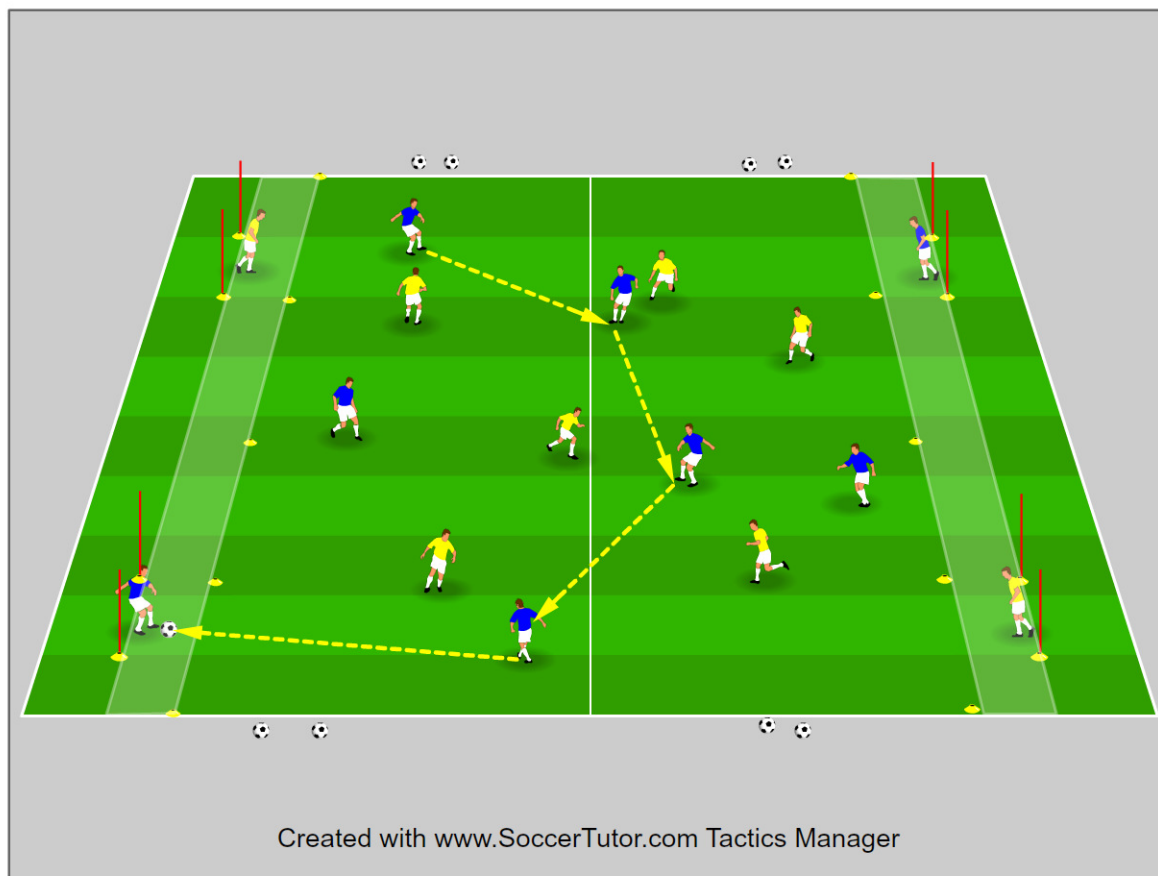


Iain Dowie - Encouraging Movement off the Ball - SSG 1



<b>Date:</b>	19/Dec/2011	<b>Measurement:</b>	60 x 40 Yards
<b>Time:</b>	N/A:N/A	<b>Players:</b>	17
<b>Duration:</b>	15	<b>Level/Age Group:</b>	U11 - 18+

**Description:** This practice was observed by Coach George, from SoccerTutor.com who sponsored Iain Dowie's session.  
6 v 6 + 2 Target players for each team. 1 goal is allocated for 6 consecutive passes. An additional goal is also allocated for passing to a target player who's on the same team and positioned within the end-zone between the gates. Players can also use the area behind the gates. Condition - two touch only. Change target players after period of time.

**Objective:** To develop movement off the ball

**Coaching Points:**

1. Create space from outside the field to in and also in to out. This takes marker away so team-mates can exploit space in middle and attacking areas of the field.
2. Player body shape and positioning - Players should be on the half-turn as much as possible. This makes it easier to receive the ball, identify space and awareness and also provides more playing options.

**Progression:**

1. 8 passes to score
2. All touch
3. See Iain Dowie - Encouraging Movement off the Ball - SSG 2



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Diagrams were created using [www.Soccertutor.com](http://www.Soccertutor.com) Tactics Manager Software  
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