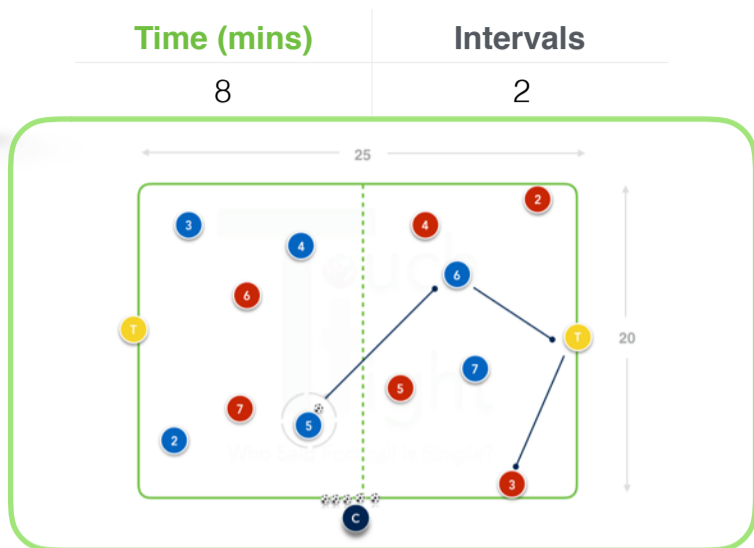




Key Objective: Can Individual create space through effective movement off the ball

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

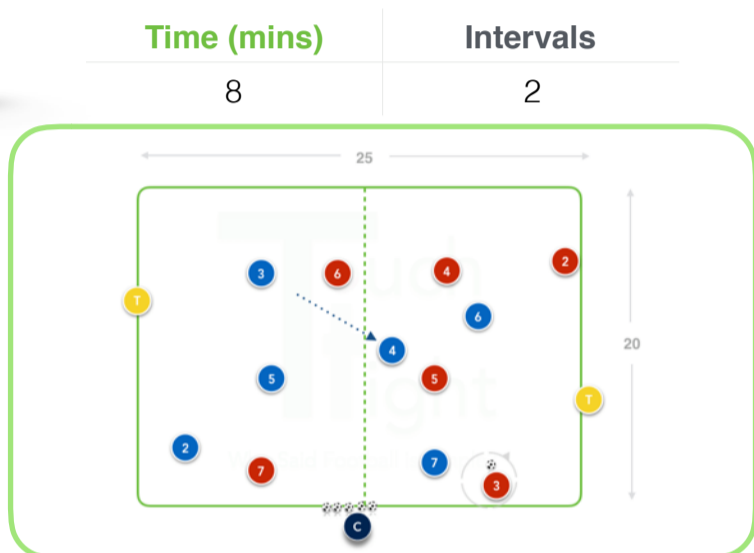
Key Coaching Points

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.

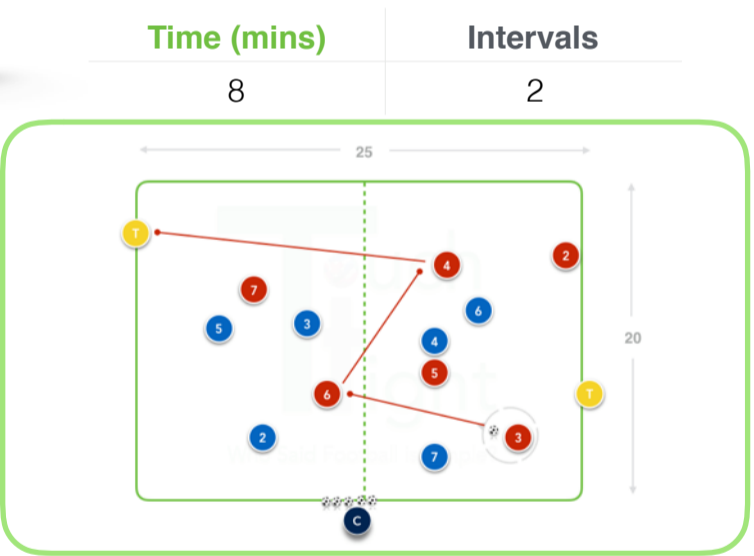
Key Coaching Points

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
Group:
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
3
Low
4 v 2, 5 v 3
Strategy
Develop Unit Strengths