

# BUILDING FROM THE BACK – (BUILDING & PROGRESSING)

RF

## Creating Space - Unit



### 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. GK starts off with the ball, passes to #CB3 then they play to wide wing-back #11.

Creation of space from the full unit in midfield – highlighted. Here #4 drops into a space to receive, #8 pushes up to allow space for the #4 or #11 to carry the ball and attack in key areas of the pitch.

The #6 and #7 can either stay still, push up or stay out wide keeping the width for the attacking players to attack the left hand side and can exploit opposition weaknesses.

### Progressions

GK to CB5 or RCB2  
Any Defender into DLP4  
Any Defender into any midfield unit

### Key Questions

What happens to the defending and attacking unit as a result of full midfield unit spreading out?  
Which player can be used as the spare man to create and dictate tempo of the team?  
What runs to the attacking front 2 make now?

### 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/around opponents to penetrate with/without ball
6. Create goal-scoring chances

### 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