

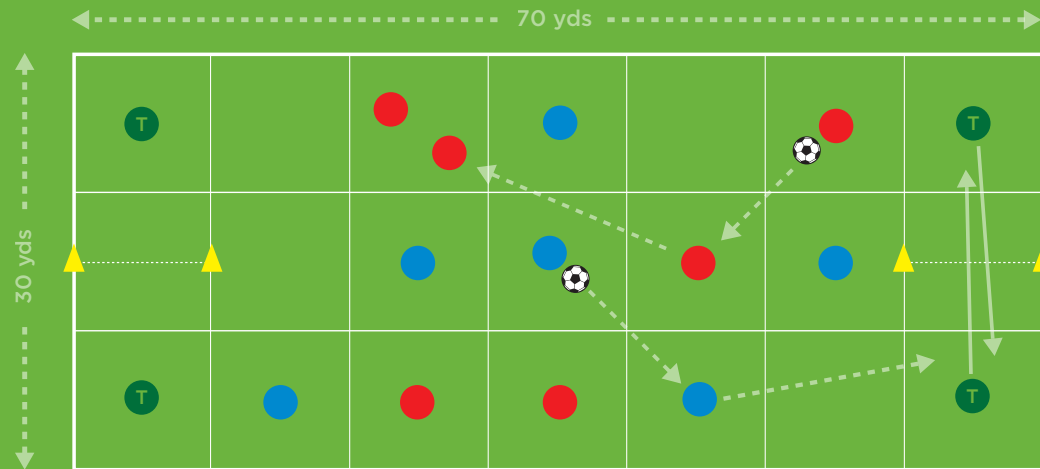
# Spreading out to maintain & exploit space

## Practice organisation

- Area 70x30yds, marked in 10x10yd grids, as illustrated.
- 16 players, 2 balls.
- 2 groups of 6 players in main gridded area, plus 4 Target players - 1 in each sector of the split end zones.
- Practice starts with: each team has a ball & the objective is to pass through main area to eventually play unopposed into a T, moving in the end zone.
- 1 player only allowed in each grid, in main gridded area, to maintain spacing.
- If 2 players arrive in the same grid, they may only play 1 touch & move-off.
- In end zones: T's move in & out of split sectors to create space in which to receive passes.
- Play resumes in opposite direction, from T's.

## Detail

- Awareness of other players' positions & movements.
- Variations in types & speed of passes to supply team-mates.
- Encourage invention & unusual passing skills.
- Encourage quick sequences of 1 touch passing if possible.
- Understanding where 1st. touch may be directed according to space & time available.
- Simple progression for this practice is:
  - Set challenge for each team to play from end to end as many times as possible in 1/2 minutes (coach/players decide) - to encourage speedy but accurate passing & support play.



## Key coaching points

- Challenges for players include:
  - Varying passes & engaging team mates through MF areas.
  - Maintaining good spacing to provide passing options.
- Timing & nature of movement off ball to support passer.
- Understanding where to move-to next.
- Strikers timing their movement to link-in with advancing support players.

Attacking when opponents are 'in balance'

Age group  
12-16 years