Positional Possession to Create Superiority

Category: Technical: Movement off the ball
Skill: Mixed age

Pro-Club: SportSessionPlanner.com
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Description

Session designed by Wayne Harrison from an idea "borrowed" from Jose Mourinho.

Set-Up

Players must stay in their own areas.

The 2 neutral players (black) can move anywhere to create numerical superiority. (Could be up to 3 v 1 in one area).

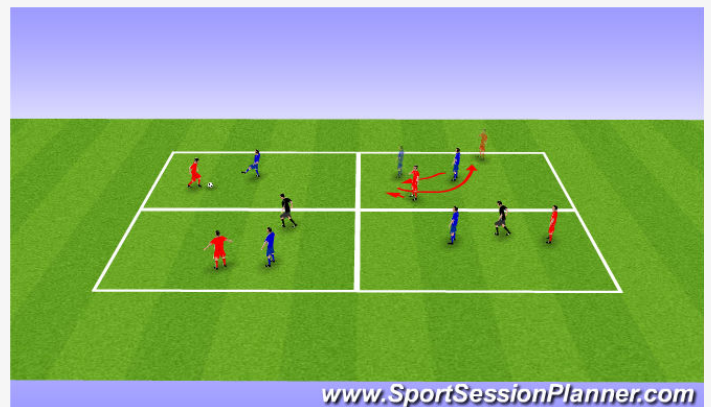Players in the other areas work to create space to receive as play develops.

Neutral players (CM?) should be looking to change the point of attack.

The grids are 5 yards wide by 10 yards long (10x20 total but can be adjusted to suit the age & stage of your players' development).
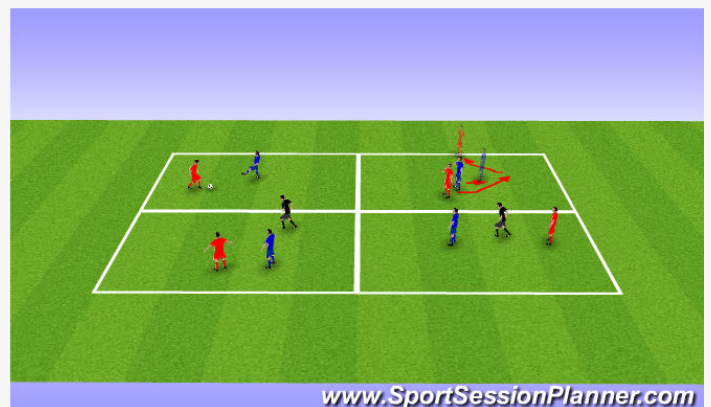

Ideas to get free

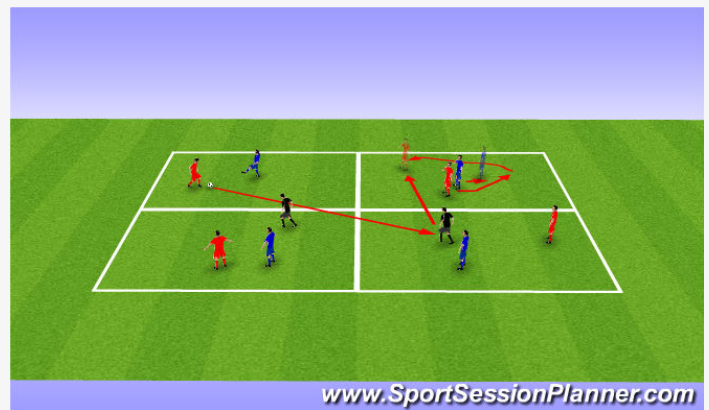red player moves towards the ball dragging the defender with him then checks into the space behind.

Oppposite run to get free.

In this example the Red player moves away from the ball first, then checks back into the space. If the Red player can get behind the Blue, the defender has to decide whether to watch the ball or the Red player, handing the advantage to the Red.
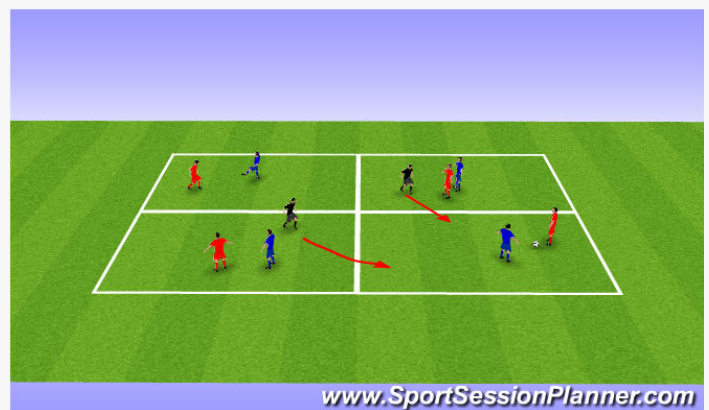
Third Man Run

Alternatively, the Red player can move away from the ball to create space for himself in front. As before, the idea is to try & get the blue defender unsighted, this time the ball is bounced off the neutral player.
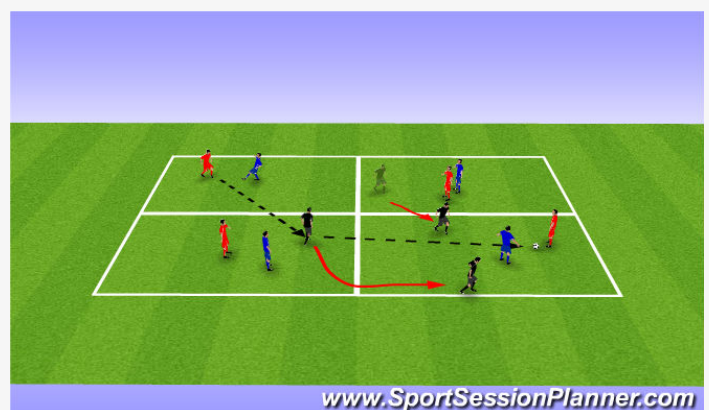
3 v 1

The 2 neutral players now move in towards the ball to make a 3 v 1 situation but they should always be scanning away from the immediate playing area to see runs off the ball in the other 3 areas in order to find a free player to change the point of attack.

3 v 1

This screen shows the ball and player movements from the previous screen to create the 3 v 1.

3 v 1 to 2 v 1

In this example, the players in the other 3 areas are making runs off the ball to get free and offer options to the neutral players.

Here, the neutral player moves the ball on from the 3 v 1 and the 2nd neutral player makes a run to create a 2 v 1. The other neutral player makes a run to create another 2 v1 (but could easily follow his pass to make another 3 v 1).

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