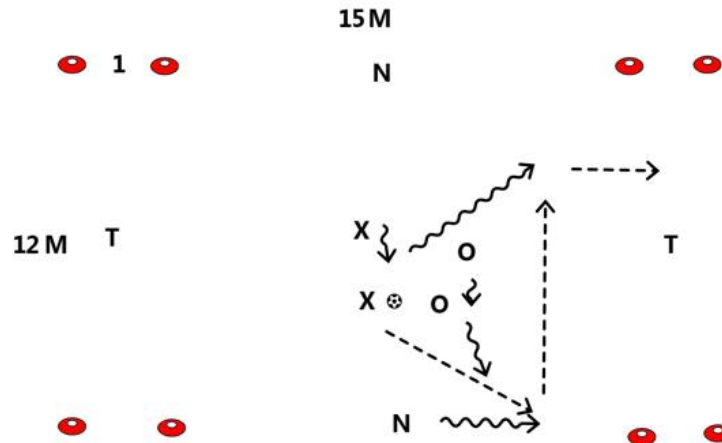


## Soccer Training Activity

**Topic:** Creating Space

**Purpose:** Create space to get past defenders



### **Organization:**

- Are of 12 x 15 M
- 2 attackers, 2 defenders, 2 target players, 2 neutrals

### **Rules of Play:**

- X play left to right with the aim of passing to target player
- N(eutrals) occupy either side line
- X shift play to either neutral side. X with ball dribbles in direction of neutral and second X moves in same direction. Os shift to same side to challenge/cover Xs
- This creates space on opposite side
- Second X turns and runs into the created space and receives pass from Neutral and then passes it into end zone to T(arget) player.
- Target player now plays to O who try to play ball into opposite end zone (playing right to left) using neutrals to create space
- Rotate Target/Neutrals with X/O every 5 minutes

### **Coaching Points:**

- Players in possession can pass amongst each other so they need to be in constant movement and communication, not for the purpose of keeping possession but to get defenders to shift with them and creating space on the far side.
- Xs can also spread the field opening up space in the center
- Defenders need to communicate as to who challenges and covers. They may choose to occupy space which then allows more interplay between Xs, such as “give&go” past the lone challenging defender
- Neutrals need to move up and down with play creating passing angles from Xs
- Target players must move with play to be in position to receive ball.