

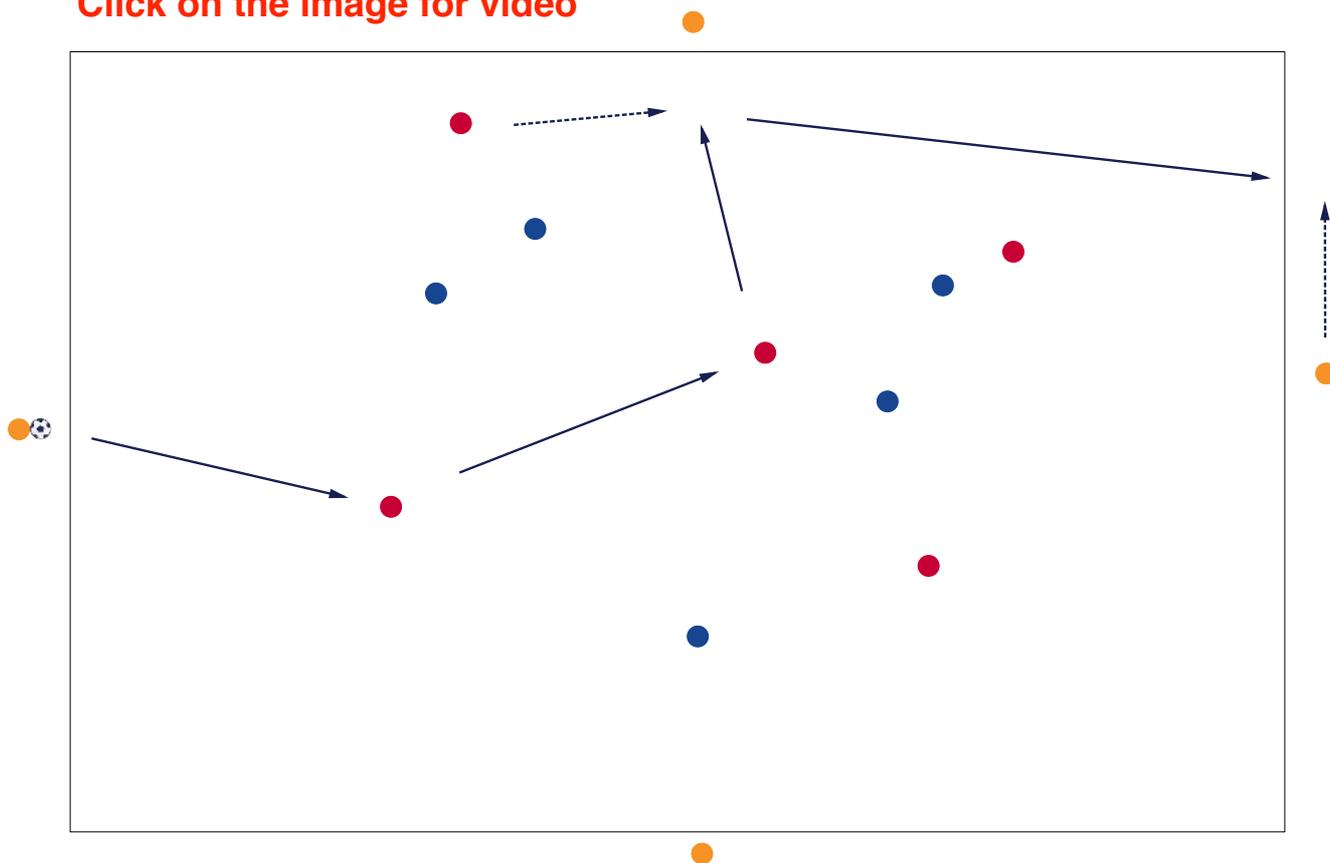


Soccer Nova Scotia U13 Boys Provincial Weekend (Cape Breton)

Identifying, Creating & Exploring Gaps



Click on the image for video



NOTES

● TRAINING TEAM A

● TRAINING TEAM B

Setup:

-25x25

-12/14 players

Objective:

