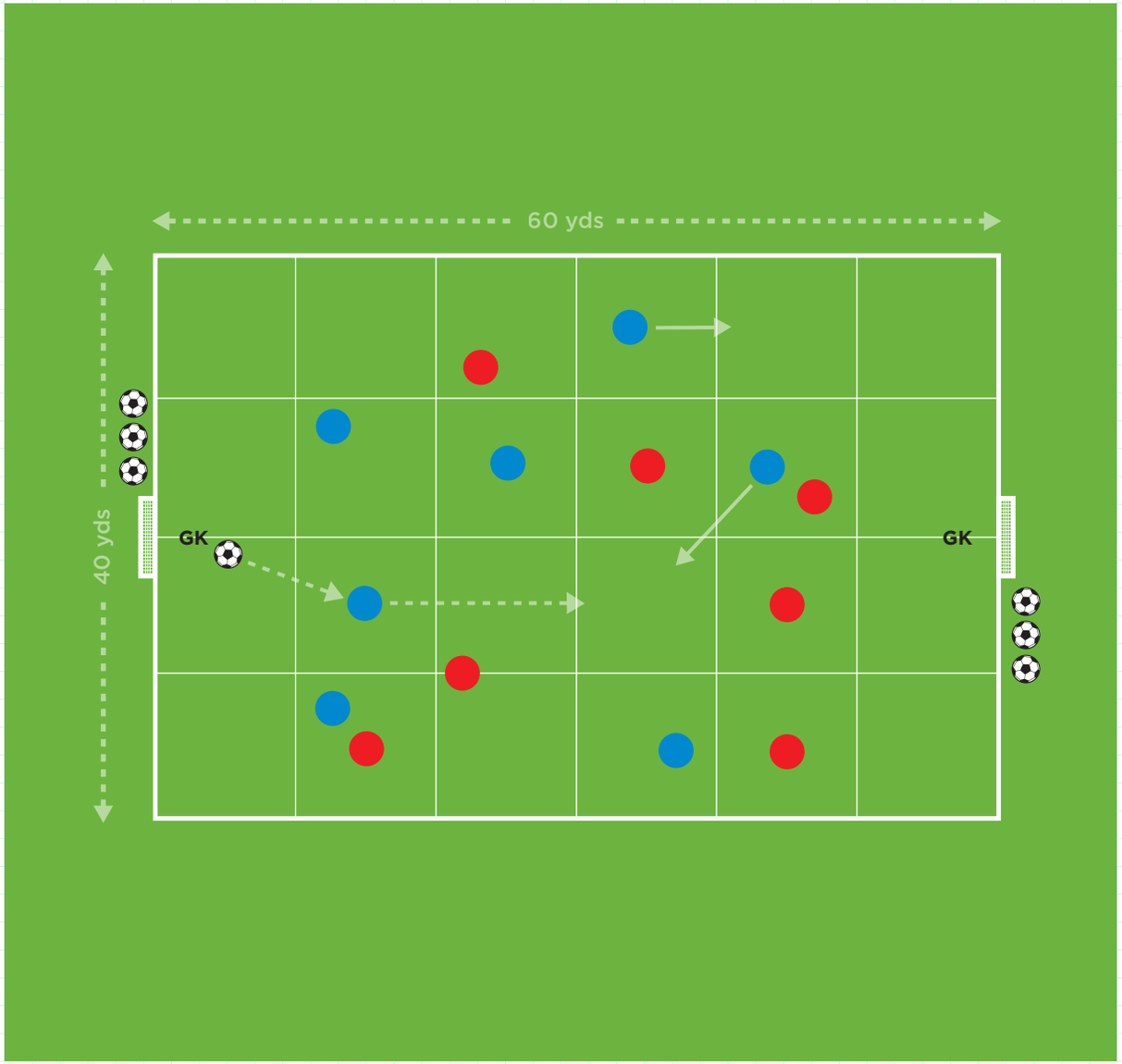
Exploiting space in midfield 1

Practice organisation

- Area 60x40yds, marked in 10x10yd grids, with appropriate size goals at each end, as illustrated.
- 16 players (incl. 2GK's), 1 ball.
- Small-sided game 8v8.
- Practice starts with the ball being rolled-out by GK to a team mate in defensive third.
- Objective of game is to score goals by passing through opposition, whilst keeping ball below head-height.

Detail

- Challenge: Try to receive the ball & play forwards, or if this is not possible, pass to a player who is in a position to do so.
- Constant & considered movement into receiving positions & observation of other players' movements.
- Pass quality to feet or to space & the encouragement of clever, disguised passes when appropriate.
- Encouragement of a variety of passing skills using both feet & different surfaces.
- Simple progressions for this practice are:
  - Divide area into equal thirds (retaining the 24 grids) & define challenges for players, as follows:
  - In defending third: team in possession may stand in a square to receive ball.
  - In mid third: team in possession may stand in a free square to receive a pass or move into a new square to receive.
  - In attacking third: players may stand in a free square to receive a pass or move to another square within attacking third to receive.



Key coaching points

- Players to look for spaces to exploit.
- Create space for team mate to exploit.
- Place changing to unbalance opposition.
- Deal with opponents entering into grid