



# Finding & Creating Space



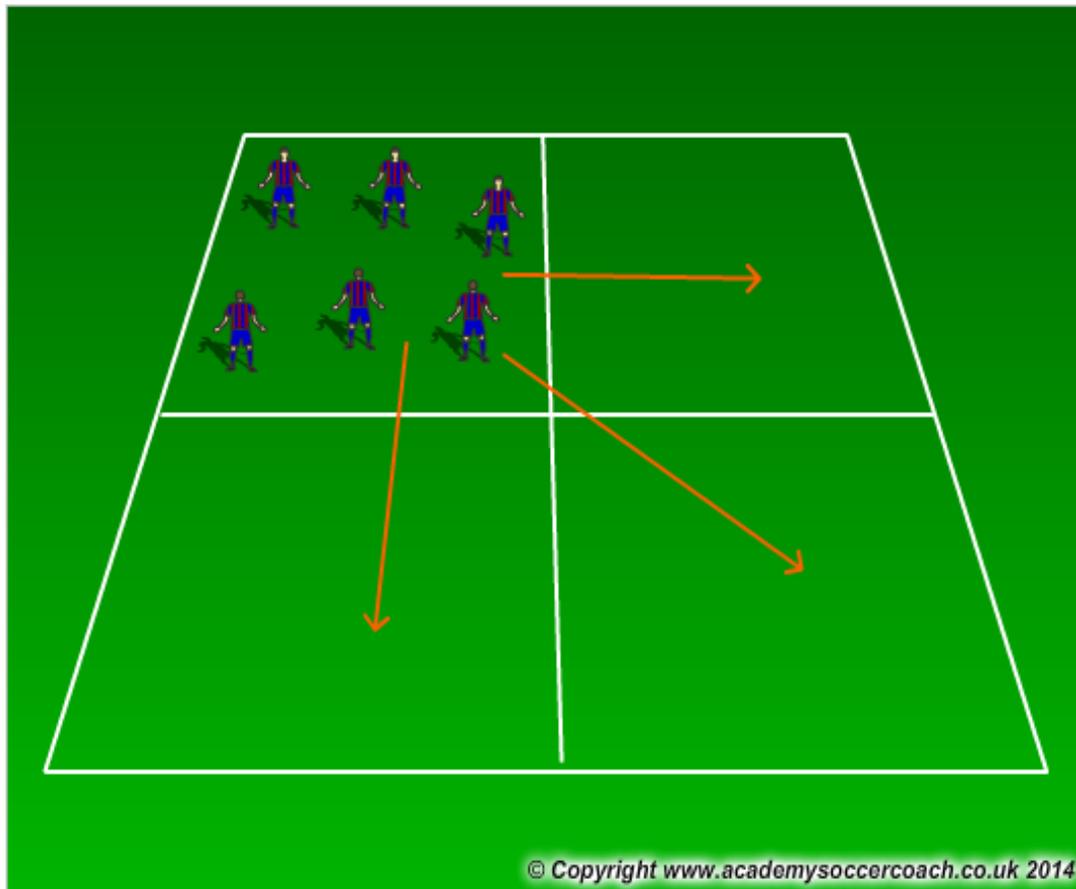
In Session 5 we start to focus on how we can find and create space to attack as both an individual (dribbling) and as a team (passing/moving).

Starting to shift focus away from the individual, on ball, and move more towards the bigger picture team focus.

How can find space for myself? How can I create space for my teammates?

Freeze the session and ask the players these questions. The more space a player has means the more time they have before a defender can put pressure on them. More time = Less Pressure, makes the game easier!

