

# BUILDING FROM THE BACK – (BUILDING & PROGRESSING)

RF

## Creating Space – Individual



### 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. No.3 who is highlighted, receives the ball from the GK and has multiple options to pass the ball.

**Option 1** = no.3 player pass into player no.4 – who drops deep

**Option 2** = no.3 player pass into player no.11

**Option 3** = no.3 player pass into player no.10

### Progressions

GK passes into player no.2

GK Passes into player no.5

GK passes into player any CM players, with players rotating

Time limit to score at the other end

### Key Questions

Can player no.3 pass with quality?

Where does the receiving player want the ball?

How does the receiving player want the ball?

### Coaching Points

1. Players creating space – individual dispersal
2. Pass with quality from GK, no.3 to penetrate and break lines of opponents
3. Movement from the no.3 to receive from GK and look to play the ball forward
4. Supporting angles/distances of the 3 players used in the diagram
5. Disguised runs – out, in – in, out – rotations from 3 CM players – go then show for no.11 – evade/escape – clear out to drop in spaces – switch of runs
6. Quick combinations to work ball to other goal and score

### 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