

U12, 14 and 19 Game of the Week

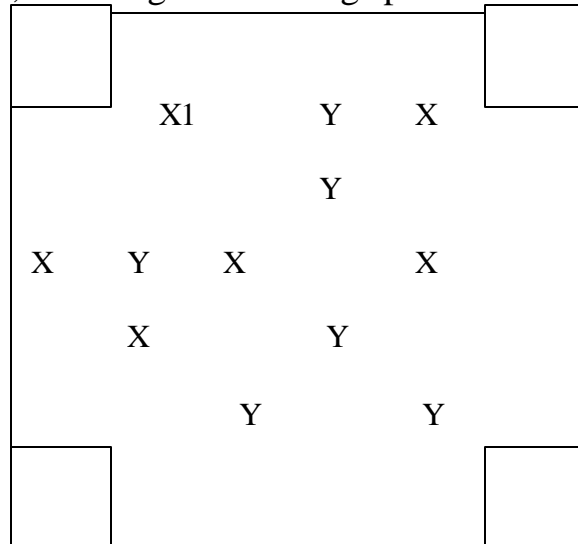
“Creating Space”

Purpose

To develop support, running off the ball, dribbling and creating space.

Organization

Set out a 30 x 40 yard area. Create a 5 x 5 yard square in each corner of the grid. Play 6 v 6 within the confines of the area.



Game Objective

Player one starts with the ball. His/her team can attack any one of the 4 squares. To score a goal you must dribble the ball into one of the squares and stop the ball. No defender is allowed in the squares. Once the ball is stopped, the other teams takes over and attacks the other 3 areas.

Progressions

- Change to goals on opposite diagonals (top right and bottom left of the diagram) thus encouraging players to switch the direction of play.

Key Coaching Points

- Look at the spacing of the players – are the passing distances allowing defenders time to recover?
- Are the players away from the ball taking the initiative to create space?
- When you get the chance to dribble the ball, you take it.
- Are the players turning to open up the field.
- When to dribble when to pass.
- Look for a quick long pass to someone completely open by a square.