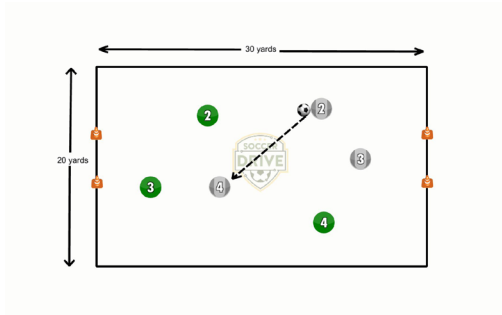




ATTACKING SPACE

AGE LEVEL: U10 TIME: 60 MINUTES

PRACTICE PLAN



3 VS. 3 PLAY

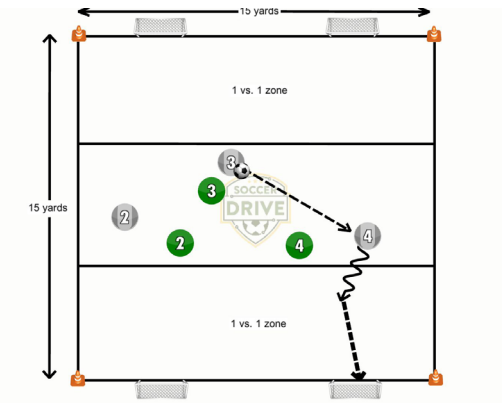
TIME 10 minutes

SETUP

- » Create two 30x20yd fields with a 2yd goal on each endline.
- » Divide players into four teams and play 3v3. Play three-minute games, and rotate teams after every game to play a new one.
- » Encourage the teams to keep score, and try to beat each team they play. If you have less players, play 2v2 or 3v3.

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



1 VS. 1 ZONE

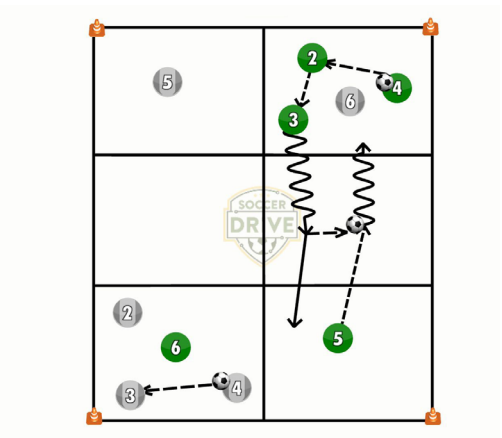
TIME 10 minutes

SETUP

- » Make a 15x15yd field with a 5 yd endzone on each end. Make two 2yd goal on each endline.
- » Play 3v3 - A team can only score if they dribble into the 1v1 zone. Once in the zone, they can shoot on one of the small goals, but it has to be within two touches of entering the zone (1 touch if your players are stronger ability)
- » Only one player can enter the 1v1 zone. No additional attackers, and no defenders may enter.
- » The attacker must dribble in to the 1v1 zone and can't receive a pass in there.

COACHING POINTS

- » Big touches vs little touches (keep ball closer to your body when attacking a player 1v1, and take longer touches when exploding into space behind them)
- » Introduce different moves to beat an opponent 1v1.
- » Take first touch after beating a defender in behind the defender to cut off their path of retreat.
- » Dribble into space as soon as you can.



DRIBBLE INTO SPACE

TIME 10 minutes

SETUP

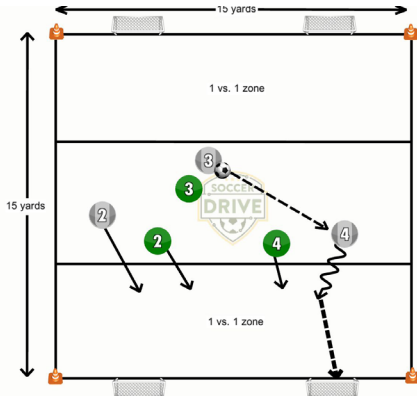
- » Set up field as shown. Each box is 8x8yds (bigger or smaller depending on ability)
- » Play 3v1 in each corner, with one attacking player in the other corner.
- » Once the attacking team complete 3 or more passes (depending on ability), a player can break out of the 8x8yd box and run with the ball to the center area. The waiting player takes the ball from the dribbler in that box and heads back to the 3v1 area where the 3v1 resumes.
- » Play for 1 minute and then switch defender in the center.
- » Attacking teams get a point for each "handoff" in the center area they can do before time runs out.

COACHING POINTS

- » Opening of body to take a touch into space when available.
- » Speed of first touch into space after the required number of passes.
- » Speed of dribbling into space to "handoff" ball in center zone.



ATTACKING SPACE



1 VS.1 ZONE + DEFENDERS

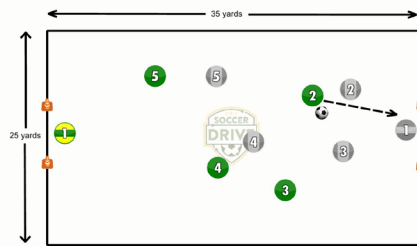
TIME 10 minutes

SETUP

- » Same set-up as 1st activity.
- » Make a 15x15yd field with a 5 yd endzone on each end. Make two 2yd goal on each endline.
- » Play 3v3.
- » A team can only score if they dribble into the 1v1 zone. Once in the zone, they can shoot on one of the small goals, but it has to be within two touches of entering the zone (1 touch if your players are stronger ability).
- » In this version any one can enter the 1v1 zone once a player dribbles into it (defenders and attackers).

COACHING POINTS

- » Speed of attacking space behind defenders.
- » Shooting on goal quickly when space exists.
- » Dribbling behind defenders to cut of angle of retreat when beating them 1v1.



5 VS. 5 SCRIMMAGE

TIME 15 minutes

SETUP

- » Play 5v5. If your numbers are short, decrease size of field to 30x20 and play 4v4.
- » Cones for goals are 5yds wide and use goalkeepers.

COACHING POINTS

- » None! Just sit back and let them play.
- » Place a few cones down to divide the field into thirds to mark the 'Build-out Line,' and show them what they need to do when the GK has the ball.

END OF PRACTICE QUESTIONS:

Bring your players in for the last five minutes of practice and recap your session using open-ended questions.

- » When are wall passes successful? (in 2v1 situations, where there is space behind the defender to move into)
- » Why should the person playing the wall pass do it in one touch? (you need to take advantage of the space fast, otherwise it will disappear!)
- » When playing a wall pass, should you play to your teammates feet, or into the space in front of them? (depending on the situation, you usually want to play it into space in front of them so they don't need to slow down to receive the ball)