

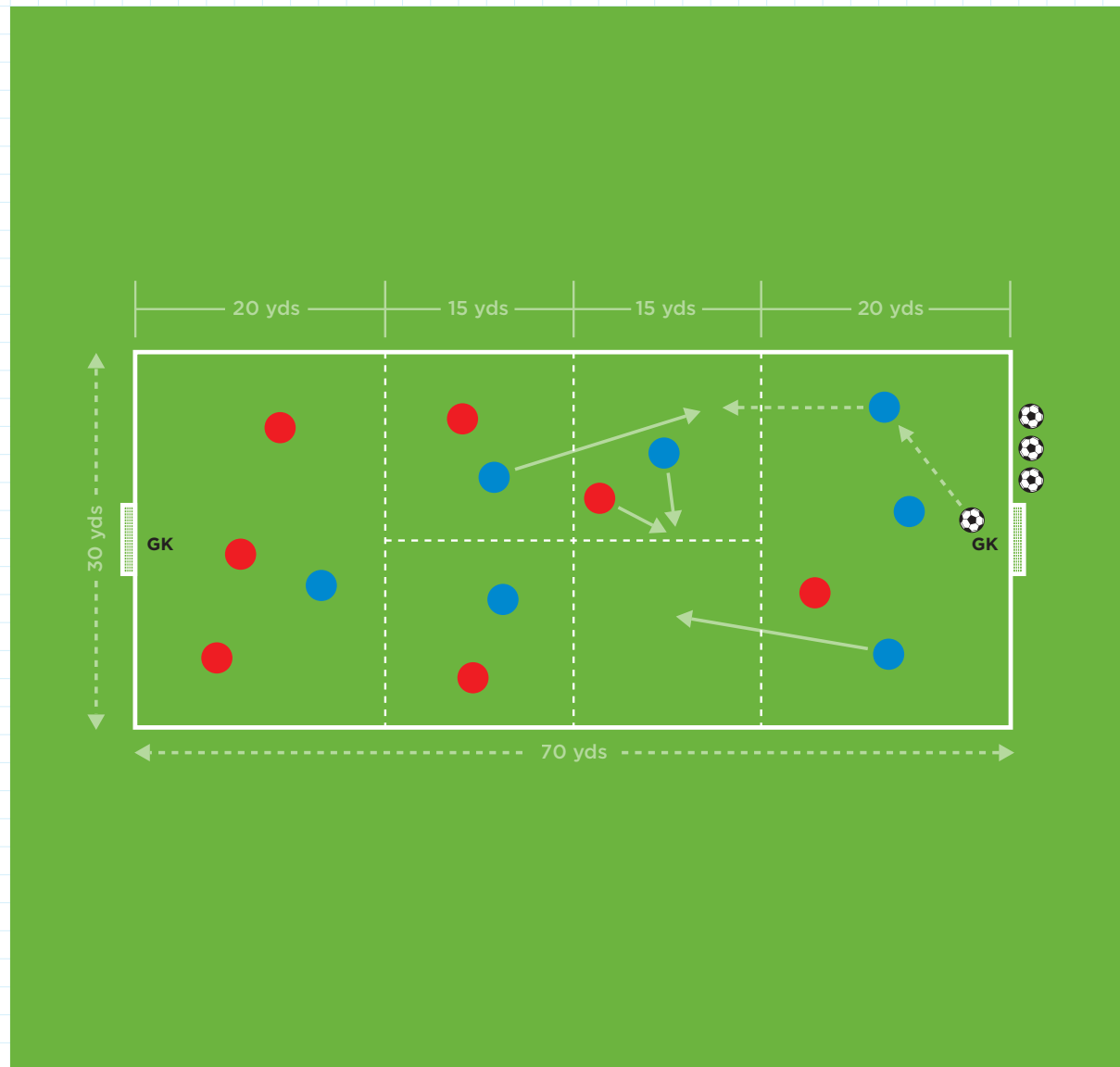
Exploiting space in midfield 2

Practice organisation

- Area 70x30yds, with appropriate size goals at each end, as illustrated.
- 16 players (incl. 2GK's), working as 2 teams 8v8, supply of balls by goals.
- Teams are structured 3v1 in each end zone & 3v3 in mid zone.
- Practice starts with: GK rolls ball-out to Attackers, who look to build play through midfield.
- A can move into MF to create 4v3 in mid zone.
- A's can pass back into end zone using back players as outlets for support.
- If Defenders gain possession: they can move one back player up into MF, with the additional A retreating.
- This establishes 4v3 situation for D's.
- A's can move MF's into end zone to support CF, but defending MF's are restricted to mid zone.
- When play goes dead: arrangements return to original.

Detail

- Area modified, depending on age & ability of players.
- Dispersal by A's when in possession: when & how.
- Retention of possession in middle third to advance play.
- Support positions & quick accurate passing of ball.
- How to release a player from middle third of pitch into attacking area using passes to space.
- A's ahead of ball showing to receive.
- Quick support for any A receiving ball.
- Clever individual play by the lone striker.
- Simple progressions for this practice are:
 - Try to produce a strike at goal within 10 seconds of entering middle zone.
 - On winning ball: D's try to counter-attack to produce a strike at goal within 5 passes.



Key coaching points

- Team in possession work-on when to create space as a team.
- Recognition & exploitation of space in mid third of field to set-up attacks, moving into end third
- Moving appropriate back player to support MF.

Attacking when opponents are 'in balance'

Age group
12-16 years