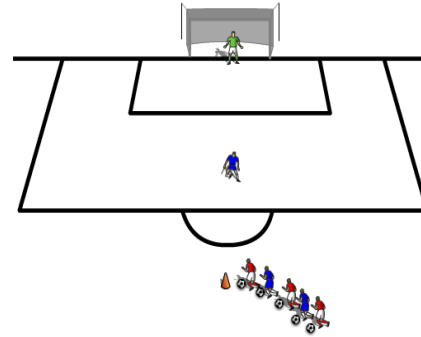


## Theme

## Opposed

### CREATING SPACE TO SHOOT

THIS PRACTICE DEVELOPS THE ABILITY TO CREATE ½ A YARD OF SPACE IN ORDER TO SHOOT AT GOAL OR PASS TO A TEAM MATE



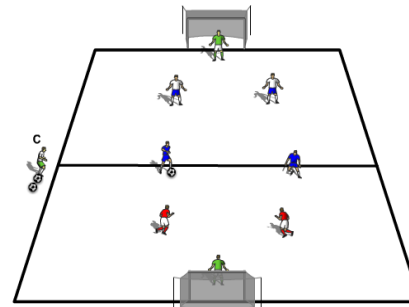
Two teams  
1v1 continuous attack and defending game  
After attacking 1v1 the players must react and stop their opponent from scoring  
The first team to score five goals is declared the winners

## Warm up – Speed reactions

## SSG



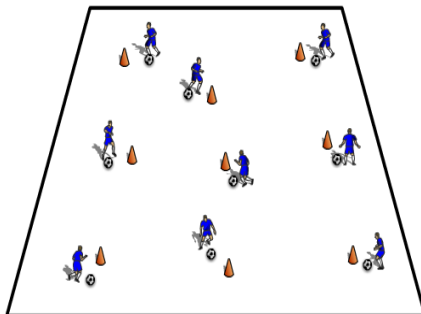
The forward must use quick movement in order to lose the defender and receive a pass from one of the outside servers  
The forward is allowed only two touches in order to get a shot at goal  
For the next game. the defender and forward take the place of two servers  
The two servers replaced become the new defender and forward



Three teams  
2v2 continuous attack and defending game  
The middle team attack a goal of their choice. If they score then, they receive a 2<sup>nd</sup> ball from the coach and now attack the opposite goal  
However, if the defenders stop the middle team scoring then they break out to attack and the roles are reversed

## Technique

## Game



The players go through various skills and moves in order to beat their cone  
Step overs  
Drop shoulders  
Step across  
Inside and outside movements

Play a game with two even teams

Can the players use the skills and techniques developed in this practice to good effect in the game?

However its important that this time is used as a game for total freedom for the players. therefore coaches should just observe and encourage the players. in every session the players should be allowed some free time to themselves without coaching.