

TOPIC: Creating Individual Space

Key:

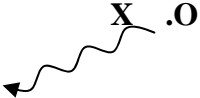
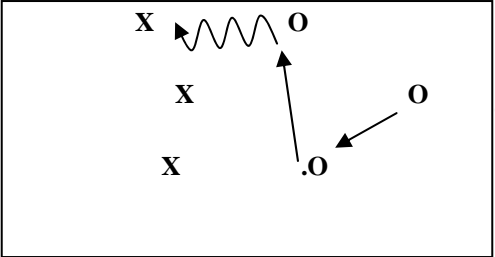
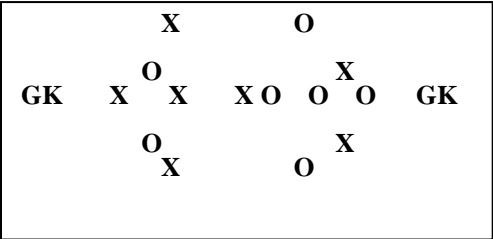
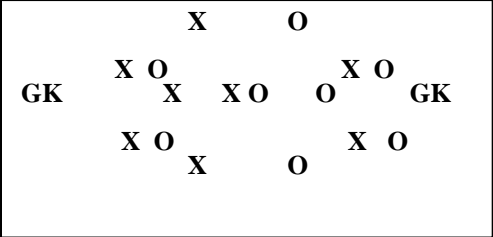
Running without the ball 

Running with the ball 

Pass 

By John Curtis

MYSA Director of Coaching and Player Development

<u>FUNDAMENTAL WARM-UP</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
<p>T</p>  <p>T</p>	<ul style="list-style-type: none"> • Three groups of 4 playing 1v1 to targets in 20 x 15-yard areas • One group of 6 playing 2v2 to targets in a 20 x 15-yard area • Play to 5 goals and rotate players 	<ul style="list-style-type: none"> • Losing a defender • Balls to feet or to space • Deception in losing a marker • turning away from pressure • early passing vision
<p><u>MATCH RELATED ACTIVITY 2</u></p> 	<ul style="list-style-type: none"> • 3v3+2 line soccer in a 20 (length) x 25-yard area (be wary of this space!) • Three players from each team on the field plus one at each end. Each player matches up with an opponent. No touch restrictions • Players dribble over the end line to score. Player on each end is a “starter” and support player. • Play to four or five and rotate one player. 	<ul style="list-style-type: none"> • Creating width and depth • Diagonal and vertical movements • Checking • supporting movements
<p><u>MATCH RELATED ACTIVITY 3</u></p> 	<ul style="list-style-type: none"> • 7v7+2 GK's with low pressure defending from behind half • Allow counter-attacks. 	<ul style="list-style-type: none"> • Patient build-up or rapid counter-attack Pass selection • playing with back to goal • Support • Maintaining “some” defensive balance
<p><u>MATCH CONDITION GAME</u></p> 	<ul style="list-style-type: none"> • 9v9 free play, Teams play 2v4v2, GK makes game from back 	<ul style="list-style-type: none"> • Pass selection • Rhythm of play • playing against a marking opponent Support • maintaining defensive balance • Mobility • Creating space in MF to play from GK