



Playing in tight areas

Category: Tactical: Possession

Skill: Mixed age

Pro-Club: SportSessionPlanner.com
Tony Mee, Doncaster, United Kingdom

Description

Realistic possession in a tight area before exploiting space elsewhere.

Practice 1 (20 mins)

Practice starts in the shaded area with the red team. A minimum of 2 passes must be made in the shaded area before being played to one of the other 3 Reds. 2 of the 3 midfield Reds can then join in the attack to a natural finish.



Practice 2 (20 mins)

The practice can be moved into the flank positions with the same conditions. The wide player can also break out into the channel to provide a cross in this situation.

Alternatively the ball can be played into the CM to switch play.



Practice 3 (20 mins)

Start higher up the pitch with a 4v2 in favour of the attack. Try to work the ball into the shaded area, where at least 2 passes must be completed.

Can you release the wide players behind the full backs?

Can you find space for a shot from outside the 18 yard box?

Can the striker "roll" the defender?