# WARM-UP: BOCA SQUARES

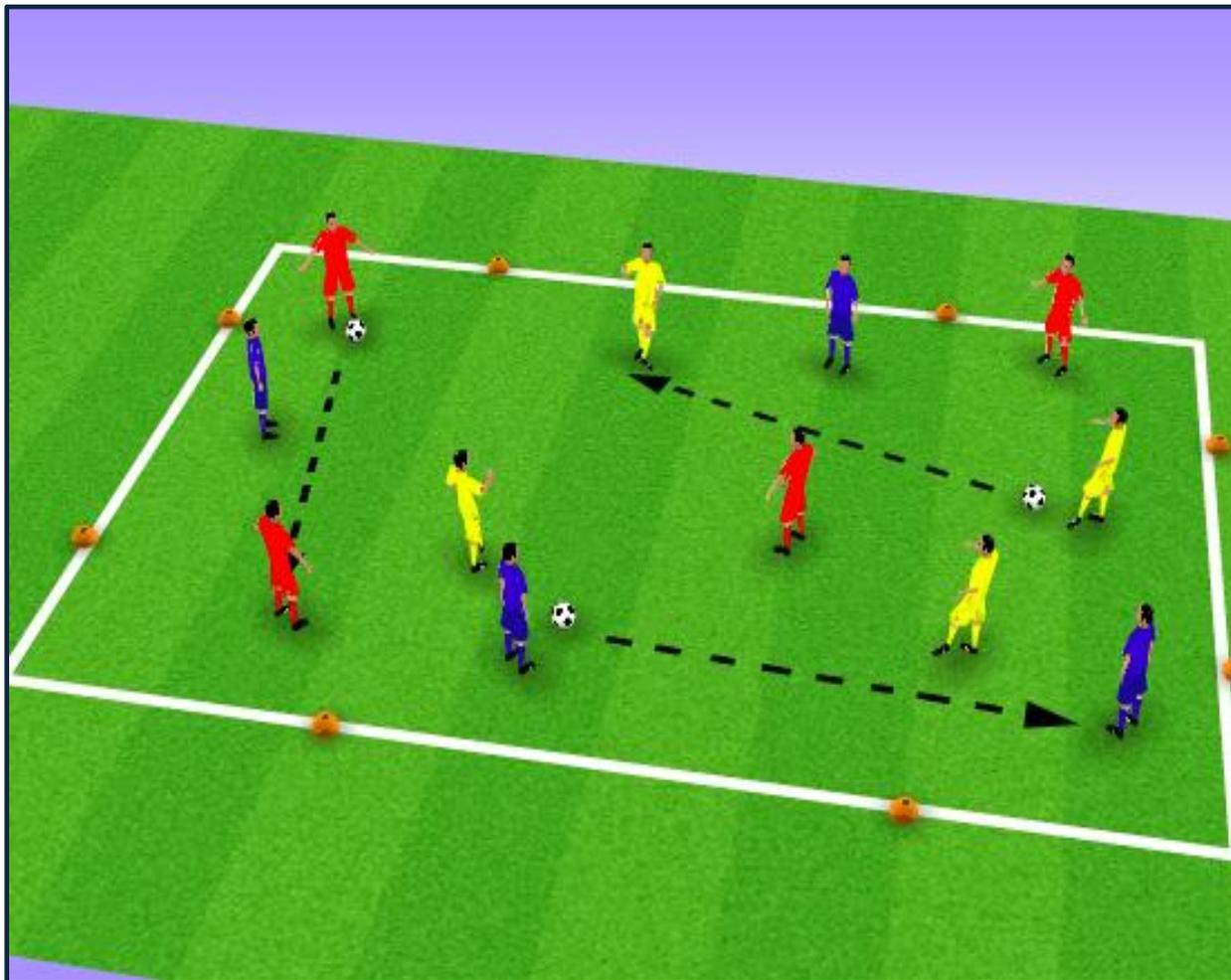


**Set-up:** 15 x 15 yard squares, 4 in total. Players start in one of the squares. One ball per player.

**Description:** Players perform foot skills, led by the coaches' commands. Each area represents a different foot skills movement and the players must move between the areas as the coach calls out the movement. Foot skills to include different surfaces of the foot, coordination moves, juggling and turns and fakes.

**Coaching Point(s):** Perform all foot skills with good technique. Move quickly between the areas on the coaches' call. Find your own space. Get head up to see teammates & open space. Don't just stand in one spot! Move into new space and avoid pressure from other teammates.

# Passing Awareness



## **Area:**

Same as warm Up

## **Description:**

- 3 teams of different colors
- 1 Ball per team
- Constant movement, no standing still. Pass and move to new area of zone. Have players run around a cone on the outside before being able to receive a pass again from teammate.

## **Rules**

- 1.) Play passes to your color only
- 2.) Play pass to anyone but your color
- 3.) Sequence (i.e – Blue to Red to Yellow to Blue..)

