



## Awareness Warm Up 10 minutes

**Assess numbers to split.**

**If you have the full 9 players, join and set up as shown.**

**3 opposing lines with 3 balls in play. Reduce to 2 lines with 2 balls in play if numbers require.**

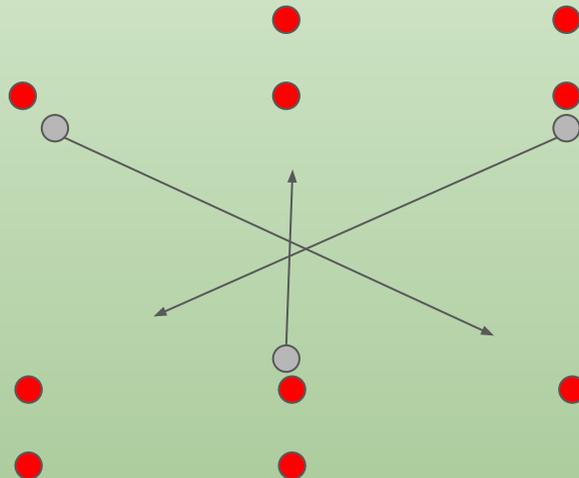
**Players can pass to any open player in any line. Follow your pass to that line.**

**Head up, eye contact, communicate. How long can you keep the passes going without losing any one ball?**

**Progressions;**

**Dribble into grid on first touch before looking for pass.  
Target number of passes, called out by players, in a set time.**

**Receive only on weak foot, how do you have to shape your body?**





## Identify Create and Exploit Gaps - 15 minutes

Arrange according to number of players, 4v4, 3v3 etc.

Target player outside grid or play to small goals.

Emphasis on finding and exploiting gaps to dribble, run, shoot or pass through.

1v1s, possession, support and communication.

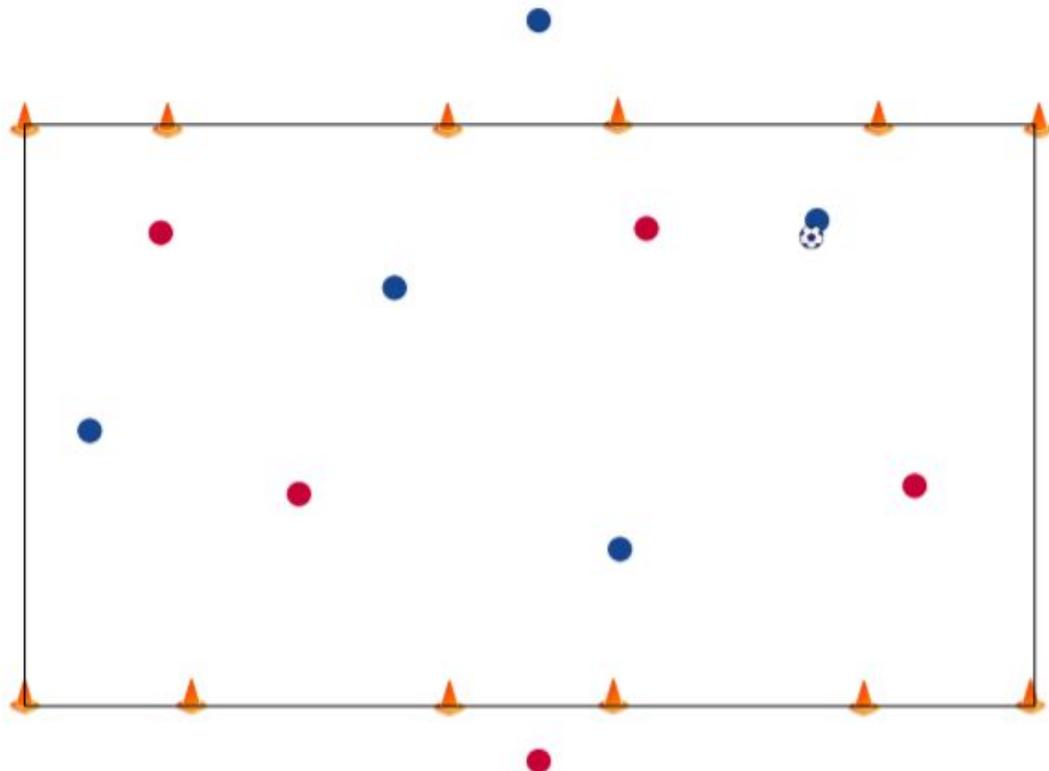
Coaching points;

