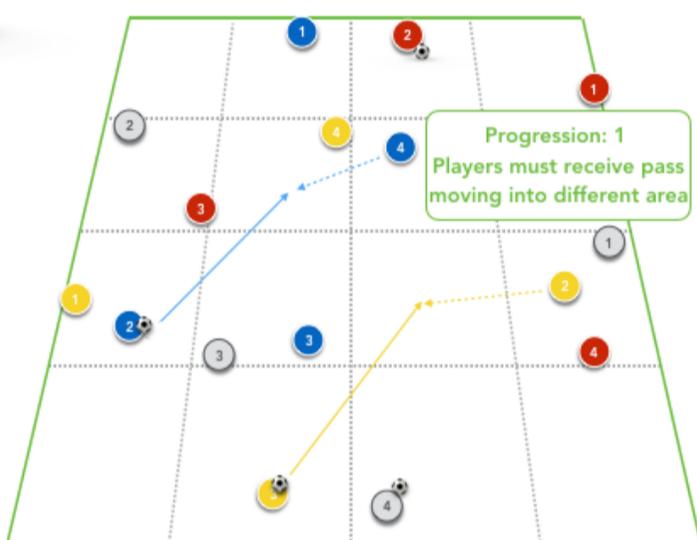


Key Objective: Can Individual create space through effective movement off the ball

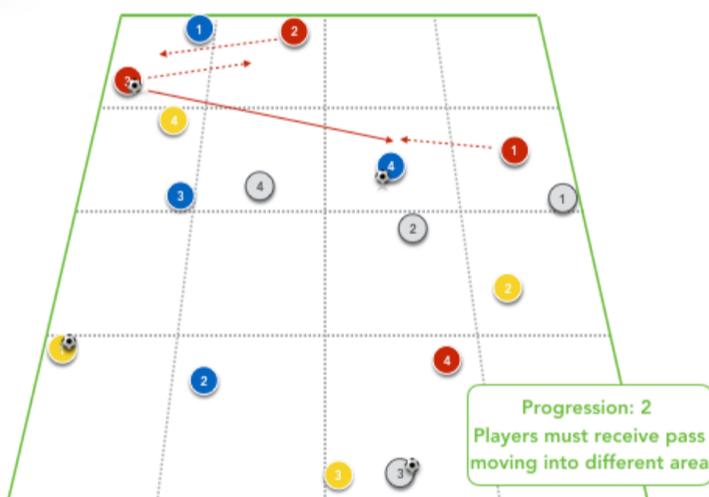
1



2



3



Organisation

Area set up in a 36 x 36 Yard Square, with 3 or 4 teams of 4.

The area is broken down into 8 x 8 Squares to encourage dispersal of players. Each team has a ball within their group and must keep the ball moving on the ground with effective passing and movement around the area, avoiding all other players.

Key Coaching Points

Focus on quality of passing and movement in the area with deliberate focus on player and unit awareness and communication before and after pass

Challenging Player Questions

How can you help players in possession?
How can you read your next pass?

Organisation

Progression 1:

Players must now receive a pass in another area to where they are as pass is played. This will slow play down, yet will encourage players to think about weight of pass and verbal and non verbal cues will be more important with this progression.

Key Coaching Points

Verbal and non verbal Cues
Weight and accuracy of pass
Timing of runs

Challenging Player Questions

What has changed in your general possession play here?
How can you speed play up?

Organisation

Progression 2:

Players must now rotate with another player in a different square after they have played the pass. This will encourage players off the ball not to just focus on receiving the next pass, but on the movement to create space with passing player.

Key Coaching Points

Enhanced spacial awareness
Increased level of thinking for individuals and the group
Ability to look away from the ball during play.

Challenging Player Questions

How difficult is it to connect with 2 players during play?
How can you make this easier?

1

Date

Group:

Pitch Size

36 x 36 Yds

2

Theme:

Interchanging movement

Complexity:

Low/Medium

Intensity

Low

3

Duration / Volume

24 Minutes - (6 x 3)

Intervals

2 x 1 (2)

Recovery

60 seconds

4

Tactics

Rotate to create space

Opposed Numbers

4 v 0 (Obstacles)

Strategy

Developing Movement

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



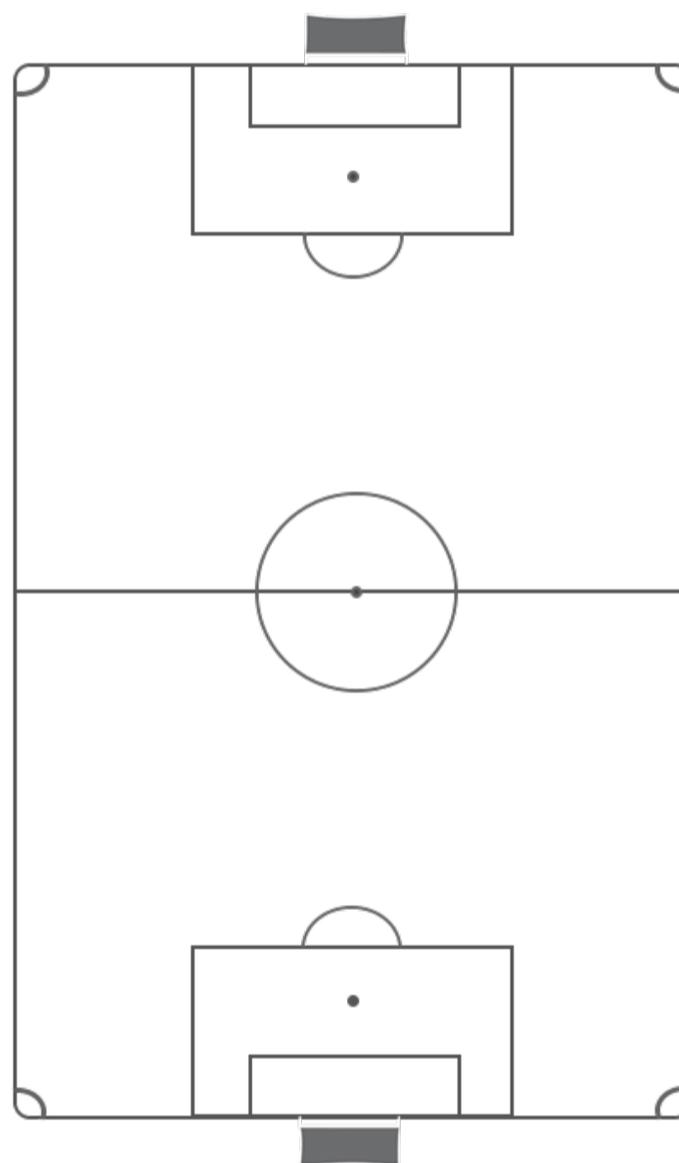
Select your Individuals, pairs, trios and units that you wish to work on in the group and specify what specific detail you will be developing dug in each part of the session.

Player	Technical	Tactical	Social/Psychological

Paired Players	Objective(s)

Players 3s	Objective(s)

Player Units	Unit Focus



What Went Well

Even Better If / Future Changes