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Moving to Space Sessions

BASICS

Session – Spatial Awareness



Skill Introduction (Picture Above)

Purpose

a warm-up that gives players plenty of touches on the ball, encourages them to play with their head up and challenges them to deal with playing in a very tight space. It's about awareness when the ball is at your feet.

Explanation

I want a zig-zag dribble where you've got to visit that side twice and your own side twice; come back down the outside to start again. Now you've got to try and find those gaps, you might have to drag it, roll it, shift it - but I don't want to see any collisions. Work at your own pace coming back please.

Coaching Points

What sort of touch would you take if there are loads of space in front of you? A bigger touch so you get it out of your feet.

When would you take your little touches? when things are crowded, and space is tight. Would you have to slow down to do a little bit then? yeah, move it, shift it, drag it - now I've got space, explode in to.

What does that take to explode in to? a change of what? PACE. Now, try to work on those principles

Session – Spatial Awareness (Continued)



Skill Introduction Progression (Picture Above)

Purpose

a warm-up that gives players plenty of touches on the ball, encourages them to play with their head up and challenges them to deal with playing in a very tight space. It's about awareness when the ball is at your feet.

Explanation

End players are going to make three runs across the playing area. Side players are challenged with making quick accurate passes to one-another whilst end players are dribbling through; every pass they make will count towards their score as a pair.

Progression

1. if passers can get into the grid, receive it and get back out again = 2 goals.

Coaching Points

-end players dribble back and forth as quickly as possible while keeping control of the ball; where might you have a problem as the dribblers? yeah middle because space will be tightest in there; so maybe you'll have to slow it down, drag it, shift it to find that space to explode in to.

-end players I want to see a clever, sharp turn when we get to the end line, if possible.

-passers have to decide whether they want to come in and gamble on the 2 or stay out and play it safe for the 1.

+ what's the condition for the passing team? when can they pass the ball? Yeah, when there's space. And then we take it on and say, look if you're brave enough to step into the pressure we'll give you 2 goals if you can receive it on the half turn, find your way out quickly and play again.

-A picture starts to form for you here; it's a decision-making process going on; do I step in? or do I hang back and take the pass?

Session – Spatial Awareness (Continued)



Skill Introduction Alternative (Picture Above)

Purpose

Decision-making practice which builds confidence on the ball and gives plenty of opportunities for successful movement off the ball. Passing and control of tempo are important here.

Explanation

Orange teams are going to be dribbling first. Blue teams are going to play in the same area with 1 ball: you're my passing team. 4 dribblers are going anywhere you like but trying to cause the passing team interference; without tackling and kicking the ball away try and block their passing lanes.

Progression

1. with players from passing team each on a line of the playing area - we challenge them to come inside the area to receive and turn out to the line or pass the ball: if one of you can step in and get out OR step-in and play out, then check back to your line - I'll be very impressed - your decision though.

Coaching Points

- blue team is constantly receiving, looking, passing and moving. By moving, what have I created now? Space.
- we can create space by movement, and we can create space by dribbling with the ball.
- dribblers can force movement from the passing team simply by blocking passing lanes.
- passers, sometimes look there, and play there - a little disguise can go a long way.
- are the players aware of where the space is? did they exploit the space when they created it? what could they have done differently?
- here's the trigger to move: As opposition check and look away, we should be moving position and creating a new angle.

INTERMEDIATE-ADVANCED

Session – Making Runs to Create Space



Skill Training: A (Picture Above)

Purpose

encourage players to make runs to create space to receive.

Explanation

blue play to blue with their ball, orange play to orange with their ball. Each team have an end player in a square. Teams attempt to pass and combine from one end player to the other end player. It's about finding space in here to receive it, find it and get it in to the other end.