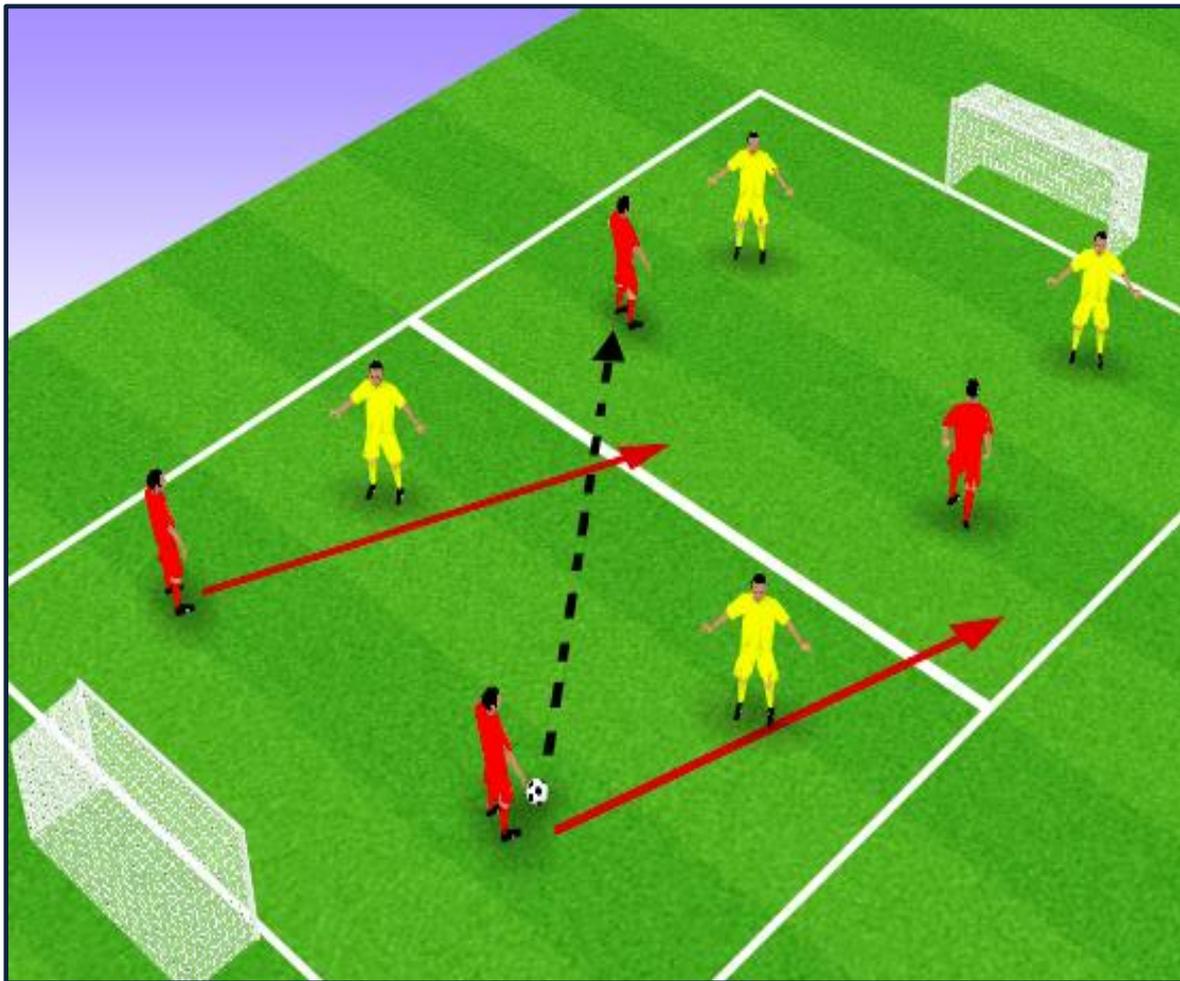
## **Coaching Points:**

- What happens to gaps? (the close) see it, play it!
- Awareness to be open for team mate - movement creates new gap!
- When 1 player leaves a space, it creates an open space for teammate to run into!
- Communicate, eye contact

## **Progressions:**

- Touch limit
- Touch cone after pass (encourages pass and move) make sure they can see play the whole time – back pedal, shuffle etc.

# Creating Space & Passing Awareness



## **Area:**

- 25x30 Yds
- Half way line of cones/markers
- Might need to make 2 fields. Try to go no more than 3v3 in each half.

## **Description:**

- Players split into even teams
- Assign defenders and attackers
- Attackers in attacking half
- Defenders in defending half
- Attackers must stay in opposition half the whole time (cannot track back) Defenders can join attacking half after passing ball into attackers already in that half. Time limit to score once in opponents half

**This will help create attacking overloads to work on topic (4v2 situations to work on passing)**

## **Coaching Points:**

- Quick support from defenders to create overload. Don't force passes.
- Start close to goal to create space to run into. Don't stand in the place you want to receive the pass. Communicate where you want to receive the pass! Use hands to show!

# 7 vs 7: ZONAL GAME



**Area:** 40 x 60 (if space allows)

1 goal at either side of the area  
Area is separated into 3 zones

**Description:** GK in each goal.

2 vs 2 + 1 neutral in each zone.

Play a regular game attempting to use the neutrals to create an overload. If light on players have 1 neutral player who can move between zones.

**Coaching Points:** Use the neutrals. Combine to create space. Movement off the ball is important; find space. Short quick passes to combine.

**Progressions:** Reduce touches. Encourage players to play through more than 1 zone. Allow neutrals to move between zones. Allow field players to dribble or follow their pass between zones.