

Creating Space: Technical Practice



This session encourages movement to receive and good passing.

The Session

Organisation

Split the group into 2 teams of 4 players.

3 players (we will call them servers) from each team will stand on the outside edge of the area with the 4th player inside the area.

Each team plays in a 10x10 area in the middle of which you must place a mannequin or obstacle to act as interference for the practice. 2 balls per team, starting with the servers.

Begin the practice with a server playing the ball to the 4th player (man inside the area). He must take 1 touch before passing to a different teammate without the ball (i.e. 2 touches in total). Then repeat continually, always passing to the spare man.

The mannequin/obstacle acts as a static defender, encouraging the player to move around it.

Rotate players.

Progression

Take the mannequin out and replace with an active defender. Players now have to maintain possession in the area. They can move to the spare line to create space.

Make the two areas into one, forming a larger area.

Combine the 2 teams to form a 6v2 situation. 2 balls in play. Passing continues around the outside of the area. Allow 1 player from the 6 to play inside the area – which should ensure movement by defenders.

Skill Development

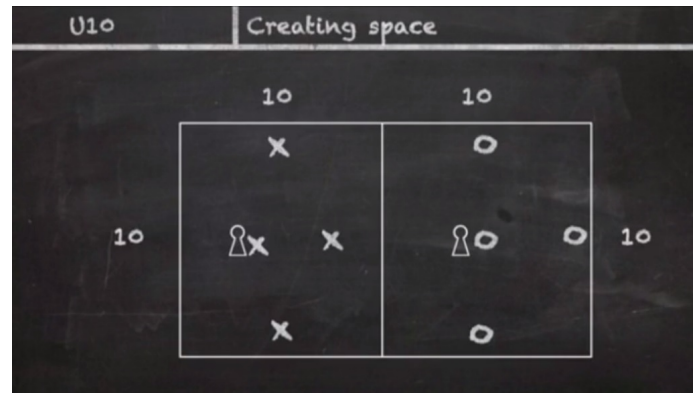
Communication, control, tackling, interceptions, weight of pass, decision-making.

Coaching Points

- Movement
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- Body shape to receive
- Quality passing



Watch the video at <http://thecm.co/198>



Adaptations

To Give Players More Success I Might...

To Increase The Challenge I Might...

Individual Challenges I Could Give...

