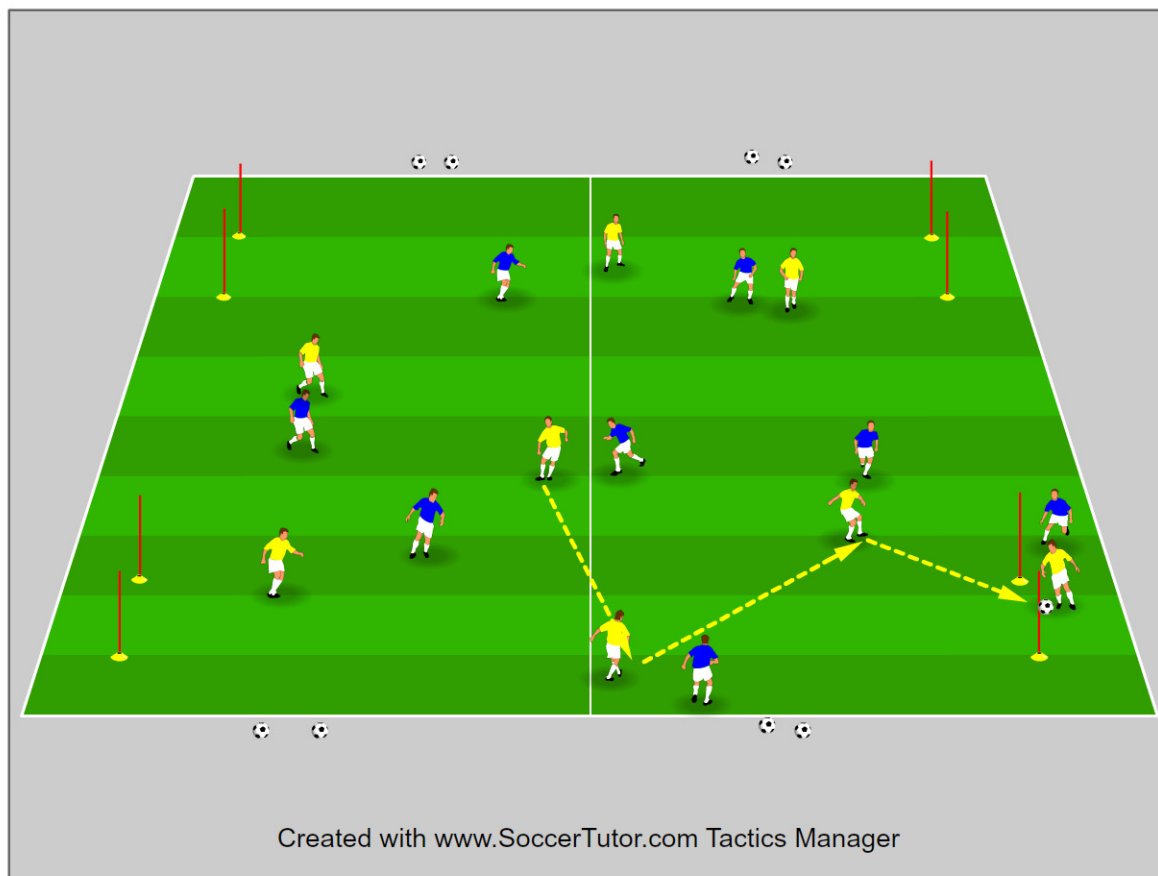


Iain Dowie - Encouraging Movement off the Ball - SSG 2



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

Description: 8 v 8 with 4 gates. 1 goal is allocated for 8 consecutive passes with 3 touch condition. An additional goal is also allocated for passing to a team-mate through any of the 4 gates.

Objective: To develop movement off the ball

Coaching Points: 1. If a player is in space then STAND STILL - You dont have to move to create space if you are already in space and in a good position. 2. One-touch play is good however too much of it and sometimes you cannot see the forward pass. For example if there is no pressure on the ball then you dont need to play quick one-touch, hence why players will not see a forward pass or even run forward with the ball. 3. Sometimes players run towards the ball which closes the space down 4. Pass to safe side of player which is the side away from opponent 5. Communication - Give good info to team-mates, i.e. time or turn.

Progression: 1. See Iain Dowie - Encouraging Movement off the Ball - SSG 3



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