

Topic: Movement off the ball

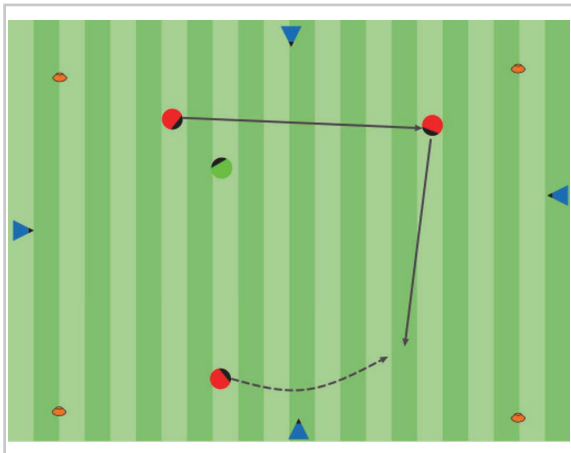
Objective: To gain understanding of where and when to move in possession of the ball

Player Actions: Dribble, Pass, Movement



Initial Play Phase - Play as the players arrive

In a 20x30 area, play 1v1, 2v1, 2v2 - up to 3v3 or 4v4 depending on numbers. Set up area prior to player arrival



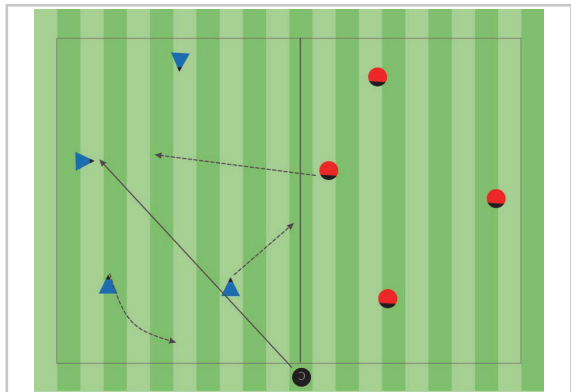
Objective: Introduce movement off the ball with limited pressure

Organization:

10 x 10 grid - two teams of four with one in the middle (3v1) and one on outside 3v1 - Player in the middle gets out by winning and playing to outside player Play for 1-2 minute games then switch teams

Coaching Points/Guided Questions

Where should you go?
When should you go there?
How can you anticipate that you may need to go there?



Objective: Movement off the ball with some transition

Organization:

28 x 12 yard grid split in half
Two teams of four in each half. When ball is played 2 defenders (1 to start) try to win it. When they do, play back to their grid.
Receive a point for number of passes - dictate number by ability of players to make it realistic

Coaching Points/Guided Questions

Where do we move?
When do we move?
How can we anticipate that we may win the ball?
If my team wins it on the other side, where would be a good spot to get to quickly? Bigger and longer for more time and space



Objective: Movement off the ball in the defensive half

Organization:

25 long x 35 wide
3v3 or 4v4 + 1 neutral player to two goals

Coaching Points/Guided Questions

Where and when to move
How many options should we have?
How many players will there be open no matter what if we have pressure? ONE
If there is no pressure, how do we make space for our teammates? Dribble

Final Play Phase - Scrimmage in a larger setting to bring out the topic.

Play as big as you are able with numbers you have

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next

4v4 7v7 9v9 11v11

Moment: When we have the ball or when we win it

