UNDER 14-18  SESSION 2  TOPIC: EXPLOITING SPACE 1  TIME: 1.5 HOURS

WARM - UP  TIME: 20 MINUTES

**ACTIVITY:**
Divide players evenly with a group inside the grid with a ball each and a group other side the grid without a ball.

**EXERCISES:**
1) Blue players dribbling the ball and interchange with the Red players (Work for 2 minutes). Encourage each player to try some tricks while dribbling
2) Blue player passes the ball to the Red player and run around the Red player and collect the ball back and find another Red player (Each group works for 1 minute)
3) Blue player passes to the Red player and receive it ball and dribble to find another Red player (Each group works for 1 minute)
4) Blue player plays the ball through the legs of the Red player and runs around to collect the ball and dribble back into the grid and fin another Re player (Each group works for 1 minute)

**FIELD:**
20m x 20m grid.

SKILL: 4 v 2 PENETRATING PASSING  TIME: 20 MINUTES

**ACTIVITY:**
Organize players 4 v 2. Place the 4 attacking players (Blue) along the outside of the grid in each of the four sides. The 4 attacking players pass the ball between each other while the 2 defending players (Red) attempt to intercept the ball if successful, return the ball back to the attacking team. Encourage the attacking players to move along the line. Look to play a penetrating pass (1). Rotate the players every 2 minutes.

**PROGRESSION:**
• 3 touch passing
• 2 touch passing

**COACHING POINTS:**
• Decision making when passing the ball
• Awareness of the space and providing support for the player with the ball
• Good control of the ball when receiving
• Quality accurate passing

**FIELD:**
12m x 12m grid

KEY

<table>
<thead>
<tr>
<th>Movement of the ball</th>
<th>Movement of the player without the ball</th>
<th>Player dribbling with the ball</th>
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SKILL: 1 v 1; 2 v 2; 3 v 3

ACTIVITY:
Diagram 1: Divide players in two even teams. Have three players from each group in the middle playing 1 v 1. Each team defends 3 goals and attacks 3 goals. If Red player scores, the Blue player waiting behind the goal replaces the Blue player that was playing and is an attacker, while the Red player now becomes a defender. Players can score in any of the three goals.

COACHING POINTS:
• Exploit space
• Accelerate pass the defender after beating him/her.

FIELD: 15m long x 25m wide. 2m goals.

PROGRESSION:
Diagram 2: Play 2 v 2 game. Each team defends 3 goals and attacks 3 goals. If Red team scores, the Blue team waiting behind the goals replaces the Blue team that was playing and are attackers, while the Red team now becomes defenders.

COACHING POINTS:
• Exploit space
• Keep possession
• Look to switch the play
• Look to link with partner

Diagram 3: Play 3 v 3 game. Each team defends 3 goals and attacks 3 goals. If Red team scores, the Blue team waiting behind the goals replaces the Blue team that was playing and are attackers, while the Red team now becomes defenders.

COACHING POINTS:
• Exploit space
• Keep possession
• Look to switch the play
• Look to link with partner

8 v 8 (INCLUDE GKS) SRIMMAGE GAME

Let the players play but reinforce what has learned.