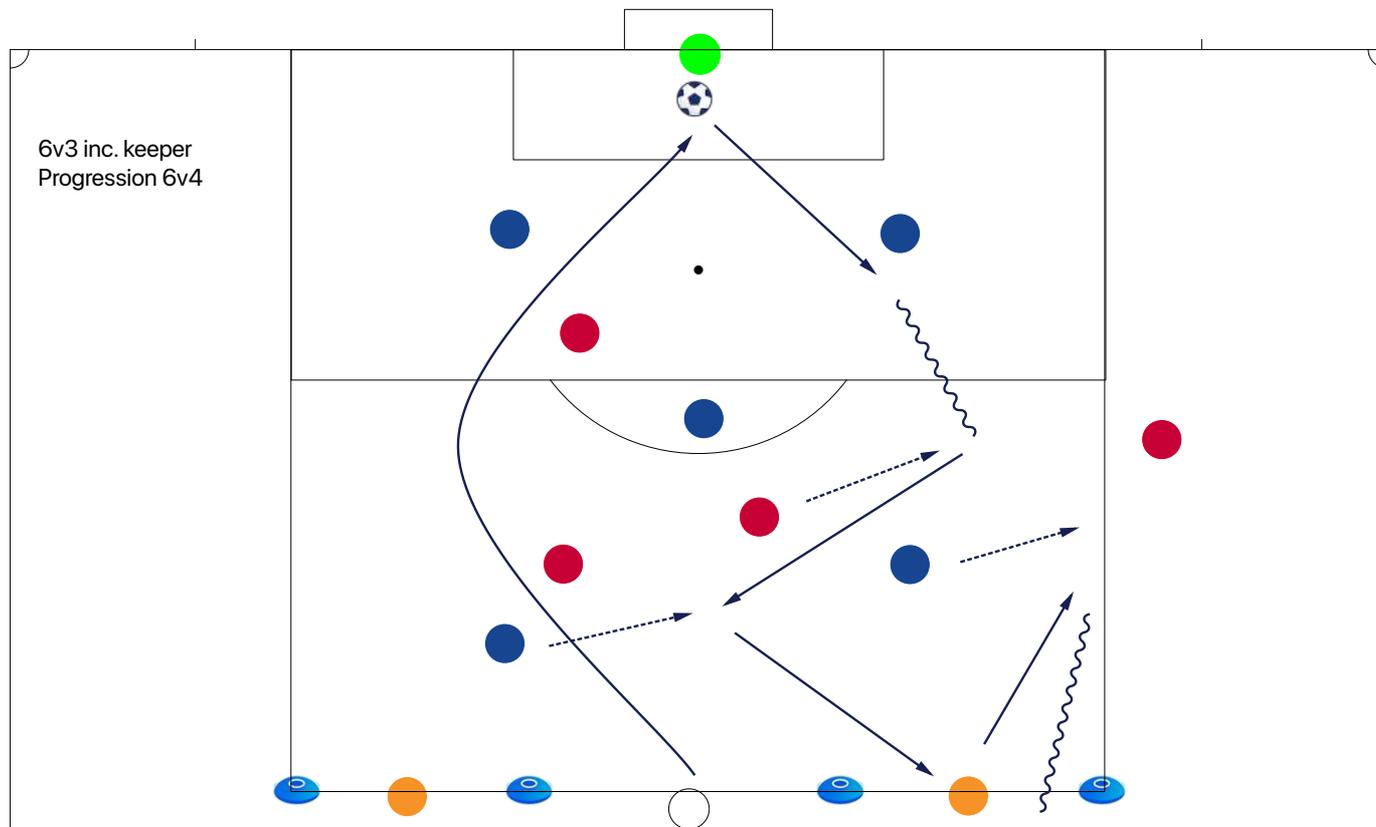
- Team in possession tries to play the ball from one side of the grid to the other side connecting with the neutrals.
- If the opposition win the ball, they repeat completing the opposite.

Progression:

- Player on the outside, joins in and another player replaces them on the outside.

Coaching Points:

- Can you identify a gap? Is it big or small? Is it a risk? What do you see?
- How can you maximize your body profile to play forward (ubication)
- How can the player on the ball create gaps to play forward?
- How can supporting players influence gaps to assist with playing forward?
- How can you utilize the gap? Pass? Dribble?



