

Spatial Awareness: Small Sided Game



This session develops player movement - creating angles to receive, awareness of teammates and opposition and decision-making - when to receive/pass.

The Session

Organisation

1 player from each team stands at each end of the area to act as bounce players.

There is only 1 ball in play.

2 players from each team compete against the opposite team within the area.

The aim is simple - retain possession, pass the ball and score a point by getting the ball from one end to your bounce player at the other end.

Progression

Introduce a spare man or spare men inside the area for the team in possession.

The aim is to score a goal.

You retain possession of the ball if you score a goal.

Encourage team in possession to play in triangles, always producing an angle for a teammate.

Introduce 2 Goals with GKs.

Skill Development

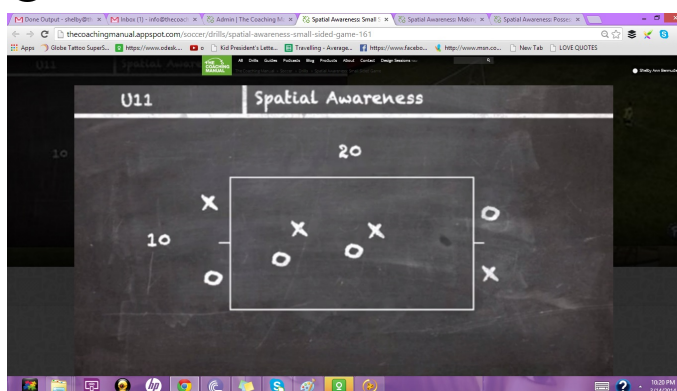
Finishing technique, shooting, control, communication, shot stopping, back passes.

Coaching Points

Identify/Find space
Body shape when receiving - players to get 'side on' so they can see the options
Movement across the pitch
Drive forwards into space



Watch the video at <http://thecm.co/161>



Adaptations

To Give Players More Success I Might...

To Increase The Challenge I Might...

Individual Challenges I Could Give...

