

Spatial Awareness when Dribbling Warm Up

Written by Terry Moore

Set Up



15 mins



10 players



10 balls



8 cones

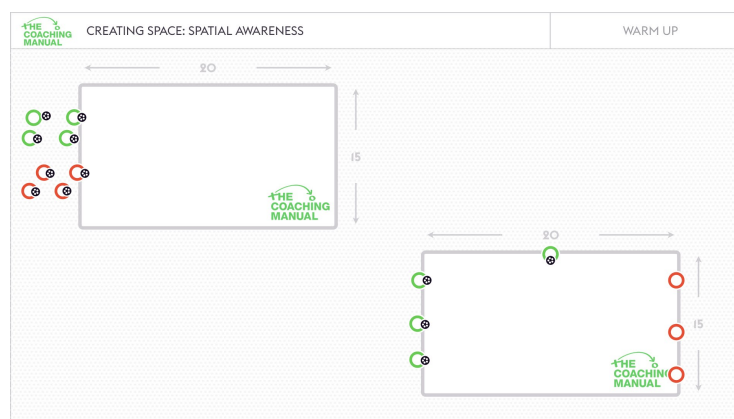


20x15 area

Players dribbling along the area and have to visit each side of the area twice. When players reach opposite end of the area they perform keepie uppies on the way back to start point.

Key Coaching Points

- Awareness of ball, space, team mates and opposition
Dribble with head up and check shoulders to be aware of surroundings
- Changes in speed and direction
Explosive speed when there is space in front or close ball control when the space is compact
- Play with head up to scan
Playing with head up to improve awareness and constantly assess and read the game



Practice Animation

Make it easier:

1. Encourage players to slow down and focus on their techniques

Make it more challenging:

1. 2 players stand on opposite sides of the area and aim to pass the ball to each other, avoiding the dribblers, and keep score of number of passes. Remaining players dribble across the area and turn. Once all players have dribbled across 3 times then change roles.

Spatial Awareness to Receive and Play Forwards Skill Practice

Written by Terry Moore

Set Up



15 mins



8 players



3 balls



12 cones

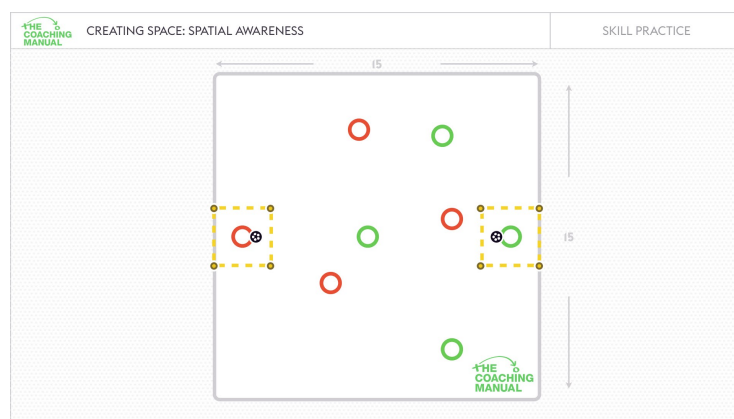


15x15 area

2 x teams of 4 players and each team have an end player in a square. Teams have a ball each and attempt to pass and combine from one end player to the other end player, playing through spaces and opposition team.

Key Coaching Points

- Movement to create space for self or team mate
In order for players to create space, they may have to try 3 different moves to get away from the defender. Exploiting the space left by teammates is a way off creating space to receive the ball.
- Rotate positions
Movements towards and away from the ball in order to create space. Players should feel free to change positions in order to create space.
- Runs to lose a marker
The movement to lose the marker has to be at different speeds, for example, movement away from the ball slowly then check quickly into the space to receive the ball. If the player is running at one speed this is very easy to defend against.



Practice Animation

Make it easier:

1. Only play 2v2 in the middle and have 4 targets
2. Make the area bigger

Make it more challenging:

1. Limit the amount of touches to speed up the play
2. End player has to play the ball back in 3 seconds or 1/2 touches (this will make the movement to create space vital)

Spatial Awareness to Receive and Play to Targets 2v2 Practice

Written by Terry Moore

Set Up



15 mins



8 players



4 balls



4 bibs



8 cones

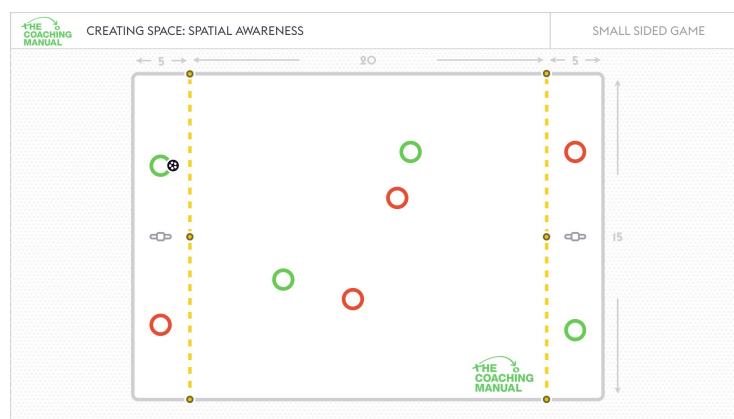


20x15 area

2 x teams of 4 players. Each team has a target player at each end and 2v2 in the middle area. Teams attempt to pass and combine from one end player to the other end player, playing through spaces and opposition team. If opposition win the ball they play from their target players. Rotate roles of players.

Key Coaching Points

- Receive on the half turn to play forward
In order to receive on the half turn the body shape has to be correct. Players should not be square to where the pass is coming from. The open body so a player can see the whole pitch. When receiving on the back foot the player should look to receive with one touch then play with the front foot with their second touch.
- Create and complete "triangles" to pass & combine
A triangle creates 2 passing options for the player on the ball. This will also provide opportunities to split defenders and play a penetrating pass.
- Movements to receive
Slow defenders down to then accelerate and receive the ball. Short sharp movements to push away from the defender to create a passing line.



Practice Animation

Make it easier:

1. Start with a 2v1 overload in the middle

Make it more challenging:

1. Remove target players and place goal and GK at each end and play 3v3 or 2v2 with floating players.