Create space to receive and play forward

Scan, set your body to see the ball and next space, then take a purposeful first touch.

Show outside the shadow | Scan before the pass arrives | Touch into space or protect

00–06 Activate	06–14 Opening game	14–29 Technical	29–45 Opposed	45–58 Closing game	58–60 Reflect

00–06 Activate Dribble and stop. Add balance, a change of direction and two short accelerations in the game area.

1 | 4v4 directional play

06–14 opening game / 45–58 closing game

Setup 28 × 26 m · corner cones, halfway line · 1 mini-goal at the left end, 1 mini-goal at the right end

Run Roll a ball into one team to begin free play.

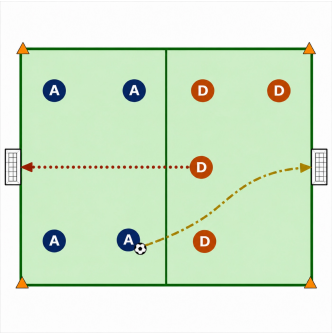
Score Score in the opponent's mini-goal. · **Restart** Use a pass-in when the ball goes out. · **Rotate** Both teams attack immediately on regaining the ball.

Opening game Watch who gets free and where the first touch takes them.

Closing game Observe the same behaviour with minimal prompting. Widen the pitch if options are scarce.

Look for A first touch that creates a forward option. · **Ask** What helped you get free?

Easier Widen the area. · **Harder** Narrow the area slightly.



28 × 26 m
Dash-dot carry / Dotted counter

2 | Receive and turn

14–29

Pairs 2 stations of 16 × 12 m · corner cones, 2 lanes · 2 cone gates at the right end per station

Add defender 2 stations of 16 × 12 m · corner cones · 2 cone gates at the right end per station

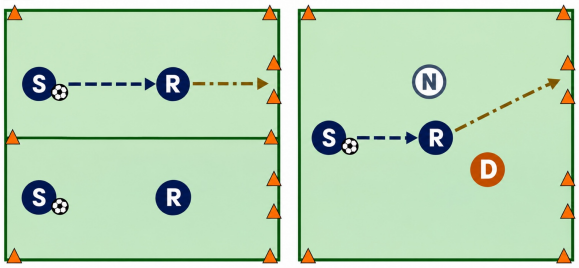
Time 9 min Pairs · 4 min Add defender · 2 min setup, water and resets

Run Pass along the ground, check your shoulder, and carry through a free gate. Vary the pass angle and pace before adding pressure.

Score Carry through a free gate or shield and return the ball to the server. · **Restart** Bring the ball back to a server after each attempt. · **Rotate** Swap server and receiver after a few reps. With pressure, rotate roles each rep.

Look for See the ball and next space before receiving. · **Ask** What told you which way to turn?

Easier Use a slower pass. · **Harder** Let the defender close space at a walk.



Pairs · One of 2 stations · 16 × 12 m
Add defender · One of 2 stations · 16 × 12 m
Dashed pass / Dash-dot carry

3 | 2v2 Show, Receive & Progress

29–45

Setup 2 stations of 16 × 12 m · corner cones · 1 scoring line at the left end, 2 cone gates at the right end per station

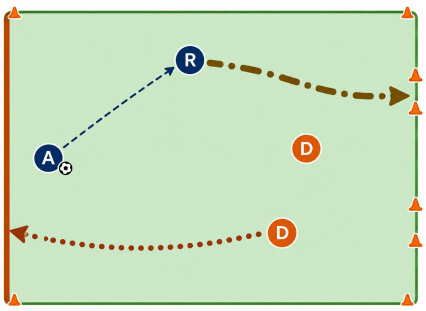
Time 4 × 3 min · 4 min setup, water and resets

Run The ball carrier can pass or carry. The other attacker shows outside a defender's shadow.

Score Attackers dribble through either far gate. Defenders win it and carry across the start line. · **Restart** Start with an attacker after a score or ball out. · **Rotate** Change starting attacker each restart and swap attack and defence each bout.

Look for Check if the supporting attacker finds space for a pass. · **Ask** Which space was free?

Easier Widen the pitch if the supporter rarely receives. · **Harder** Narrow the pitch if turns come easily.



One of 2 stations · 16 × 12 m
Dashed pass / Dash-dot carry / Dotted counter

58–60 Reflect How did you get free? When could your first touch go forward?

GEAR 8 balls / 20 cones / 2 small goals / 8 bibs