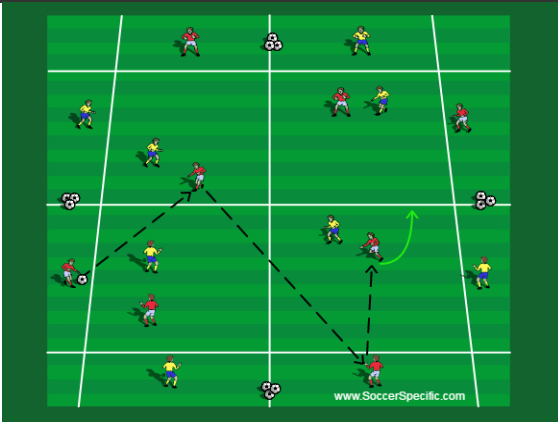




Junior Gonzalez- Play in the Gaps and Between Lines

Date: **Oct 11, 2015** | Team: **Seattle Sounders ...** | Duration: **70 Min**

Intensity: ● (7/10) | Category: **Tech / Tact**



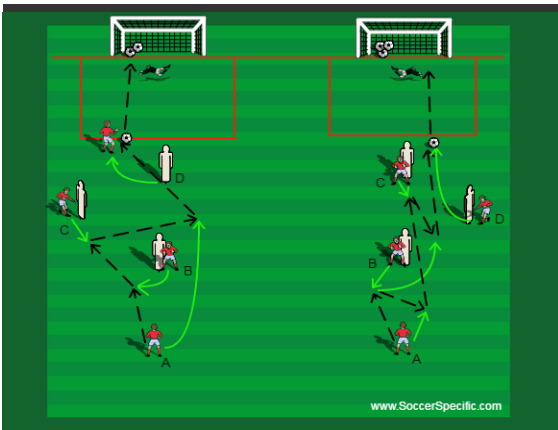
1

⌚ 15 Min ↗ 30X30

Setup: FIFA 11 warm up 15 minutes. 30X30 yard playing area (15X15 yard grids), 16 players.

Instructions: Teams will try and keep possession of the ball inside the playing area and try to progress the ball to the outside players. Your team earns points the following ways: 1. If the ball is played to all outside players without being intercepted. 2. If the ball is played directly from one outside player to another on the outside side of the playing area. 3. Teams get a bonus point if they complete a combination before progressing the ball from one side to another. 6X3 minute games, 1 minute rest intervals.

Coaching Points: Teach players to play the ball through the lines to players further up the field, control the tempo and possession to move the opponent to create gaps to progress the ball through. Improve midfielders' spacing and awareness. Check their shoulder and be aware of space to play through the lines, search out the most dangerous pass if possible.



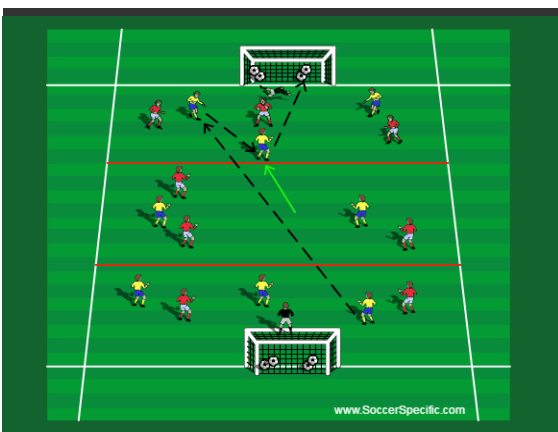
2

⌚ 4X3 min ↗ Pen Area

Setup: 12X30, 16 field players and 2 GKs, two identical set ups as shown.

Instructions: Variation 1: Player A plays it to a checking player B, B lays it off to player A who hits a first time pass to player C, C lays the ball off to player B, player B slips a through ball to player D running on to it for a finish on goal. Variation 2: Player A plays it to player B who turns and plays it to player C, player C plays it through the defenders to player A running through. Player A plays it to player D who pops off the defender for a finish on goal. Each variation is done to each side for 3 minutes then teams switch. 4X3 minutes, 1:30 rest intervals.

Coaching Points: Improve players' ability to receive and play on different lines. Improve ability to play through gaps and lines based on players' movements. Improve players' passing and receiving technique and final finish.



3

⌚ 3X6 Min ↗ 44X20

Setup: 44X60 (20 yard zones) 9V9 to big goals.

Instructions: 1. Teams get a bonus point if they play directly through the middle channel to the target in the attacking zone. 2. Teams get a bonus point if the ball is progressed to the next grid and set back on first time touch. 3. Open play. 3X6 minutes, 2 minute rest intervals.

Coaching Points: Look to play forward first with the most dangerous pass. Midfielders will create angles of support for back line that allows them to receive the ball and also create passing lanes to the forwards. Midfielders will position themselves to receive the ball with their back foot and face forward. Backline players must play fast balls into forwards to break the line quickly. As the ball advances, midfielders will quickly progress into angles of support underneath the forwards in order to get into goal scoring positions.