Progression

3v3 with 1 ball - teams look to transfer the ball from one end player to the other

Coaching Points

- movement to create space for self or a teammate.
- rotate positions.
- multiple runs to lose a marker.
- (opposed) if I bring Joey in here, where might you run Kai? Yeah, and maybe that will trigger one of those little runs from Magnus.
- (opposed) look, if you have a good defender on your tail, you might notice that he's staying with you. So, just keep changing positions for a minute and don't play the ball in - keep checking where that space is. So, maybe how many runs to lose a man? 2/3 definitely not just one though, right?
- You're all making good runs - but it's one run - so he's always with you.
- Slow him down, take him away, bring him back and then check away at pace to receive in space.
- 2-3 runs to lose a man, but then come off on that little change of pace, on the angle, on the half turn - facing up to the pitch. If you do that, you give yourself a great chance to play forward.
- what do you notice about Elan's touch in there? Safe side - danger on my right foot, but maybe safe side is here.
- every time you play the ball, see if there is space beyond to attack and run in to.
- did you find it easier to find space when you slowed him down? - if he's as good a runner as me and I just keep doing the same run, he's going to stay with me.
- be prepared to keep hold of that ball, while you're looking for that opportunity to get a shot off or a killer pass through - that's what good players do, that's what the modern game demands of you.

Session – Making Runs to Create Space (Continued)



Skill Training: B (Picture Above)

Purpose

developing player movement, creating angles to receive, awareness of team-mates, space and opposition with a big focus on decision-making i.e., when to pass/ receive/ move.

Explanation

Now, it's a possession game; it's a 2v2: (with help from players outside the box, called target players) quite a big area for 2v2. It's about finding space, about getting combination play, about getting it from a target man here to target man there to get a goal. If you can't go forward, come back and keep it.

Coaching Points

-I want you receiving facing up the pitch every time; unless you know where he is, and you can get a little turn in.

-If I come off quickly on the half turn and buy myself a bit of time, I need to be moving that ball on quickly and being clever with that space and time I worked so hard for.



Skill Training: B - Progression (Picture Above)

Session – Making Runs to Create Space (Continued)

Progression

Remove target players and place goal and GK at each end and play 3 vs. 3 or 2 vs. 2 with one neutral player (who plays for the team in possession).

Coaching Points

Lots of decisions to make in that tight (high-pressure) area; but I think that's the environment you're good enough to work in.

Session – Give and Go



Diamond Technical Reps passing (Picture Above)

Organization:

As above. Diamond shape cones 10 yards apart. Add grids as needed. Players (multiple players, no more than 10 per grid) One ball to start the exercise.

Instructions:

Player passes the ball to next player outside of the cones. Other player backs up to receive the ball with their body open. Players play 2 touch, one to settle and one to pass. Players follow their pass to the next line. Play 3 minutes to the right, 3 to the left each progression.

Coaching Points:

- * Open body shape (receive right, pass right, etc.)
- * Good touch to set up pass
- * Backing up to receive ball with open body shape and back foot
- * Quality of passes and technique with inside of the foot
 - Toe up, ankle locked
 - Eyes up to see target, head down upon contact.
 - Plant foot to make a '10' with the ball, pointed at target

Progressions:

- A1) Have players play both directions (left and right)
- A2) Have players make give and go passes (1-2 passes)
- B) Get into semi opposed passing pattern to pugg goal (B) to both sides
- C) Add defender (as shown above)

Session – Give and Go (Continued)



Moving into space box (Pictured Above)

Players inside the square need to check to the players on the outside of the box, they need to receive the ball from 1 player and pass to another.

Have less players inside the box so there is always 1 player to pass to

Players must communicate to not pass to the same player

**Progression players must pass to each other after receiving from an outside player

Session – Give and Go (Continued)



8v8 in zones (Picture Above)

This can be played without keepers and without goalies. Work the ball to the top of the rectangle and then back to the bottom.

Game 1: Only the 6 players in the middle zone can tackle, the rest of the players must work on cutting down passing lanes on defense and creating passing lanes on offense.

Game 3: Goalkeeper plays 1st zone player who work to get the ball in to the midfielders as quickly as they can. Midfielders have direct pressure and must get the ball into their attackers. Attackers must stay in their zone and shoot from distance while defenders look to shut down shooting lines.

Game 3: After keeper plays the ball to the back 3 the 2 attackers on the other team can move into their zone, creating a higher-pressure situation, same goes for when the 2 attackers have possession

Game 4: remove the center cone zones and play 8v8, stop play and focus on players moving into space to receive passes