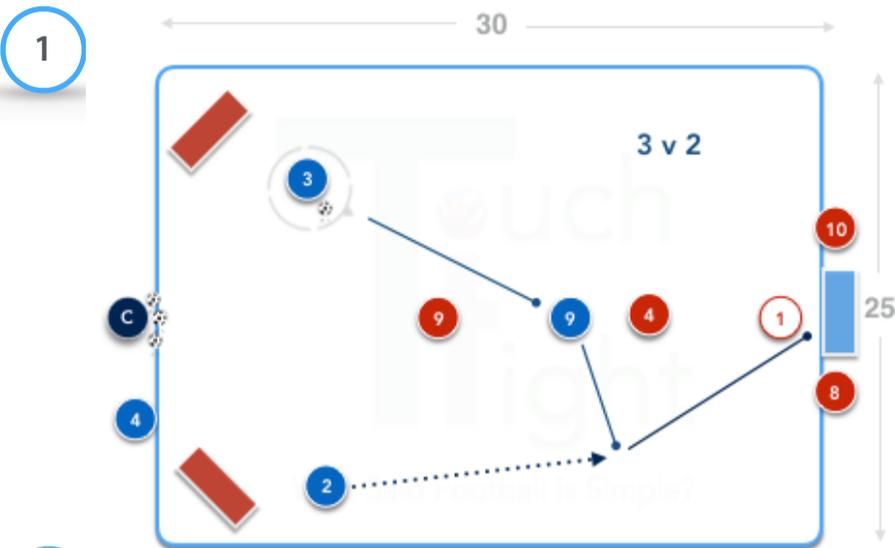




Key Objective: Be creative in movement and combinations to exploit space created to finish



Organisation

This 3 v 2 practice is played in a 30 x 25 Yard area, with 1 goal for attacking team to finish in and 2 mini goals for defending team to score into if they gain possession.

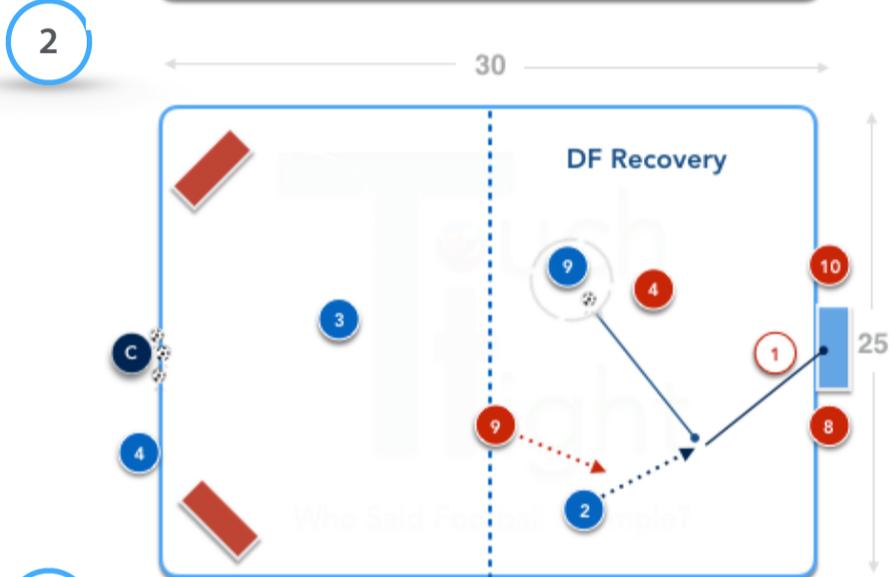
2 Central Midfielders start deeper with supporting striker against a defensive CM and 1 Defender as shown.

Key Coaching Points

Creating Overloads here is important in attacking area. Think about how attacking team creates and uses these overload situations well.

Challenging Player Questions

Are defenders pressing high or delaying?
How should you react to this?



Organisation

Progression 1:

Defender can now recover into their own half to create extra challenge for attacking players. (2 v 2)

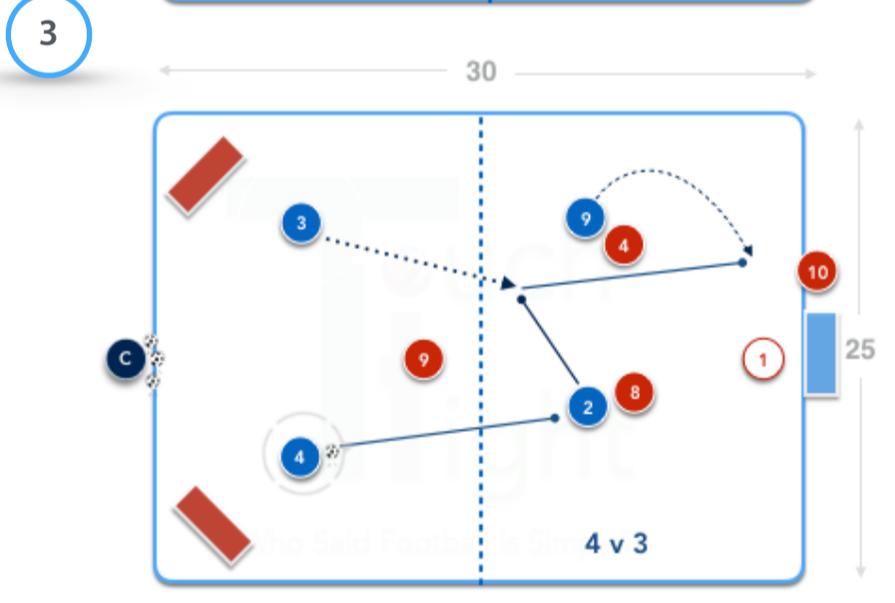
Have players who can continuously rotate for each attack so that practice can be fluid, with little rest time.

Key Coaching Points

Here player's attacks will be halted, resulting in a more possession based approach which will in turn encourage improved movement for players to create chances.

Challenging Player Questions

How do you change attacks with even numbers?
What combinations are successful?



Organisation

Progression 2:

4 v 3

With overload in deeper areas now, players are faced with different challenges. With increased numbers in the same area, space is limited.

Key Coaching Points

Players will need to think quicker and make more intelligent runs with paired understanding and rotational movement essential.

Challenging Player Questions

How will support runs change here?
Why is creating overload easier/harder?

1	2	3	4
Date	Theme: Creating/Exploiting Space	Duration / Volume 30 Minutes - (9 x 3)	Tactics Midfield Support
Group:	Complexity: Low/Medium	Intervals 2	Opposed Numbers 3 v 2 / 4 v 3
Pitch Size 30 x 25	Intensity Medium	Recovery 1:30 Mins	Strategy Attacking Movement