

Description

3 very good sessions designed to promote movement ahead of the ball and creating space in behind defenders 20 mins per session

Screen 1 (20 mins)

Organization - two equal teams plus keepers if available - good supply of pumped up footballs in each goal

Field Set up - grid size width of the 18yd box to edge of the D before the halfway line - longer dependent on player numbers

Detail - normal game, but the team in possession of the ball cannot score until they play a wall pass (give and go) as demonstrated in screen 1 - the attacking player must isolate one defender and try to expose the space in behind the defender - if it's not possible to play a wall pass your team must keep possession of the ball until an opportunity for the wall pass arises - if the defending team win the ball back then another wall pass is needed before a goal is scored

Progressions - limit the touches of the outfield players forcing quicker movement off the ball - the player in possession must make a forward run after they have passed the ball regardless of where you are on the pitch - this forces players to think more positively about running forward after they have passed the ball

Competencies - football/spacial awareness of when the wall pass is on and when it's not - quality of technique when passing during the wall pass - playing the pass to the furthest away foot of the wall player - change of speed with the player trying to get in behind the defender



Screen 2 (20 mins)

Organization - same organization as screen 1

Field Set up - same set up as screen 1

Detail - same game as screen 1 - in this movement the team in possession cannot score until an overlap has taken place - this happens when a player runs past their teammate in possession of the ball on their outside shoulder - in the diagrams case over the right hand shoulder - the running player is now trying to exploit the space in behind the red defender

Progressions - limit the touches of the players in possession of the ball

Competencies - football/spacial awareness of when the overlap is on and when it's not on - timing of the run forward - it's very important not to run past the player in possession of the ball too early - better to go late and fast!



Screen 3 (20 mins)

Organization - same organization as screen 1/2

Field Set up - same set up as screen 1/2

Detail - the same rules apply as in screen 1/2 - now we look for a takeover before the team in possession can score - as in the diagram, the blue player in possession runs towards the teammate blue player - when they get very close the player in possession releases the ball for the new player to take the ball forward exposing the space in behind the red defender - this can happen in midfield areas as well as the wide areas of the field

Progressions

Competencies - the player in possession must shield the ball from the red defender allowing the new blue player the chance to get behind the defender - as always there must be a change of speed when the takeover happens



