



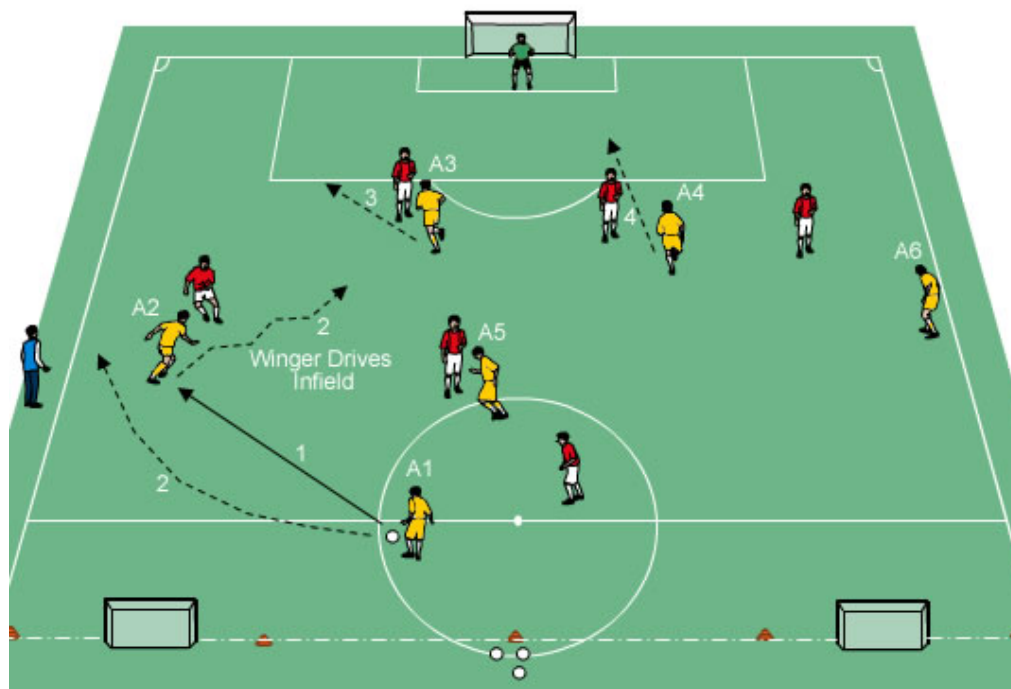
## Coach a Team to Exploit Space by Flank Players Driving Inside

### Drill Objective(s)

- 1) To train the ability to drive inside from the flanks to create space.

- \* **Drill No:** AFD3
- \* **Age:** 15-Adult
- \* **No Players:** 13
- \* **Difficulty:** Medium/Hard
- \* **Area/Time:** 2/3 Field (25mins)

Diagram 1



### **ORGANISATION:**

Mark out 2/3 of a full size pitch. 2x 5yrd gates are placed behind the half way line, preferably using training poles or flags. Keep a collection of balls at the half way line for re-starts.

- \* 6 attackers (Yellow)
- \* 6 defenders (Orange)
- \* 1 goalkeeper (Green)

### **INSTRUCTIONS:**

In the example above the yellow attacking team combines with each other using the flank player to create opportunities on goal. Switch the roles of attacking and defending after 10 minutes. The restart positions can be varied as shown in the progression. The coach works with the attacking team to identify the key points of attacking down the flanks and opportunities to drive infield and create space. In the above example:

- 1) The center midfielder (A1) gathers a ball unopposed and passes to flank (wing) player (A2).
- 2) A2 looks up and sees a space in the centre of the field behind the forwards. He drives into this space with the ball. A1 also identifies the opportunity to overlap into the space that A2 creates when he drags his marker infield with the infield run.
- 3) The 2 forwards recognize this opportunity to create space and make diagonal runs to open this space up further.
- 4) A4 is also looking for through balls behind the defensive line.

### **SCORING:**

2 teams compete and attempt to score. The attacking team scores by scoring on the goal. The defending team scores by clearing the



ball out through the yellow pole gate. The defending team has only 5 touches to play the ball through a gate.

#### KEY COACHING POINTS:

- 1) Look for opportunities to drive inside and create space.
- 2) Forwards make diagonal runs to receive a through ball or create more space for the midfielder who is cutting in (A2).
- 3) Can the player after finding this space shot, continue to dribble, or play a through ball to an open player.

Diagram 2



#### PROGRESSIONS:

- 1) Restart from the goalkeeper kicking or throwing the ball out to the yellow team.

#### VARIATIONS:

- 1) None.

#### NOTES AND OBSERVATIONS:

Encourage the players to get the ball wide as often as possible and monitor the flank players decisions, do they look to drive inside. This movement can cause all sorts of problems for the defending team.

Diagrams were generated using [EasyGraphics](http://www.easygraphics.com).