NOTES

● TRAINING TEAM A

● TRAINING TEAM B

Setup:

- 10-12 players
- 20x25 (vary based on necessary pressure)

Objective:

- 6v3 inc keepers + 2 target players
- Ball is played into the goalkeeper and both teams transition
- Team in possession tries to find the two targets in gates and dribble over the line
- If other team wins possession, they try to score in the goal.

Challenge:

- Give them so many lives before progressing to the next level.

Coaching Points:

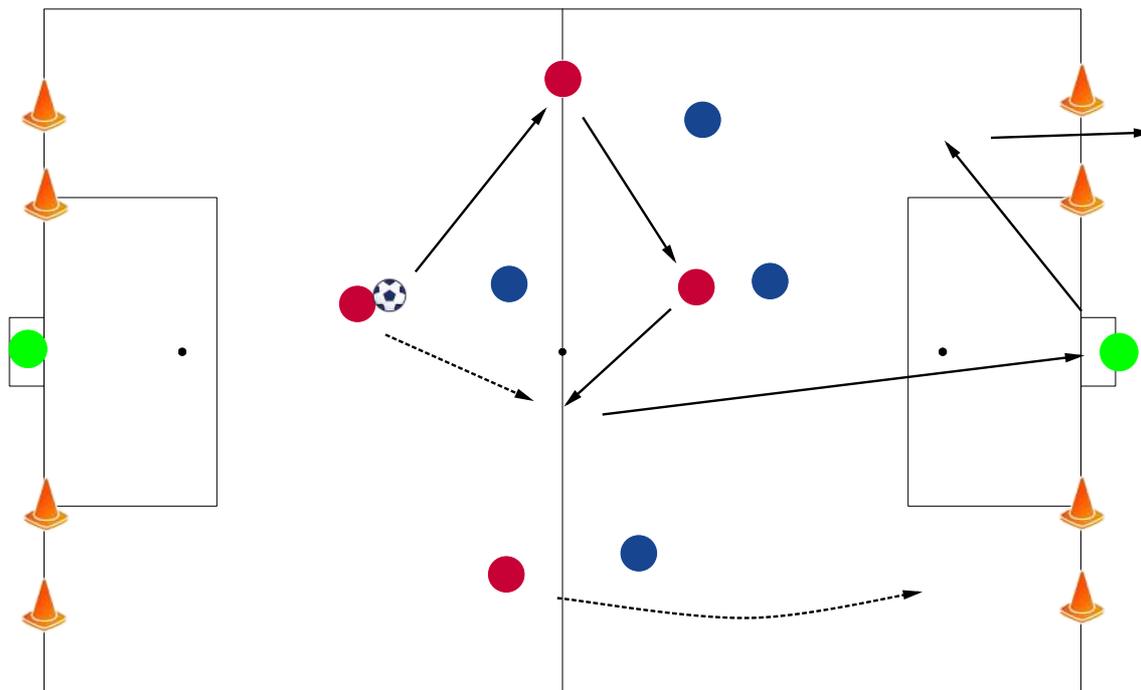
- Can you identify a gap? Is it big or small? Is it a risk? What do you see?
- How can you maximize your body profile to play forward (ubication)
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IN POSSESSION - SSG - BREAKING LINES CENTRALLY



21/01/2019

Objective: Players must play into target on the end line and score on one touch.
Encourage players to play forward centrally and support.



NOTES

● TRAINING TEAM A

● TRAINING TEAM B

Setup:

