



FINDING THE GAPS

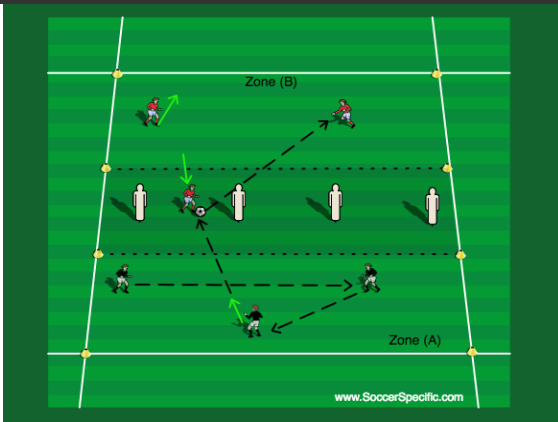
Date: **Sep 17, 2018**

Duration: **1:10**

Team: **SoccerSpecific**

Intensity: ● (6/10)

Category: **Tech / Tact, Tactical**



Setup: Two groups of 3; Playing area divided into 3 zones - (A), (B) and Central. Central Area has 4 mannequins / sticks to represent Opponents.

Instructions: PASSING WARMUP - FINDING THE GAPS

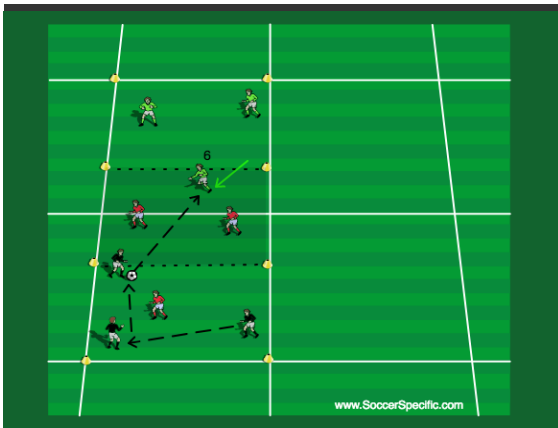
Players pass + move in their designated area; after 6-8 passes they must look to pass to a player arriving into the Central Area / Behind the Opponent line. Player receiving ball must half-turned in order to turn quickly and continue passing to his teammates in the opposite end-zone. Play is continuous.

Coaching Points: Find the space 'between the lines' of opponent.

Recognise the moment to move to the central zone - arrive + move in the zone while constantly looking over shoulder to scan playing area.

Recognise the moment to pass to the central player: passing players must also keep eyes 'up' to scan the playing area.

1



Setup: Three grids of Approx. 10x10 - 12x12 are organised side by side as shown. Three groups of 3 Players.

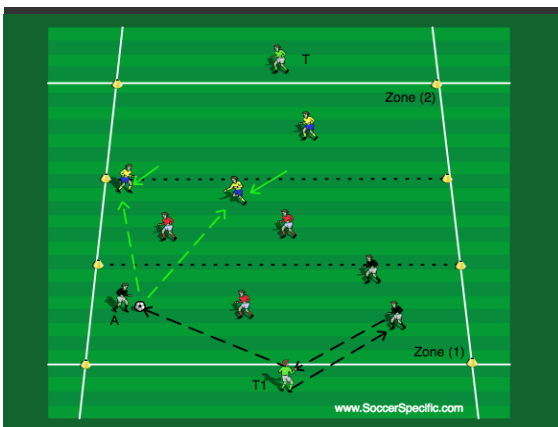
Instructions: POSSESSION: DECISION MAKING / ORIENTATION /

AWARENESS - Three players (Black) maintain possession in a 3v1 situation vs the Red Defender; the objective is to move the ball through, around the central Red Defenders to the opposite grid (Green) players. One Player can enter the next grid to offer support - in the Diagram; Player #6 Green has entered the Central grid to offer support. Players must recognise if they are pressed, where are the passing options etc. Activity is setup to develop good awareness and decision-making in confined spaces. Play is continuous; any errors - Defensive team changes.

Coaching Points: Possession: Can we play around, through the opponent? Where is the pressure / where is the space? Orientation + Awareness to receive passes between the lines - half-turned / eyes always scanning + processing. Confined spaces = quick decision-making and execution: 1 + 2-touch play required.

2

🕒 3x2min 📄 Shown



Setup: Three Groups of 3 + Two Target / Support Players (T). Playing area divided into 3 zones - (1), (2) and Central.

Instructions: RECEIVING BETWEEN OPPONENT LINES: Play begins with a pass from (T1) to any of the 3 Players in Zone (1); This creates a 4v1 situation - One Defender (Red) must attempt to disrupt the passing of the possession team. Objective is to find the correct moment to pass forward into the Central Zone to (Yellow) Player moving behind the opponents in Central area. If Yellow receives they must turn quickly and pass to the opposite Target Player (T2); Play then continues in the opposite direction. *If Defenders (Red) intercept pass - roles reverse.

Coaching Points: Timing of movements to arrive behind opponents in Central area. Possession group: Recognise the moment to pass to checking player. Receive in 'half-turned' body position to quickly turn in front.

3

🕒 8-12min 📄 Shown



FINDING THE GAPS

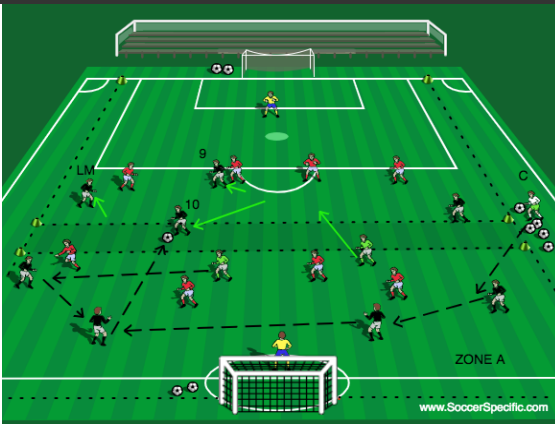
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4

Setup: 18 Players split into 8v8+2 'Neutral' Players (*Free players are Central Mid Players who play for team in possession). 4m wide central zone is created as shown. Other players organised in positions.

Instructions: FINDING THE GAPS: Play starts with a pass from the Coach (C) to the Buildup team (Black in Diagram)

The buildup team can utilise the Neutral Players - this creates a 6+GK v 4 in Zone (A). Players must look for opportunities to play forward into the central zone - teammates arriving in the Central zone unopposed; Free players now move to the other side to create the 6v4 to goal. *Next ball starts with Coach (C) or Goalkeeper each time. Progression (1) Allow one Fullback to advance to create bigger advantage in attacking half. Defending team can attempt to score on winning possession. Change roles after designated time - Red team now attacks.

Coaching Points: Be patient while quickly circulating the ball - but always look forward to penetrate. Timing / Angle of advanced players to arrive in Central area / behind opponents line. **In the Diagram the Striker #9 has blocked the near-side Central Defender; this has created an opportunity for the #10 to drop into the space to receive a vertical pass from the Central