



Date: 10th Mar 16

Team: U18

Time: 1830 - 2000




Location: City Academy

OFF THE BALL MOVEMENT

Objectives

- Increase movement to create space
 - For player on ball
 - For potential recipients of ball
- Increase decision making required for defending team
- Correct body shape and position to optimise use of ball when receiving

Key

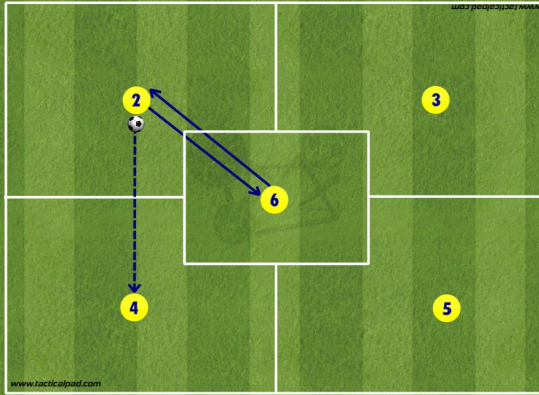
Indicator	Action
	Dribble
	Off Ball Movement
	Pass/Shot



OFF THE BALL MOVEMENT

Warm Up: 1830 – 1845
Pass & Move Grid

Date: 10th Mar 16
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Key Coaching Points

- Purpose to movement
 - How can I influence not the next pass(es)?
- Maintaining visibility of all options
- Body shape to enable to quick accurate distribution
- ALWAYS be ready

Instructions

1. Each player takes 1 of the 5 areas
2. Players pass amongst themselves
3. After each pass the passer must swap areas with another player

Progression/Regression

- Add another group(s) of 5 players to play simultaneously in the same areas

Setup

15x15 yards, 5 players, 1 ball



OFF THE BALL MOVEMENT

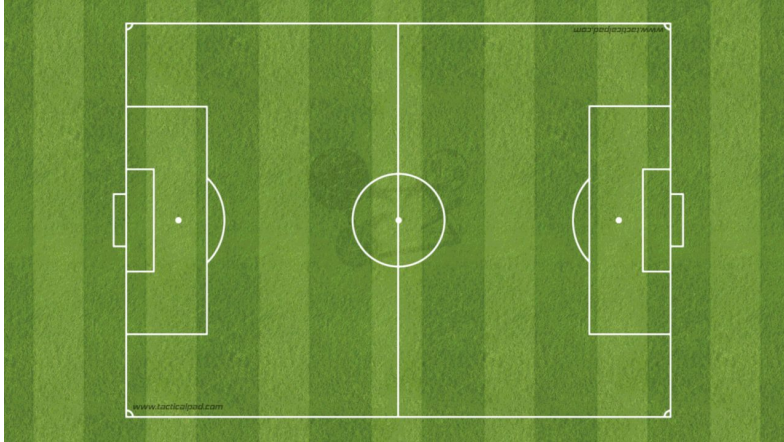
Scene Setter: 1845 - 1850
TBC

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Key Coaching Points

- None beyond setting the scene and clarifying the rules

The Scene

TBC

Instructions

TBC

Setup

TBC



OFF THE BALL MOVEMENT

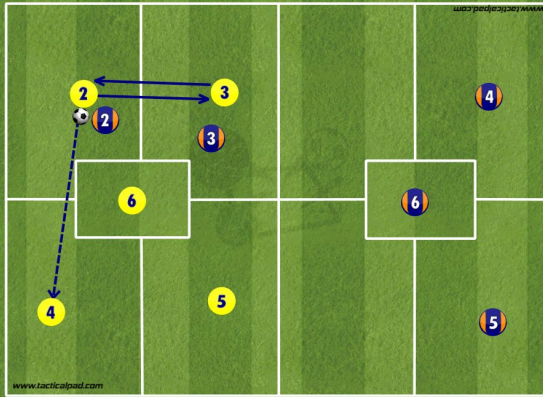
SSG #1: 1850 - 1915
Pass & Move Bank

Date: 10th Mar 16

Team: U18

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Key Coaching Points

- Maximise space
- How can I (negatively) influence the decision making of the defender?
- How can I (positively) influence the decision making of the player in possession?
- ALWAYS maintain vision of the entire game
- ALWAYS be ready

