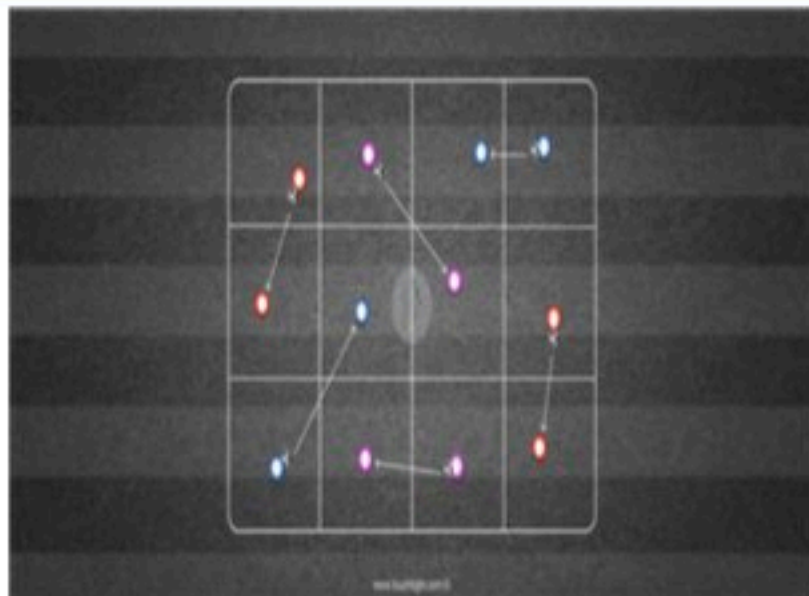
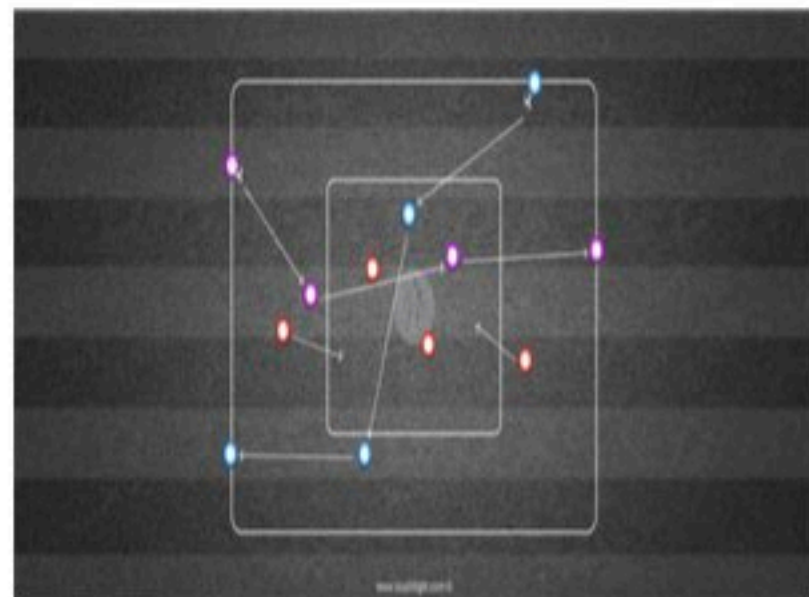


## Creating Space 2

1



2



## Session Set-Up

40x30 grid  
10x20 grid in middle  
for Skill Development

Supply of balls

Cones  
Supperdomes

12 Bibs for TP and SD  
4 red  
4 purple  
4 blue

## Session Detail

**1TP**; players are arranged in 12 grids. They pass and move from grid to grid.

**2SD**; Players again are arranged around the outside and in the middle box. Players look to receive and pass or dribble/RWTB through the middle box to the outside player and exchange their ball and place. If the defending team of 4 in red intercept/win any ball they become an attacking team and the team who has lost the ball become the defending team.

Practice is continuous

Competition  
Motivation

Which pair can visit 12 boxes within 3 minutes

Individual  
Challenge

Try to take your first touch into a new box

Unit/Team  
Challenge

Can the red team intercept then become attacking team in practice 2

Key  
Questions

Have I scanned to see the full pitch before receiving? e.g. *Frank Lampard*

Progressions

Players must pass through 2 squares for practice 1. Add in goals for defending team in practice 2. Play SSG.

## 4 Corners | Coaching Points

1. Dribbling and passing techniques
2. Support angles and distances to player on ball
3. Disguise passes around defenders

1. Scanning to see when and where to dribble
2. Decision to pass or to dribble/RWTB

1. Speed of dribbling/RWTB
2. Quick changes of direction to escape defenders

1. Communication throughout - **VITAL**