



# ECNL 02-U18B\_Possession to Advance-Creation/use of Space\_01-08-20

Category: Tactical: Playing out from the back

Am-Club: Rio Rapids Soccer Club

Difficulty: Moderate | Start Time: 08-Jan-2020 04:15h

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## 5v5 + 4 (15 mins)

### DESCRIPTION/ORGANIZATION:

5 players on each team, plus 4 neutral players on the outside who play with team in possession.

Game 1 - No direction, possession only. 10 passes = goal

Game 2 - Directional. Team playing in a certain direction. Team scores when team possesses ball and gets it to the attacking targets. Targets then immediately transition to play to other team. (Targets on same side can play to each other, but Targets cannot play directly to targets on opposite end-line)

### COACHING POINTS:

Angles of support

Movement off the ball.

When to play centrally v when to play wide.

Patience in possession.



## Part - Passing Diamond - Pattern 1 (10 mins)

### DESCRIPTION/ORGANIZATION:

A plays into B who has pulled off cone at an angle.

B plays into C who has threatened in behind then checks back underneath.

C plays into D.

D receives and plays into A who has come into middle cone.

A opens up at an angle, receives from D and plays into E.

E, having threatened in behind then checked underneath, receives from A and plays to F.

Pattern continues.

Players follow pass to next position.

Switch direction of pattern after a while.

HAVE PLAYERS PLAY IN 2 TOUCH

### COACHING POINTS:

Angle to receive.

Body shape to receive (open body shape)

Checking shoulders/scanning all the time.

Quality of 1st touch.

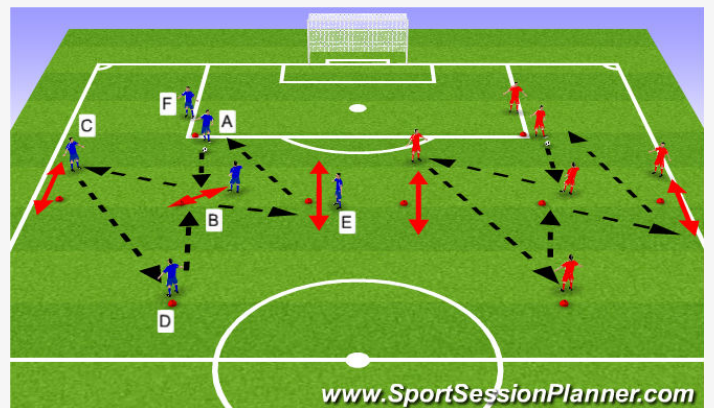
Quality of pass - Firm and punched into team-mates feet.

Movement off the Ball -

- Timing - As player receiving ball get their head up (recognise good 1st touch)

- Wide players (C/E) threaten away from ball first, based on A/D having their head up and facing forward. Then check underneath based on B facing backwards.

- Discuss awareness of body shape/pressure on player in possession determines movement.



## Part - Passing Diamond - Pattern 2 (10 mins)

### DESCRIPTION/ORGANIZATION:

A plays into B, who has come off cone at an angle.

B plays into C who has come off cone at an angle (After threatening in behind)

C plays into A who has supported underneath C (To replicate C not being able to get faced forward)

A plays into D

D plays into A who has come into middle cone after passing.

A plays into E who has come off cone at an angle (After Threatening in behind)

E plays into D who has supported underneath E (to replicate C not being able to get faced forward)

D plays into F and D follows into middle cone.

Pattern continues.

Players move to next cone.

Switch direction after a while.



## Progression

Same as above, except now add that C, after playing to A, spins and supports D and plays a little give and go with D before pattern starts up again (See diagram to right)

### COACHING POINTS:

Angle to receive.

Body shape to receive (open body shape)

Checking shoulders/scanning all the time.

Quality of 1st touch.

Quality of pass - Firm and punched into team-mates feet.

Movement off the Ball -

Timing - As player receiving ball get their head up (recognise good 1st touch)

- Wide players (C/E) threaten away from ball first, based on A/D having their head up and facing forward. Then check underneath based on B facing backwards.

- Discuss awareness of body shape/pressure on player in possession determines movement.

## 4v4+3 (20 mins)

### DESCRIPTION/ORGANIZATION:

4 players on each team plus 3 Neutrals.

Center Back, Center Mid & Center forward as 3 Neutral players.

Red team plus Neutrals possessing the ball. Trying to connect 10 passes to score point.

Blue team trying to win ball. If Blue win ball, they immediately transition to the team in possession and play with the black team, Red team become the defenders.

### COACHING POINTS:

Player in Possession of the ball

Angle, Body shape, Checking shoulders.

Quality 1st touch

Recognize when to play centrally v when to play wide - Based on what defenders take away.

Other players on team in possession

- Movement to create space for yourself and/or your team-mates - Create angles, Open Body shape.

- Constantly being an option to the player in possession.

- Recognise pressure on the ball to determine distance/angle of support - Pressure on the ball, support by nearest players need to be closer. No pressure on the player with the ball, support can be further away.

- Sometimes movement is to create space (Pull defenders out) for team-mates/open passing lanes.



## 8v8 (25 mins)

### DESCRIPTION/ORGANIZATION:

8v8 to goals. Goals can be scored from middle third or attacking third.

Game 1 (8 minutes) - Players restricted to their thirds.

Game 2 (8 minutes) - Players can advance into next third on dribble, or via pass

Game 3 (8 minutes) - Free play - no restrictions on player movement

### COACHING POINTS:

Movement off the ball.

Patience in possession - Recognise opportunities of when to play forward.

When to play centrally v When to play wide