- 38x24 approx.
- 5v5 + 2

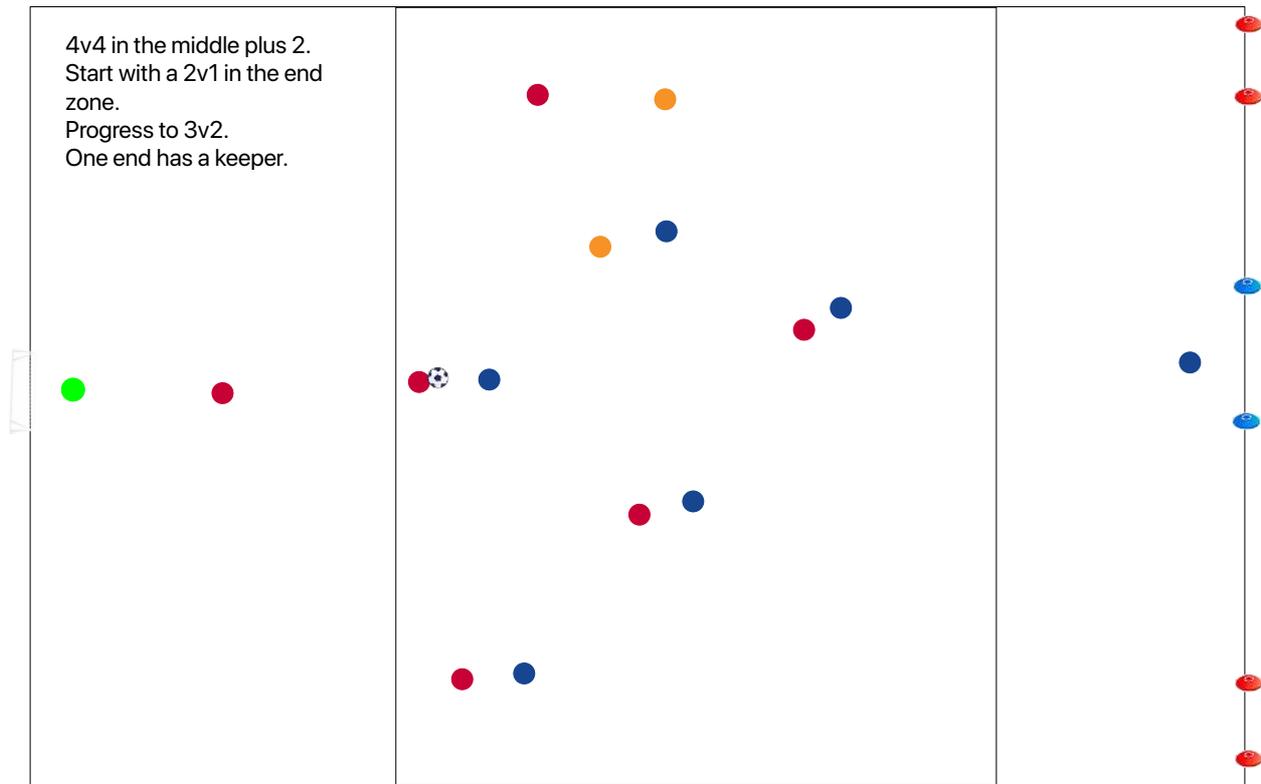
Objective:

- Players attempt to score in the two small goals on one touch after receiving the ball from the player on the end line.
- Neutral players on two touch max.

Managing the session:

- Do not allow the players to defend the target. Two options: 1) Create a zone where players cannot enter 2) If players win the ball higher up the field (create a line) they receive a bonus point.

- Can you identify a gap? Is it big or small? Is it a risk? What do you see?
- How can you maximize your body profile to play forward (ubication)
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NOTES

● TRAINING TEAM A

● TRAINING TEAM B

Set up:

- 55x35 (50x30)
- 7 v7 - 1 defender locked into end zone

Objective:

- One team attacks the small goals & one team attacks the big goal.
- If team breaks the line its 2v1 in th end zone.
- Progress to 3v2.

Co-Creation:

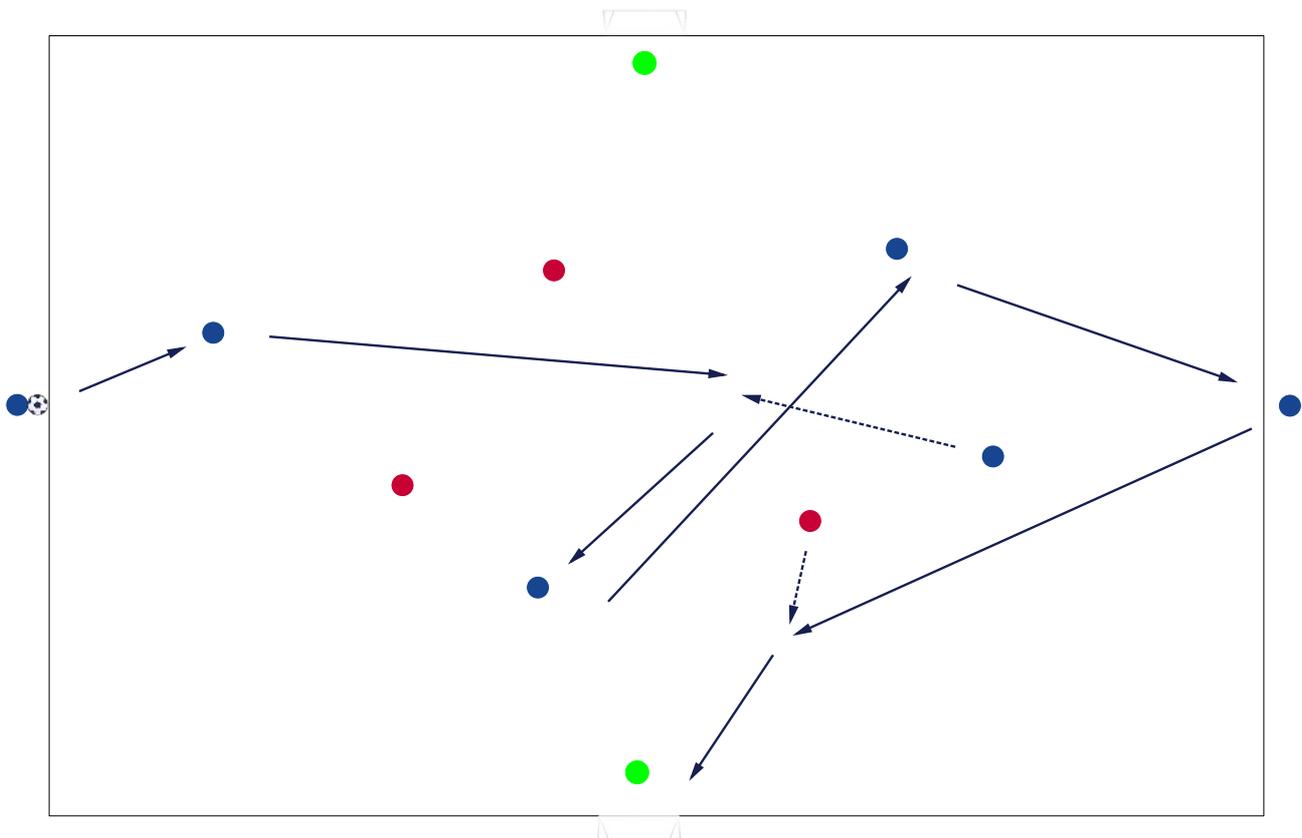
- Ask players how we can make this more challenging
- OR how they would change it

Coaching Points:

- Can you identify a gap? Is it big or small? Is it a risk? What do you see?
- How can you maximize your body profile to play forward (ubication)
- How can the player on the ball create gaps to play forward?
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MULTI GOAL & DIRECTION

01/02/2019



NOTES

● TRAINING TEAM A

● TRAINING TEAM B

Setup:

- 25x15
- 12/14 players

Objective:

- Team who have more players are keeping possession east & west. The team out of possession try to regain and score in any of the two goals.

Progression:

