



BASA RECREATIONAL SOCCER



Topic: Spacing and Positioning

For all Age Groups

1st Activity: Create a grid 20x20 yards. Everyone should be dribbling with a ball (you can combine this with different lights or speeds). When you say freeze every player should be at least an arm's length away from all other players.

-you can give bonus points for not being near anyone, each round make it worth more points the more space each player has surrounding them, etc.

2nd Activity: Create a grid 12 yards wide by 16 yards long. Players should form three lines. One at each corner of the grid and one in the middle at the bottom of the grid (the players at the bottom should have all of the balls). **3 to 4 players in each line.

Look at diagram below (A,B,C=players, x=cone, **=balls)

xA Bx

x C** x

Player C plays ball to player A or B and now player A and B take player C on 2v1. You are trying to keep players A and B wide and in good supporting positions of each other. The objective is to beat player C by dribbling over the end line. If player C wins ball they are trying to beat A and B to opposite end line. **Game should be fast moving. Freeze players when they are invading on their partner's space. Show them a better position to be open to help support

their teammate. Make sure players are not hiding behind defenders. Look at example below.

Example 1:

x B x

A*

C(if player C puts close pressure on the ball player B may need to be on a supporting angle back away from goal)

x x

Example 2

x x

A*

B

C(If player C is leaving more space Player B should stay wide and angle ahead of player A(with the ball) Player A needs to make player C decide to step and pressure or slide to player B (player A needs to dribble at player C if player C steps player A should pass wide but if player C keeps dropping back player A can keep dribbling or pass whichever option is more to their advantage)

x x

Activity 3: Three goal soccer. Create a grid 30 yards wide by 40 yards. Three small goals on each side of the width. Coach should have all balls at the side of the grid. Each side of the grid should have 3 lines with 3 to 4 players in each line (if you have less numbers you can do this in a slightly smaller area with two lines on each side, four lines total)**XX XX=goal

A B C
 XX XX XX XX XX XX

Coach****

XX XX XX XX XX XX
 D E F

-Coach will play ball in and player will play 3v3 to small goals. Players can dribble or pass through any goal to score..winning team stays on. Next three in opposite line enter field(Coach plays ball in). Make sure if one area of the field is very crowded players are looking to switch the field. On offense players should be in a diamond shape with one player deep and two players wide(trying to stretch the defense). **Very fast game with a lot of action. If one team is dominating you can play that each time either team scores, two new teams come on.

Activity 4: 5v5 to goals. 35 yards wide by 55 yards long. Encourage the four field players to create a diamond shape as much as possible. Each team should have two wide players on offense, one high player, and one support player and each team should be funneled in more centrally while defending.

Activity 5: Play full sided 5v5 or 7v7. Regular rules encourage players to create space on offense and to eliminate space while defending. (**For younger age groups you may only want to cover offensive space in one practice and defensive space in another practice. You can run the same session but now making all coaching point about defensive space and positioning)