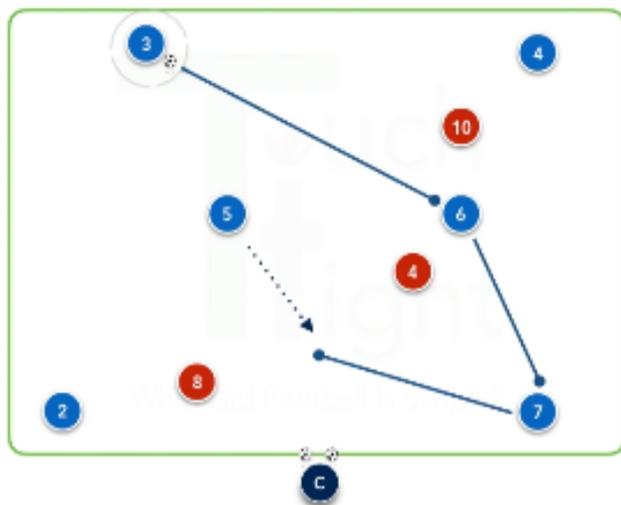




Key Objective: Create and Exploit Space in a

1



Organisation

This 6 v 3 Possession practice is played in an area 30 x 25 Yards, with the focus on the 6 players in possession creating effective supporting angles and movement to keep the ball against 3 defenders. If defenders win possession can they make 5 passes before any turnover. Rotate defensive players throughout practice.

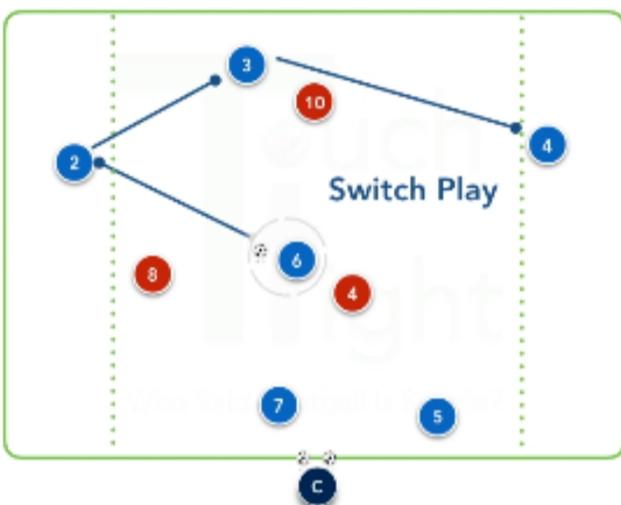
Key Coaching Points

This practice requires individuals to make area as big as possible, checking shoulders for space, recognising when to play short to draw defenders & play longer pass to break pressing lines.

Challenging Player Questions

How can you create better angles for player in possession?
When do you play short & long?

2



Organisation

Progression 1:

Introduce 5 Yard end zones whereby possession players must attempt to transfer possession from one side to the other. Observe how this directional practice now changes defenders mindset, thus providing a different challenge for the team in possession.

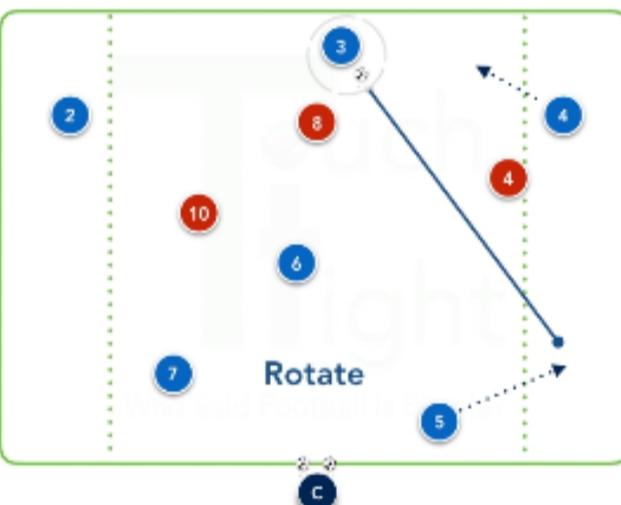
Key Coaching Points

Now it is directional, defenders will now focus on keeping players in front, this will require better movement and creation of angles in advanced areas to break lines.

Challenging Player Questions

Where are new spaces created?
How can they draw opposition players in to commit press?

3



Organisation

Progression 2:

Players in possession must now look to play a forward pass into a runner in end zone, with the player already in the zone making a well timed run back into possession area.

Key Coaching Points

This is all about timing and develops individual's ability to work in pairs or more to challenge defenders with creative movement.

Challenging Player Questions

How can you time rotation to confuse defenders?
When is right time to make rotation

| |
|------------------------------|
| 1 |
| Date |
| Group: |
| Pitch Size 30 x 25 |

| |
|--|
| 2 |
| Theme: Force & Speed Exercises |
| Complexity: Low/Medium |
| Intensity Medium/High |

| |
|--|
| 3 |
| Duration / Volume 24 Minutes - (8 x 3) |
| Intervals 3 x 2 (6) |
| Recovery 60 seconds |

| |
|---|
| 4 |
| Tactics/Strategies Dynamics of Small Play |
| Opposed Numbers 6 v 3 |
| Strategy Create/Exploit Space |