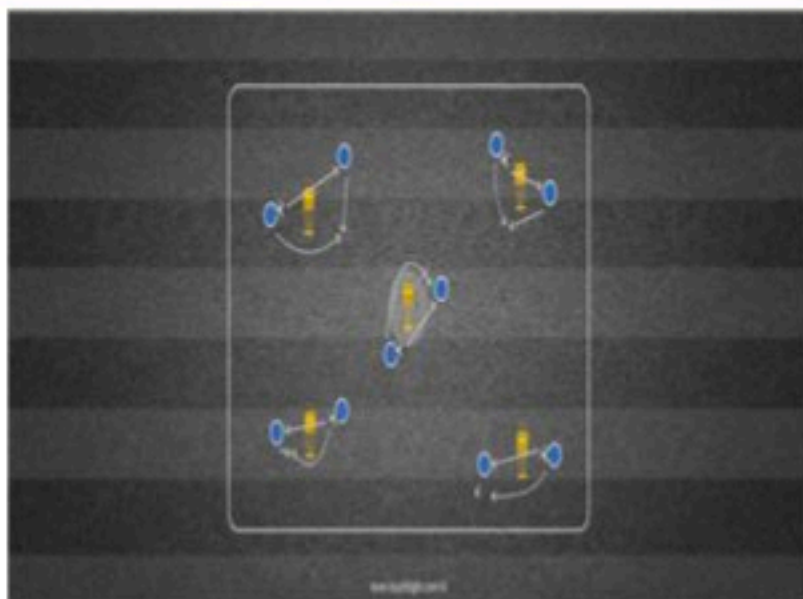
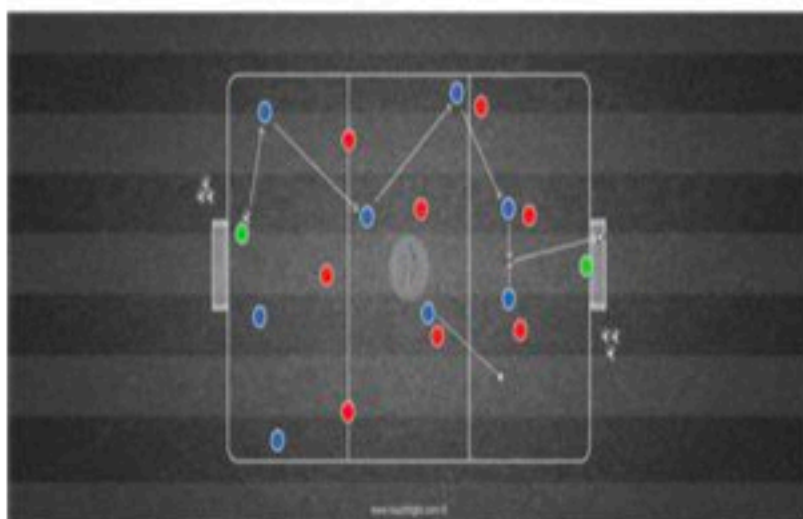


Creating Space

1



2



Session Set-Up

30 x 30 grid for TP
30x 40 grid for SSG

Supply of footballs

5 mannequins

10 blue bibs for TP
9 blue & 9 red bibs
2 green bibs for SSG

Session Detail

1TP; Five mannequins are placed randomly inside a 30 x 30 yard grid. Players are free to explore 1-2 opportunities around the mannequins they can use non-dominant foot too.

2SSG; players are arranged in a 1323 formation for both teams. Teams objective is to create space to receive and play forward but emphasis on creating space as a primary objective.

Competition Motivation

Time limit to make 1-2s around mannequins = 5 points, max 25 points earned

Individual Challenge

Try to play 1-2 with your non-dominant foot

Unit/Team Challenge

3 defending players create space by being high and wide

2 CMs try to provide spacing by going one-short / one-long to create space

Key Questions

Where is the most space available?

Progressions

Add in real defenders for practice 1

4 Corners | Coaching Points

1. Close ball manipulation
2. Good touch direction to receive
3. Passing techniques

1. Awareness of players/mannequins
2. Deciding to go closest or furthest mannequin first

1. Quick changes of direction to react to the challenges

1. Communication to team-mates on where to go next