



01 / U17G - Possession to Advance - Creation and Use of Space

Category: Tactical: Possession

Difficulty: Moderate | Start Time: 08-Nov-2017 16:00h

Am-Club: Rio Rapids Soccer Club

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Description

Phase: Possession to Advance

Principle: Creation and Use of Space

4v4 to Targets (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

*Directional 4v4 possession to target players.

*Team in possession scores by getting the ball from targets on one side of the field to targets on the opposite side while maintaining possession

Round 1: Free play. Keep possession by using target players on your team. Inside players stay inside, outside players stay outside.

COACHING POINTS:

*Attacking player movement to get free from defenders and receive ball faced up (body lean into defender, going one place and then getting ball in another, from defenders blind spot)

*Attacking player movement to create passing lanes to break lines/play through gaps into and out of central zone (fade off shoulder of defender, runs to drag defenders, player interchange)

*Creating/finding gaps through ball movement - dribbling or passing to create a passing angle to break lines/play through gaps

*Influencing defenders with the ball - using the dribble or passes to draw defenders into one area with the plan of playing through gaps/breaking lines in another

*Playing with an open body shape and peeking to see the ball, defenders and passing options

*Receiving across your body and facing up whenever possible or playing the way you face in one touch



Learning Objectives

	Technical (20%)
	Tactical (20%)
	Physical (20%)
	Psychological (20%)
	Social (20%)

Romeo Jozak Passing Diamond (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

*Pass and make run into space between mannequins to engage defender- play in both directions

*As ball is traveling to player you will receive ball from, player makes movement to get unmarked/create space from defender (mannequin) and with open body shape to receive ball across body - isolate/engage defender by getting tight to them to start

*Movement to get Unmarked/Create Space to Receive Ball

Variations: 1-nudge/drive into defenders body to create separation, 2-Move away from where you want to receive ball and then rapidly change direction/speed to exploit that space, 3-From defenders blind spot - move away from area to receive ball and then change direction/speed to get unmarked

*Passing Variations: 1-receive inside foot/pass inside same foot, 2-receive inside foot/pass inside opposite foot

COACHING POINTS:

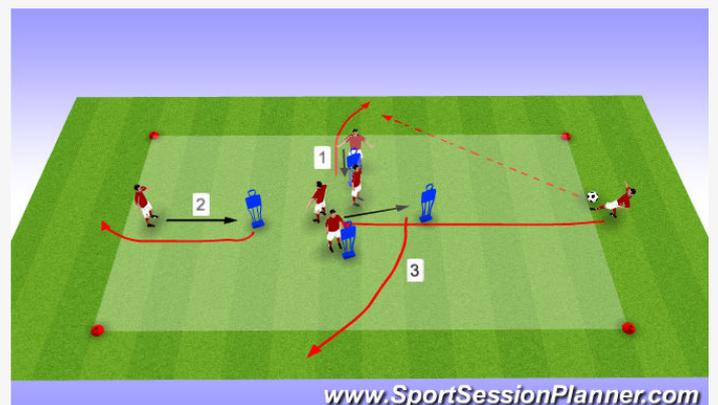
*Firmly hit and accurate passes that are smooth on the ground and to the proper foot

*Open body shape and receive across body - fading off cone/defender in support of ball

*Timing of run to create space off defender as teammate receives ball

*Use of change of speed/direction/blind spot to create space from defender

*Peeking to see both player you are receiving the ball from and will pass to as you fade



2v2 + 8 (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

2v2+8 perimeter players
Field Size: 20Wx20L

Learning Outcomes: Use deceptive runs and changes of pace to gain space from (lose) the marking defender. Look to create space to receive the ball by checking in and out of spaces.

Two sets of 1v1 set up inside the area with 4 neutral players on each line outside the area. Each neutral has a ball. Players on the inside of the area match up 1v1 and score points by receiving the ball from and playing back to the neutral players on the outside. Attackers cannot return the ball to the neutral player who passed it to them. If defender wins the ball, they become the attacker. Each round lasts 90 seconds.

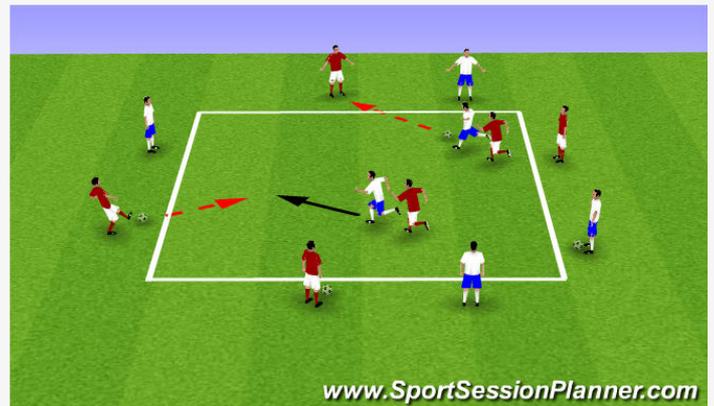
Note: It is very important that the defensive pressure is genuine. Make sure that the defending is proper so that an authentic picture can be painted for the attackers

Progression: Use only one soccer ball. Game on the inside becomes 2v2 and players work together in a possession game.

When the attacking team receives from a neutral, they either have to combine with their partner before playing the ball back out, or they may immediately play a neutral other than the one that they just received from.

COACHING POINTS:

- use sharp changes of direction and pace to gain space from your marker
- encourage neutral players to move as well. create better angles for entry passes as well as return passes by sliding laterally up and down their line
- immediate movement after passes



5v5 +GKs to Full-Size Goals (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

6v6 to 2 full-size goals with GK's
Each team in 1-3-1 shape to set up 1v1 match-ups all over the field - man mark

COACHING POINTS:

All of the above

