



01 / U18G - Possession to Advance - Creation and Use of Space

Category: Tactical: Possession

Difficulty: Moderate | Start Time: 30-Jan-2019 16:15h

Am-Club: Rio Rapids Soccer Club
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Description

Phase: Possession to Advance

Principle: Creation and Use of Space

Combined with 00/01G who are working on pressing/defending from the front

Pass & Receive Diamond (WARMUP) (20 mins)

DESCRIPTION/ORGANIZATION:

*Pass and follow pass or pass and move opposite - play in both directions

Variations: on 'CHANGE' - next player performs Cruyff turn to change direction of passing, on 'SPLIT' next player plays penetrating pass to player opposite in diamond

*As ball is traveling to player you will receive ball from, move away from stake (defender) and establish open body shape to receive ball across body

*All passes and touches should remain outside the diamond

*Variations:

1) fade off defender

2) run away from defender and re-establish open body shape facing ball and where you will pass

receive and pass with same foot, receive and pass with opposite foot

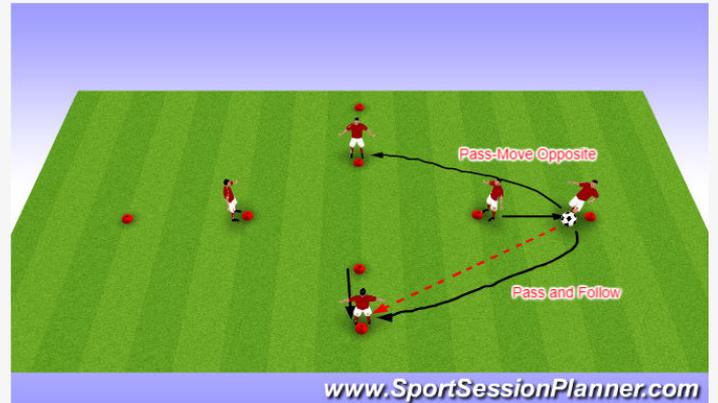
COACHING POINTS:

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

*Open body shape and always receive across body - moving with head on a swivel to peek and see both the player you are receiving the ball from and where you will pass to

*Speed of play- receive with inside of one foot and quickly pass with inside opposite

*Timing of run to get into open space away from defender as teammate receives ball



4v4 to Targets (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

4v4 to Targets. Goal scorer changes with target (unless target is a GK). Target supports attacking team underneath. (combined with 00/01G - 2 fields)

COACHING POINTS:

*What type of player and ball movement will get defenders to react and create spaces to receive the ball faced up and break a line?

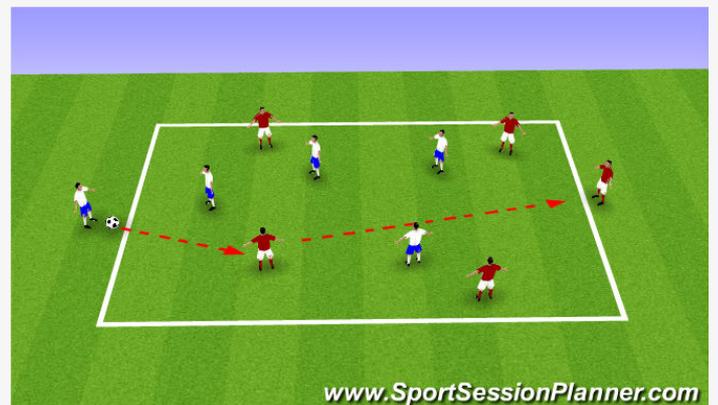
*Open body shape at all times to be able to see ball and target you score to

*Receive ball across body and faced up whenever possible

*Play a forward/penetrating pass whenever it is on

*Support underneath the ball and play the way you face whenever facing away from goal with pressure

*Be patient- don't force ball forward when well defended, play backwards and change area of attack



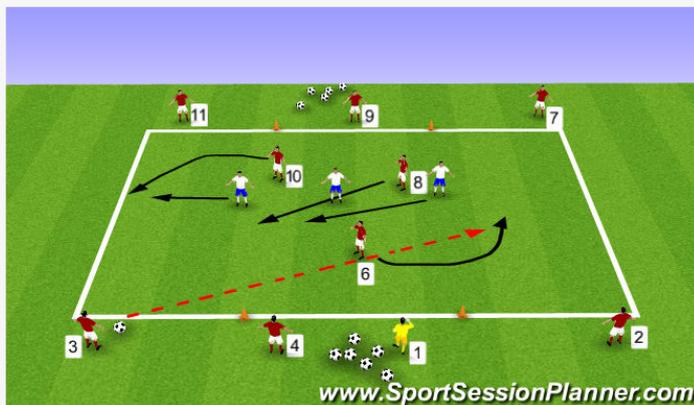
3v3 Functional Target Game (PART) (25 mins)

DESCRIPTION/ORGANIZATION:

- *3v3 to targets - can only score to targets between the cones - targets may move anywhere on the endline that they want - targets may not pass to other targets in the same line
- *any ball that is scored or cross an endline leads to a new ball started from that end
- *ball crossing the sideline leads to throw-ins - throw-ins can not be played directly for goal
- *play the following as CM's in pairs with another player making up the 3rd: Maya-Arianna, Sarah-Dalis
- *play for 4 minutes and rotate
- *Variations: a) targets can play directly for goal, b) central players only can score into targets

COACHING POINTS:

- *player movement to create space
- 1) for yourself to receive the ball faced up in a position to break a line
 - fade (counter movement back into the space you left)
 - explosive movement centrally (counter movement back outside)
 - diagonal run to stretch (counter movement showing back for ball)
 - diagonal run to show (counter movement to get ball behind defender)
 - starting position of movement from blind spot of defender - movement when defender peeks at ball
- 2) for teammates to receive the ball faced up in a position to break a line
 - explosive and attention drawing movements/actions to draw defenders and create space for a teammate
 - movement in pairs or threes - 2nd or 3rd player recognizing the spaces opening up and timing their movement into that space to get the ball (introduce the idea of counter-movement in pairs - moving against the grain/flow of play)
 - *player on the ball recognizing when not to play 1st movement (or 2nd) and to play into player who exploits the open space
 - *ball movement to create space - same ideas as above, but dribble or pass the ball to draw defenders into an area and open up space for a teammate to get the ball faced up and able to break a line
 - need for another player to be in a support position to receive a pass and rapidly change the point of attack to exploit space created



11v9 to End Zone/Full Size Goal (WHOLE) (30 mins)

DESCRIPTION/ORGANIZATION:

- *60 yd long x 70 yd field with 5 yd endzone
- *11v9 to end zone and full size goal (combined with 00/01G)
- *End zone is offside space and no defenders may enter
- *Team of 11 possess to advance and score by dribbling or passing to a teammate in the end zone (01G focused on possession to advance - creating & using space)
- *Team of 9 defend the endzone and attack the full size goal (00/01G focused on pressing and defending from the front)
- *Any ball that crosses either end line starts with a goalkick for the team of 11 - balls crossing the sideline lead to throw-ins for the appropriate team

COACHING POINTS:

- *What type of player and ball movement will get defenders to react and create spaces to receive the ball faced up and break a line?
- *Open body shape at all times to be able to see ball and target you score to
- *Receive ball across body and faced up whenever possible
- *Play a forward/penetrating pass whenever it is on
- *Support underneath the ball and play the way you face whenever facing away from goal with pressure
- *Be patient- don't force ball forward when well defended, play backwards and change area of attack
- *Be smart with the ball in and around penalty area and deep in central midfield area - don't give up easy counter attacks to goal

