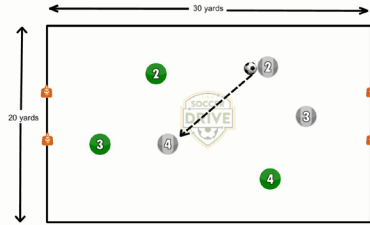




CREATING SPACE

AGE LEVEL: U10 TIME: 60 MINUTES

PRACTICE PLAN



3 VS 3 PLAY

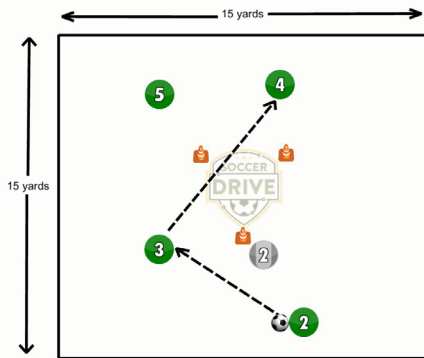
TIME 10 minutes

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.



TRIANGLE SOCCER

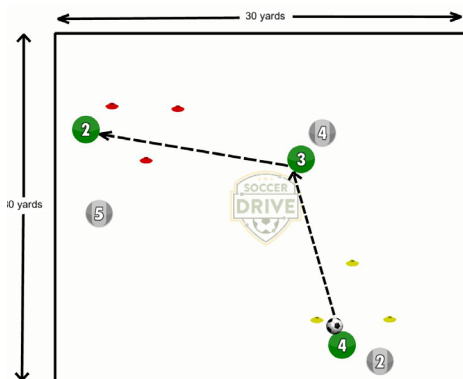
TIME 10 minutes

SETUP

- » Create grids that are 15x15yds each. Create an equilateral triangle with cones in each grid (about 2-3 yds per side).
- » Play 4v1 in each grid - The four players scores by passing the ball through the middle of the triangle to a teammate on the other side.
- » No one is not allowed inside the triangle, but players are allowed to run around it.
- » Play for 1 minute and see how many goals the attacking team can score. Rotate who the defender is and play again for a new score.
- » If the defender gets the ball, they can dribble outside the grid for a point.

COACHING POINTS

- » Attacking players need to keep moving to maintain angles of support for the person with the ball
- » Movement of the ball needs to be quick! If you take too many touches, the defender will close your opportunity to score!
- » Communication – both verbal and visual
- » Have fun! How many goals can you score?



TEAM TRIANGLE SOCCER

TIME 10 minutes

SETUP

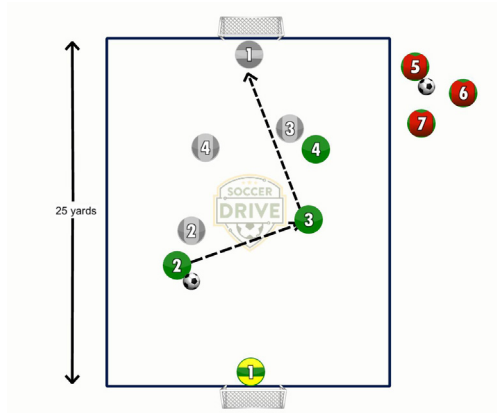
- » Play in a 30 x 30yd grid. Create two equilateral triangle goals (2-3 yds per side of the triangle).
- » Play 3v3 or 4 vs 4 in grid depending on numbers. Create extra grids as necessary.
- » Both teams play, and try to score on either triangle by passing through one side to a teammate on the other side. No players can enter the triangles.
- » Play for three minutes, see who won, and play again.

COACHING POINTS

- » Player movement is important. How can each player move to provide options for the person with the ball? Every time the ball moves, each player on the attacking team should be moving as well to take advantage of new space created.
- » Players need to open body when receiving ball in order to find options quickly.
- » Be dynamic and unpredictable!
- » Timing of run. Players should receive the ball while moving into space, rather than standing in a spot and waiting for the ball to come to them.



CREATING SPACE



BUMPER SOCCER

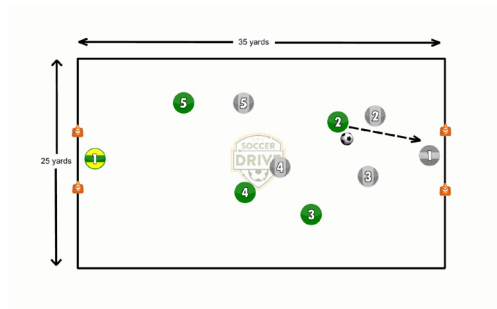
TIME 10 minutes

SETUP

- » Create a 40x30yd (depending on ability) field with goals on each end.
- » Make three teams of four players, with a goalkeeper in each goal.
- » Teams play 5v5 (their four players plus a goalkeeper), while the third teams split themselves to create two “bumper players” of each sideline.
- » Each team can use the bumper players to keep possession. Bumper players only get a maximum of two touches, otherwise the other team gets a freekick.
- » Bumper players can move freely on their sideline (and onto the endlines!)
- » Bumper players cannot shoot.
- » Play for 3 minutes, and switch the team on the outside.

COACHING POINTS

- » Same as above. Movement is key!
- » Try to look forward with a pass/dribble/shot first. Use the bumper players only if there isn't a better option to play forward towards the opponents' goal first.
- » Disguise and deception of runs off the ball is important! Try to make your first movement off the ball to confuse the defender, and change the direction/speed to make a 2nd run into the space you actually want the ball.



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.

- » Why is movement off the ball important? (because it create new angles for the person with the ball to play to you).
- » Does movement off the ball effect the defending team? (yes, your movement off the ball cause the defending team to constantly shift and change their organization to deal with new demands).
- » Why should we look forward with a pass/dribble/shot first? (because movement off the ball creates gaps in the opposing teams backline. The quicker we can find those gaps, the more likely we are to score).