

Key Objective: Create supporting runs to develop overloads and exploit space created in a team

1



Organisation

This 9 v 9 Small Sided Game, focuses on players ability to create space in an area sized 50 x 40 Yards, with a GK and goal to attack either end. Coach must manage one group whilst coaching the other to be able to develop space creation points, with immediate focus on dispersal through width and depth.

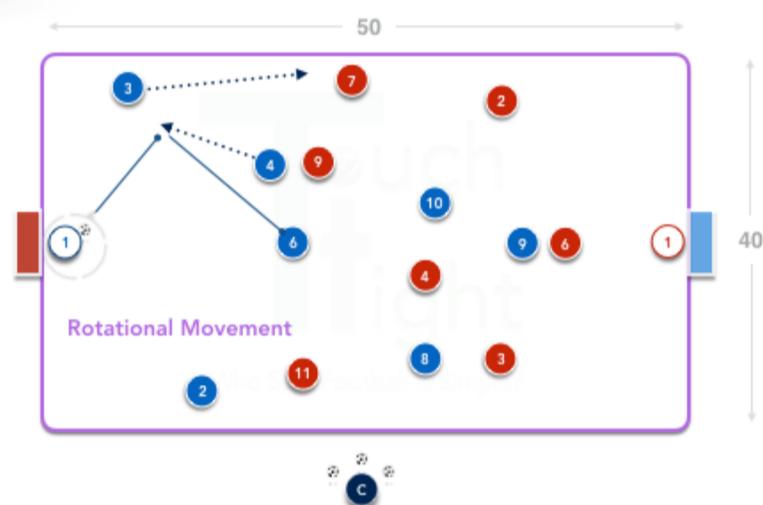
Key Coaching Points

Can Blues attempt to create space in deep areas? Focus on GK and defensive players angles and distances off each other initially, before progressing upfield.

Challenging Player Questions

1. How do opposition press the ball?
2. Where is space left to build or are we direct in our attacking play?

2



Organisation

Progression 1:

As the opposition become more defensively stable, through delay and recognition to press. We must initiate some form of rotational movement. Here we can start to get players on the ball in deeper areas, CM drops in as Defender pushes on to take Opposition ST away.

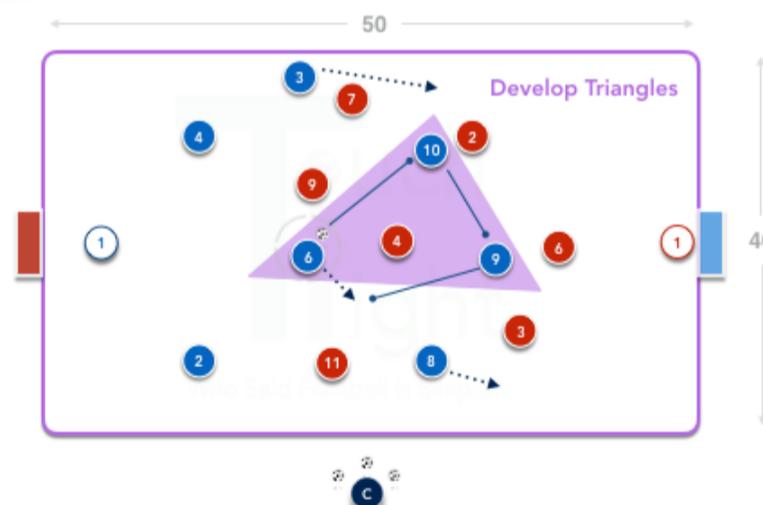
Key Coaching Points

Form pairings to encourage eye contact between players to begin rotation when necessary. Maybe move to 3s if they are able and aware enough to do this.

Challenging Player Questions

1. How can you initiate rotation?
2. What directions would your movement be in relation to the ball?

3



Organisation

Progression 2:

Here we can now form our triangles as a result of developing understanding between groups of 3. All players will form at least 1 triangle, more than likely 2 and so they must identify how they can create overloads in these groups (3 v 2s)

Key Coaching Points

Angles to be able to break pressing lines with forward passes.
Body shape to play forward pass.
Recognition of initial overload

Challenging Player Questions

1. How do you know when your possession triangle may change?
2. Where are you likely to break lines?

1

Date

Group:

Pitch Size

50 x 40

2

Theme:

Small Sided Game

Complexity:

Medium

Intensity

Medium/High

3

Duration / Volume

24 Minutes - (9 x 3)

Intervals

3 x 1 (3)

Recovery

60 seconds

4

Tactics

Create Space to Build

Opposed Numbers

9 v 9

Strategy

Possession Solutions