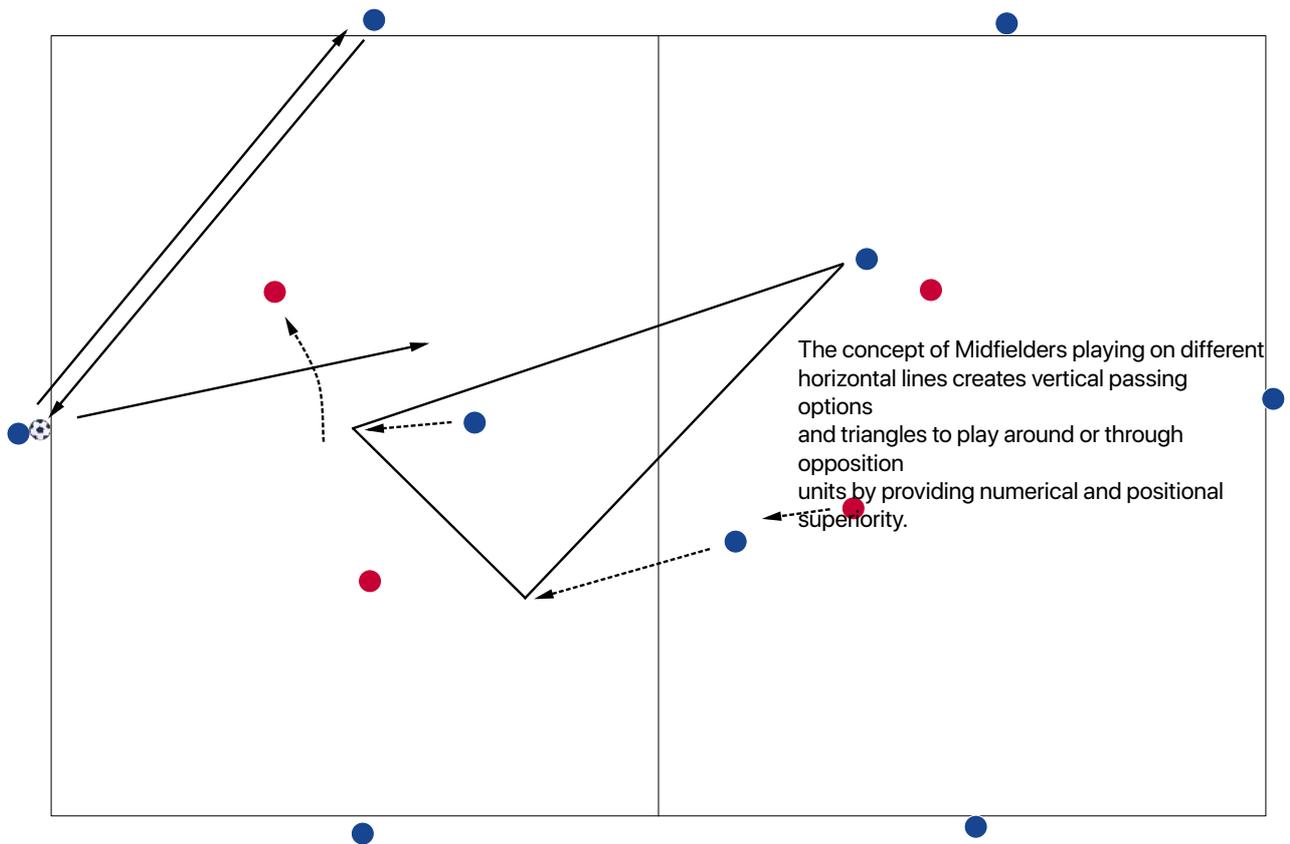
- Add and reduce numbers

Coaching Points:

- Can you identify a gap? Is it big or small? Is it a risk? What do you see?
- How can you maximize your body profile to play forward (ubication)
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- How can supporting players influence gaps to assist with playing forward?
- How can you utilize the gap? Pass? Dribble?

RONDO - MIDFIELD THREE

21/01/2019



NOTES

● TRAINING TEAM A

● TRAINING TEAM B

Setup:

- 26x15
- 13 players (9v4)
- 4 x Defenders (Reds) inside the area, with 2 x Defenders locked into each 15x13 zone when out of possession. The Midfield 3 (Blue 6, 8 and 10) can play anywhere in the 26x15 area.
- Centre Back (Blue 5) and Centre Forward (Blue 9) can play along the length of their 15 yard designated line. Full Backs (Blue 2 and 3) and Wide Forwards (Blue 7 and 11) can play along the length of their 13 yard line.

Objective:

- Blue Team (Attackers): Maintain positions and possession of the ball with the emphasis on playing vertically through the Pivot (Blue 6) and Central Midfielders (Blue 8 and 10) whilst maintaining shape to offer passing options around, ahead and behind the ball.
- Red Team (Defenders): If the ball is won, maintain possession 4v3 and attempt to dribble or pass the ball to Red 9 or Red 10 over the opposition's defensive end line (Centre Back line).

