

BUILDING FROM THE BACK – (BUILDING & PROGRESSING)

RF

Creating Space - Team



4 Corners

Creating space – individual dispersal
Passing & Receiving
Support play

Decision making
Confidence of correct pass

Agility
Balance
Co-ordination
Running

Communication
Team work (helping individual)
Dealing with mistakes

Session Set-Up

Full size Pitch	Supply of footballs at GKs end	10 mannequins	10 outfield Bibs (Blue) 1 GK Bib (Green)
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Session Detail

Players are spread out on full size pitch and arranged in a 1-3-5-2 formation. From the GK building out from the back there will be various options.
Option 1 – GK to LCB3.
Option 2 – LCB3 to WB11 or DLP4.
Option 3 – GK to WB7.
Option 4 – GK direct to CF10.

Progressions

GK passes to other side.
WB7 travels inside into the space with RCB2 overlapping (e.g. Sheffield United)
GK direct to CF10 with ST9 spinning and being the closest to goal with CM6 and 8 supporting in front of CF10 and behind ST9

Key Questions

Which closest player fills the position vacated by RCB2?
If both CM players support ahead of CF10 who then fills their space to stop the counter attack?
Who can be the spare players?

Coaching Points

1. Create space within the unit – width and depth
2. Passing quality – ground or aerially depending on situation of opponents
3. Movement to receive to feet or space – use of disguised runs to take defenders away and make space for other players to exploit weakness of opponents
4. Supporting angles and distances on/around/away from the ball
5. Combinations to play through/over/around opponents to penetrate with/without ball
6. Create goal-scoring chances and quality finishes