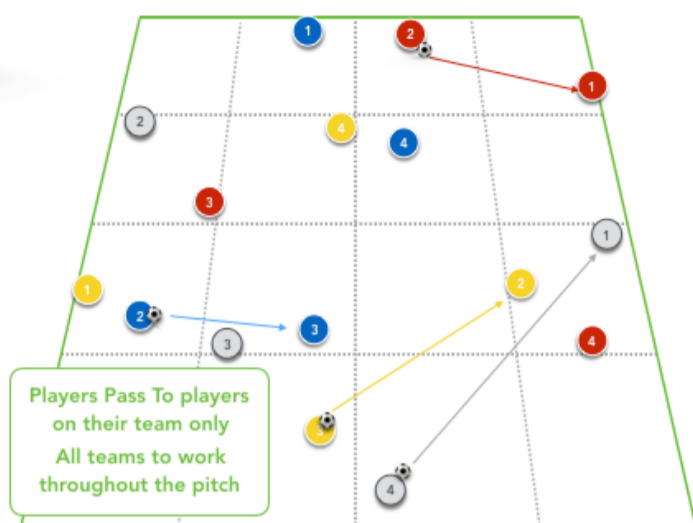




**Key Objective: Can Individual create space through effective movement off the ball**

1



**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.

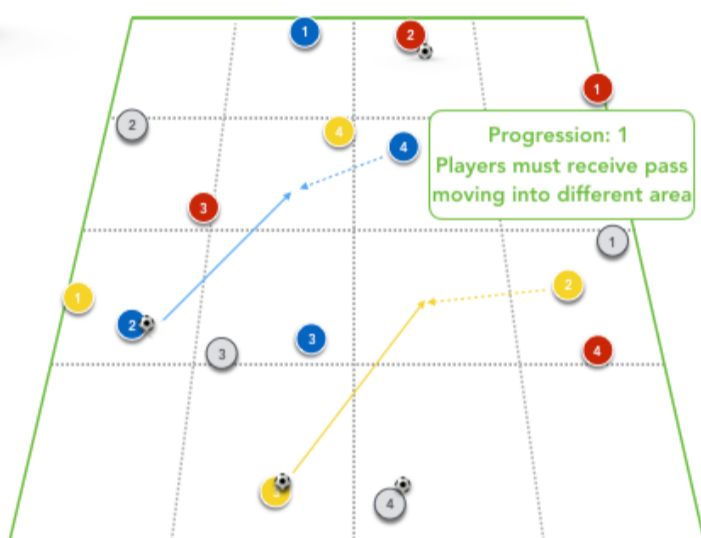
**Key Coaching Points**

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?

2



**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.

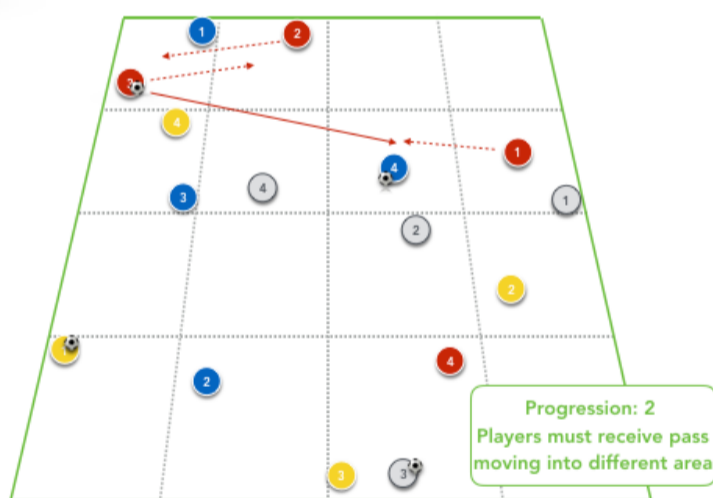
**Key Coaching Points**

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?

3



**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**



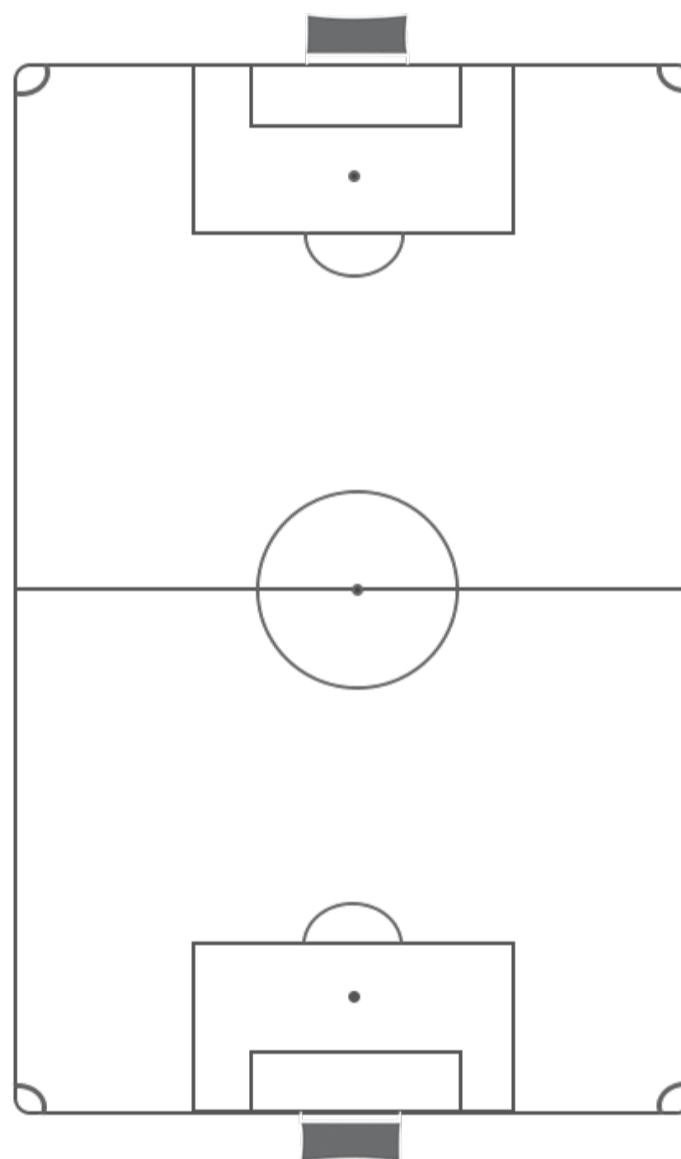
Select your Individuals, pairs, trios and units that you wish to work on in the group and specify what specific detail you will be developing dug in each part of the session.

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