Structure Coaching Points:

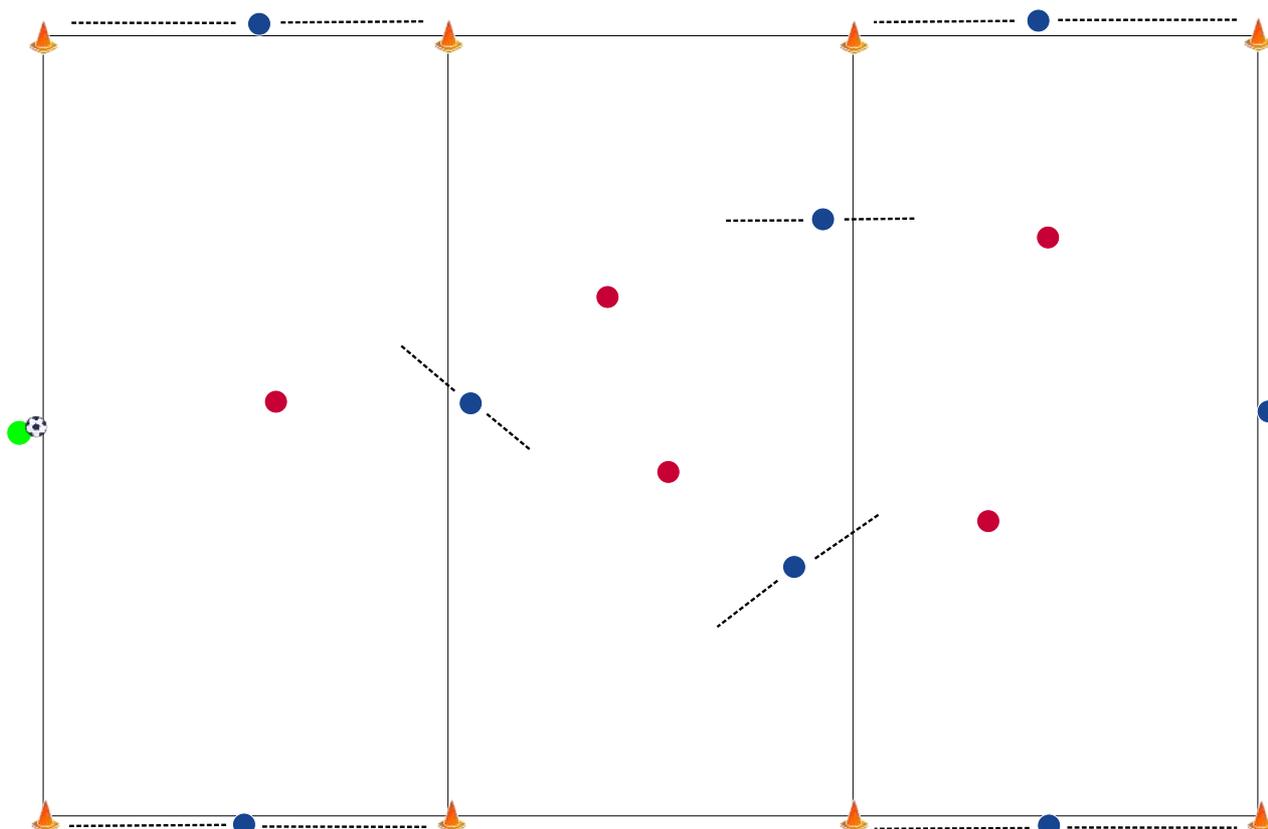
- Midfield shape and positioning to create numerical and positional superiority in central areas (Different horizontal lines)
- Midfield angles, distances and areas of structure to penetrate effectively and patiently
- Support play of Full Backs to provide opportunities to switch play and stretch opposition

Gaps Coaching Points:

- Can you identify a gap? Is it big or small? Is it a risk? What do you see?
- How can you maximize your body profile to play forward (ubication)
- How can the player on the ball create gaps to play forward?
- How can supporting players influence gaps to assist with playing forward?
- How can you utilize the gap? Pass? Dribble?

