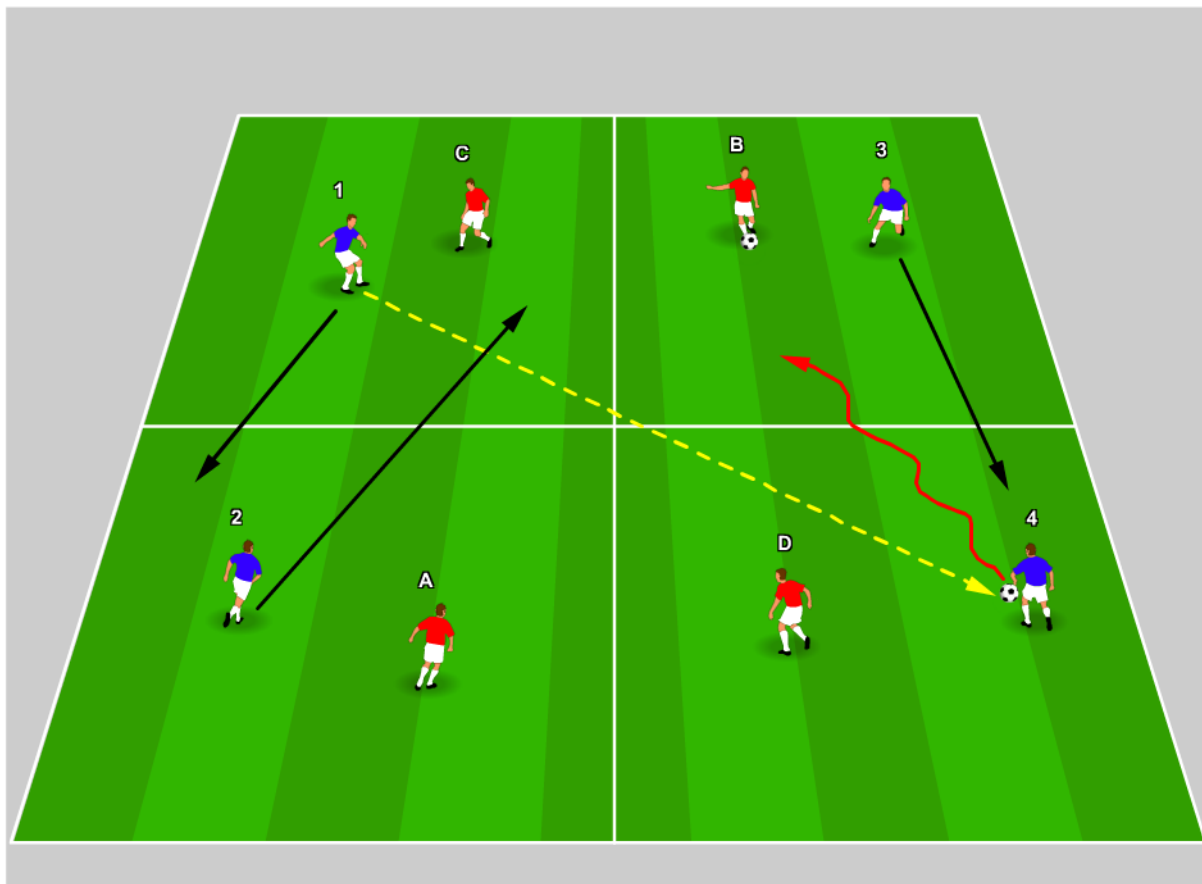


Improving Awareness of Spacing and Movement off the Ball



Date: 17 Aug 2010

Measurement: 20 x 20 yds

Time: .

Players: 8

Duration: 15

Level/Age Group: 8 years and older

Description: Use 2 balls at a time for each group. Player 1 passes to player 4 who runs with the ball into another zone. This forces player 3 to change zones. 2 moves up a zone forcing 1 to move down to keep the balance between all four zones. Players need to look around and find a space to go in. If an area is free a player can go into it. This is designed simply to get players appreciating how to find space in an area and can be used as a useful warm-up.

Objective: Improving Awareness of Spacing and Movement off the Ball

Coaching Points:

1. Quality of passing - accuracy, pace and timing
2. Support positioning - movement off the ball after passing and to get in position to receive
3. Observation and identification of where space and teammates are to pass to or receive from or to move into space to help the player on the ball pass to another

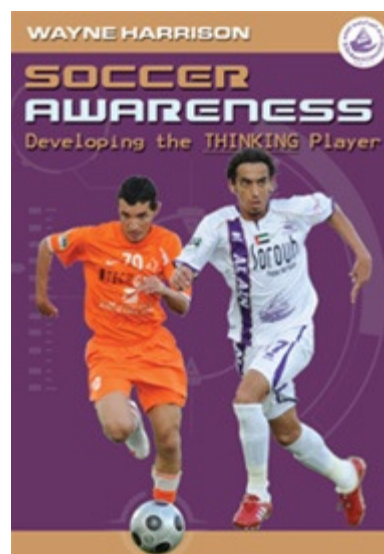
Progression: 1. Progress with 6 zones, 12 players with 2 in each zone. This creates more potential movement from the players due to more choices of area to move into. Observation has to be sharpe here.

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