Instructions

1. Each Yellow player takes 1 of the 5 areas
2. Yellow Players try to retain possession whilst 2 Blue players try to win the ball
3. After each pass the passer must swap areas with another player
4. Game stops when either Yellows call "Bank" or Blues win possession
5. Repeat Steps 1-4 but with team roles reversed

Progression/Regression

- Remove "Bank" element and simply play non-stop transitions where defending team have to get the ball back to their half
- Varying the amount of defenders who can win back possession

Setup

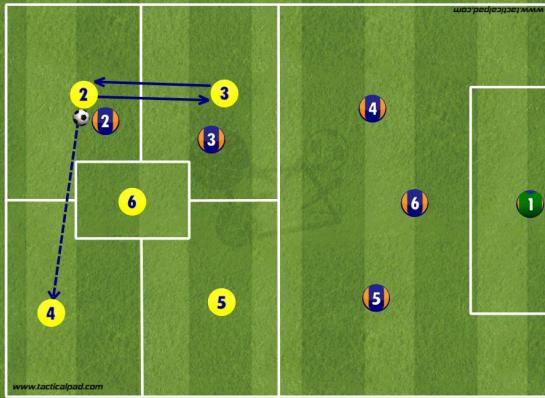
30x15 yards, 5 attackers, 5 defenders, 1 ball



OFF THE BALL MOVEMENT

SSG #2: 1915 – 1940
Pass & Move Grid To Goal

Date: 10th Mar 16
Team: U18
Time: 1830 - 2000
Location: City Academy



Key Coaching Points

- Use movement to exploit space
- How can I affect the most critical moment of this game?
 - Moving from 5v2 to 5v3
- Do I need to touch the ball to influence the outcome of the game?

Instructions

1. Each Yellow player takes 1 of the 5 areas
2. Yellow Players need to make 3 passes in the 5 grid area whilst 2 Blue players (5v2) try to win the ball
3. Once 3 passes are made the 5 Yellows can attack the other 3 Blues (5v3) who will be defending in the other half of the playing area – with the aim of scoring a goal
4. If Blues win the ball then score by getting the ball into the central area of the 5 areas
5. Repeat Steps 1-4 but with team roles reversed

Progression/Regression

- Varying the number of passes that attacking team need to make
- Varying the level of overloads

Setup

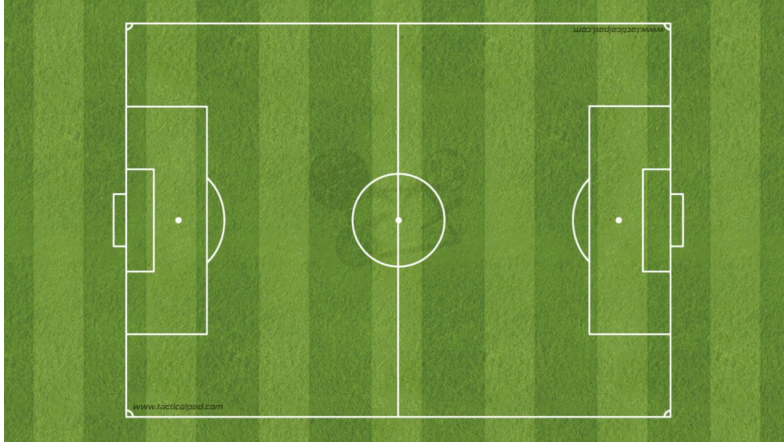
30x15 yards, 5 attackers, 5 defenders, 1 ball



OFF THE BALL MOVEMENT

Scene Setter Revisited: 1940 - 1945
TBC

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Key Coaching Points

- Provide feedback AFTER highlighting difference between this game and the one at the beginning of the session

Instructions

TBC

Setup

TBC



OFF THE BALL MOVEMENT

**Match: 1945 - 2000
Match**

**Date: 10th Mar 16
Team: U18
Time: 1830 - 2000
Location: City Academy**

**Players play a match... their rules
No coaching, just observing**