RONDO - PLAYING THROUGH THE THIRDS

22/10/2018



NOTES

● TRAINING TEAM A

● TRAINING TEAM B

Setup:

- 25x15 split into equal thirds
- 14 players
- 3 x Central Midfielders (Blue 6, 8 and 10) occupy the middle third, however the Pivot (Blue 6) can move to drop in the defensive third, and Blue 8 and 10 may advance into the final third.
- The Blue players on the outside of the Rondo can move along their line but must stay in their designated third (Blue 4 and 5 defensive third; Blue 7 and 11 final third). Goalkeeper (Yellow 1) and Centre Forward (Blue 9) can play along the length of their 15 yard designated line.
- The Red players are set up with 1 x player in the defensive third (Red 9), 2 x players in the middle third (Red 6 and 8) and 2 x players in the final third (Red 4 and 5). Red players are not permitted to move out of their designated third to begin with.

Objective:

- Blue Team (Attackers): Maintain positions and possession of the ball with the emphasis on playing forwards through the thirds and penetrate effectively to the Centre Forward Blue 9.
- Red Team (Defenders): If the ball is won, maintain possession 5v3 and attempt to dribble or pass the ball to Yellow 1 to simulate a counter attack.

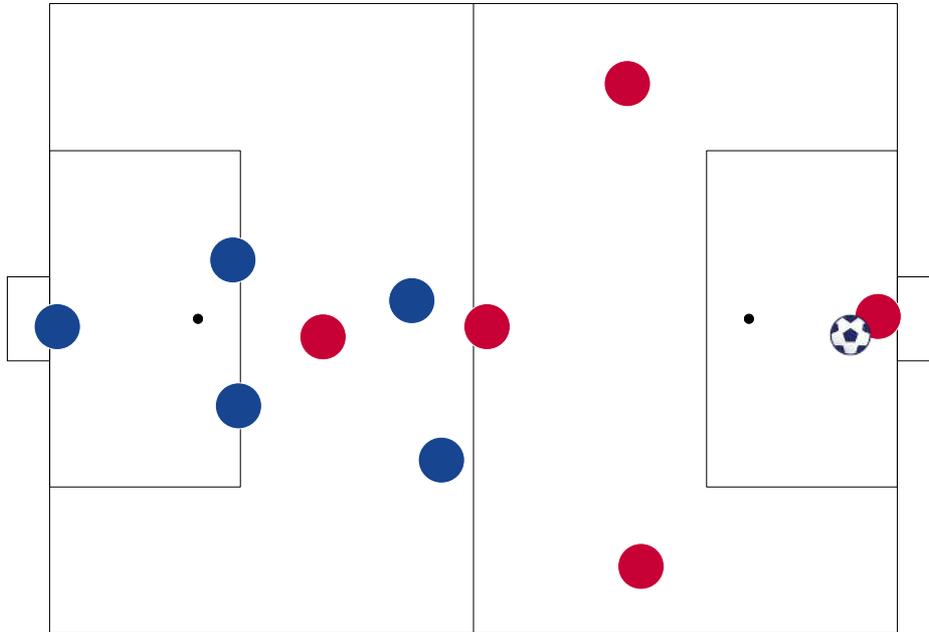
Structure Coaching Points:

- Movement and timing to create numerical and positional superiority in each third of the pitch
- Angles, distances and areas of structure to penetrate effectively and patiently through the thirds
- Support play of Central Midfielders to provide opportunities to switch play, create overloads and stretch opposition

Gaps Coaching Points:

- Can you identify a gap? Is it big or small? Is it a risk? What do you see?
- How can you maximize your body profile to play forward (ubication)
- How can the player on the ball create gaps to play forward?
- How can supporting players influence gaps to assist with playing forward?
- How can you utilize the gap? Pass? Dribble?

Duration: 0 Fixture: Competition: Skill Level: N/A Conditions: N/A Repetitions: 0 Functional: N/A Physical: N/A Set Pieces: N/A Tactical: N/A Technical: N/A Psychological Practices:



NOTES

 TRAINING TEAM A

 TRAINING TEAM B

Setup:

- 30x35
- Pugg or 5x8

Coaching Points:

- Can you identify a gap? Is it big or small? Is it a risk? What do you see?
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