



## 05 Force / U13G - Possession to Advance - Play in Gaps and Between Lines

Category: Tactical: Possession

Am-Club: Rio Rapids Soccer Club

Difficulty: Moderate | Start Time: 05-Sep-2017 17:45h

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### Description

05 Force / U13G

Possession to Advance

Play in the Gaps and Between Lines

### 7v5 to 9v7 Possession (WHOLE) (25 mins)

#### DESCRIPTION/ORGANIZATION:

7v5 into 9v7

\*Start 7v5 with yellow players inside of grid maintaining possession against 5 white players.

\*Only 1 attacker and 1 defender may be in the central square at any time.

\*When the white team wins possession, the 4 perimeter players are available to support the play and maintain possession from the perimeter - a yellow player may press the perimeter players when they have the ball

\*Points scored by successfully playing in and out of the central zone through a player or by connecting 6 consecutive passes.

#### COACHING POINTS:

\*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)

\*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 as few touches as possible



### Pass-Receive through Gaps (PART) (20 mins)

#### DESCRIPTION/ORGANIZATION:

\*Passing and receiving activity with fade off of defender to get open

\*20x20 yard grid including 4x4 yard center square with mannequin/pole at the center

\*players in lines facing each other play together - 1 ball per line

\*player opposite of ball runs and touches defender and then fades outside of square with an open body shape to receive ball across the body and pass to the line they came from - then player returns to the end of the same line

\*activity repeats from opposite side with passer now getting open to receive the ball in the center

\*both lines play simultaneously and must be aware of other group to find gaps to receive and pass the ball around them and the central defender

\*be sure players play with both favorite and non-favorite foot & open up to different sides of defender

#### COACHING POINTS:

\*\*\*Move to find gaps to receive and make next pass through traffic

\*\*\*Passing technique:

•Fundamentals: positive step to side of ball, bend non-kicking leg into the pass, body balanced centrally, ankle locked, firm contact with middle of ball, follow through to target, pass becomes first step in next movement

•Weight/pace of pass – deliver crisp passes

•Passes played smoothly on the ground

•Inside of foot for accuracy - pass to proper foot of teammate to open them up to face teammate

\*\*\*Receiving technique:

•Moving towards ball or holding ground depending on pace and angle of pass

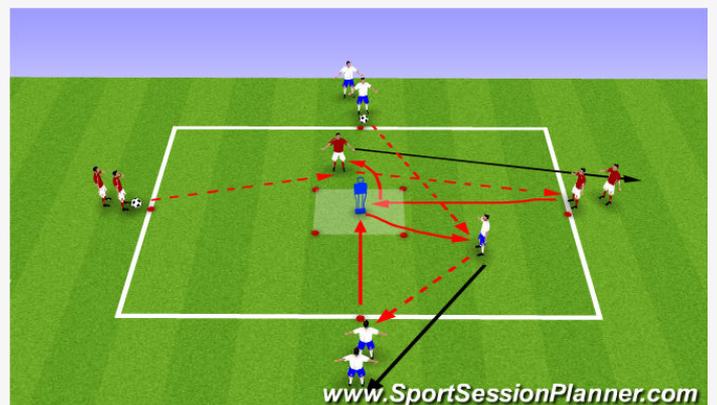
•Receiving across body

•Moving at an angle with an open body shape – getting half turned

•Peeking/checking shoulder before/during/after pass to find pressure and identify options

•Bend/sink at the knees and hips to maintain balance and cushion first touch through solid contact with the middle of the ball

•Quick flowing movement into the ball, first touch is the first step of pass



## 1v1 to Targets (PART) (20 mins)

### DESCRIPTION/ORGANIZATION:

- \*Groups of 4 players - 1v1 to targets with 1 player of each color restricted to each half of field and targets at ends
- \*Each player restricted to their own half of the field with defender blocking passing lane into attacker from the front half
- \*Attacker finds space in the shadow/gap behind the defender to receive ball with open body shape and passes to target, then sequence continues in reverse.

### Variations:

- \*Make defender live, but they must front attacker.
- \*Add another player for each team inside and outside of grid. Must be played by both players in center before target.

### COACHING POINTS:

- \*Open body shape for attackers to be able to see the player with the ball, the defender and target
- \*Get out of the shadow of the defenders - learning how to play/get open in the blind spot of the defender
- \*Move to open passing lane when eyes of defender turn to ball or have teammate roll ball into open space if defender keeps eyes on attacker to constantly block passing lane
- \*Receive across body and faced up to play target on 2nd touch



## 4v4 to Targets (WHOLE) (25 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.

**Round 2:** When target player receives the ball, it must be passed to partner target player on the same side before it can be played back into area of play. Inside defenders can now press outside players. Outside players should try to play through each other whenever possible. If defender blocks pass, can they play in and back out through an inside player.

**Round 3:** Target players can step inside area of play to be available to receive ball, make an extra body to keep possession and keep flow of play. Inside defenders can still press outside players.

### COACHING POINTS:

- \*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)
- \*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 as few touches as possible



### Learning Objectives

	<b>Technical (20%)</b>
	<b>Tactical (20%)</b>
	<b>Physical (20%)</b>
	<b>Psychological (20%)</b>
	<b>Social (20%)</b>