



Finding the Gap

Category: Tactical: Penetration
Difficulty: Moderate

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Description

Screen 1

2 teams of 5.

Start with one ball for each team. They need to try to keep possession and try to play the ball to the end zones, with a player receiving inside the zone. *CANNOT GO INTO THE ZONE BEFORE SOMEONE PASSES*

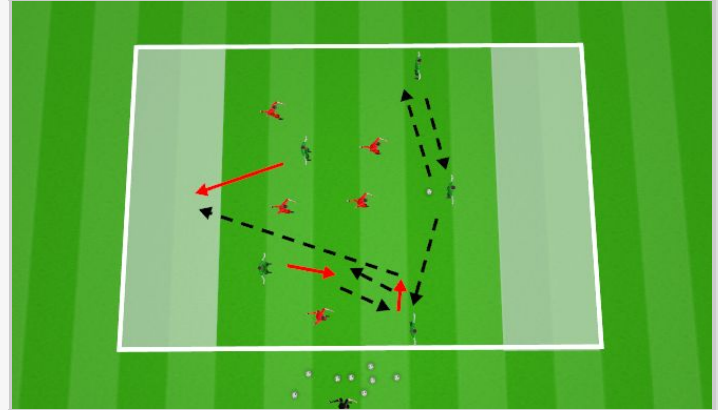
So they need to run on to the ball and receive inside the end zone.

Its a tight area, can we be patient and try to connect and find space and passing line to play through or behind.

Progression - Only one ball, one attacking team and one defending team.

Coaching points-

- Quicker ball speed
- Movement off ball
- One come short and one go high
- play through, behind or around
- 1,2 touches max



Screen 2

Blues set up as 1-4-2

1 centre back, midfield 4 and 2 strikers.

Reds set up as 4-2.

Back 4 and 2 mids and a GK.

Ball always starts with blue's CB. Blue will try to keep possession, try to connect and play through, behind or around the reds and score.

Reds defend the blues, if you win the ball, just pass back to blue's CB.

Coaching points-

- Be patient and try to create space to play through and behind
- movement off the ball. When one striker come down to get the ball, can the other striker run behind space and receive.
- Quicker ball speed, try to play one touch and 2 touches max.
- Communication and observation.



Coaching Practice Review and Reflection

How were you able to affect the individuals in the practice?

What can be done to make sure you have the same, or an even better, impact next time?

What's the main thing you can do to make the session even better next time?