How do you create a gap? - **Move the ball or yourself to move a defender**

How do you support a player who has the ball? - **Behind, to the side, in front**

How can you communicate effectively? - **Communicate to allow action, "Split, Support, Through, Square"**

Progression - # of passes prior to scoring, identify target player, must touch the ball before scoring.





## Overload to create gaps- 20 minutes

5v4 or as per numbers

Player in end zone cannot enter to attack.  
Red outnumber Blue.

How do you position or move to allow Gaps or Space.

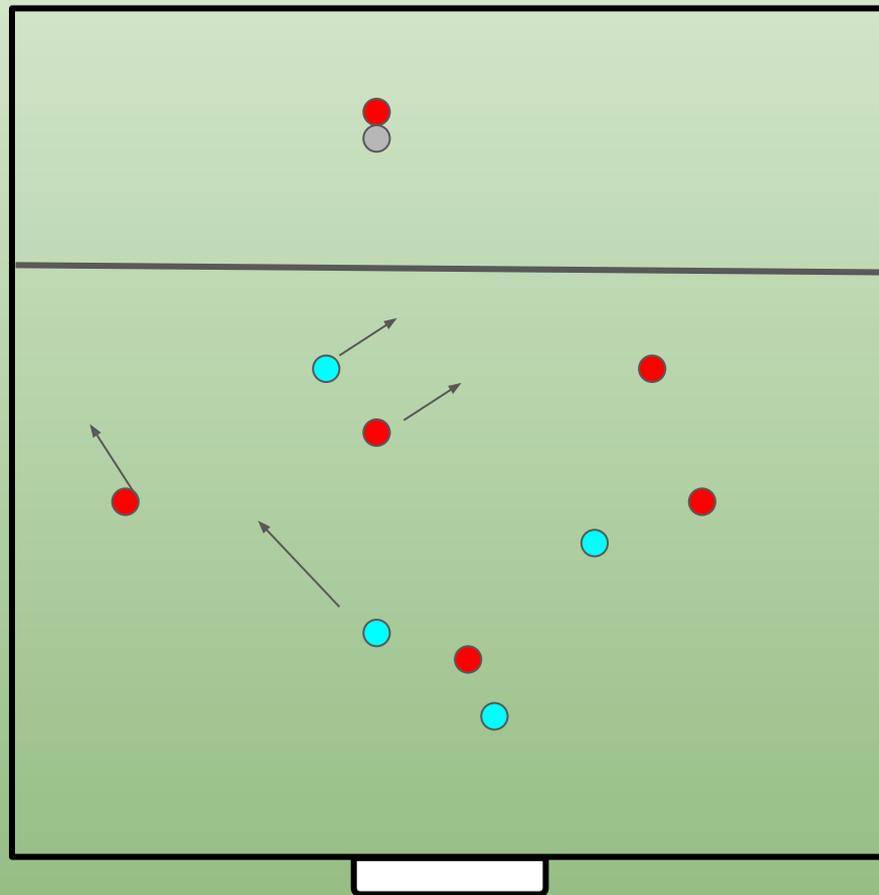
Receive and look to score.  
Dribble, Pass, Shoot or move to draw defenders to create the space for a teammate to receive.

### Coaching points

- Where is the space?
- How do we use it?
- How do we create it?
- When do we create it?
- What communications are needed?

### Progressions

Allow defender to enter and pressure first pass.  
Allow player in end zone to switch out when the pass in.





**PLAY**