

Tip Three

Introducing Player Movement

Space is at a premium in soccer – whatever the age group. In our first two tips we discussed the player using Ball Reception to create space. Space can be created with and without the ball!

Movement without a ball: Brings defenders with you and creates space for the player with the ball.

Things that make it difficult for players to naturally move in to space without a ball

- **Lines:** They grow up learning the game while standing in lines with no dynamic practice games.
- **Vision:** They do not participate in activities that train them to look for open spaces to move in to without a ball!

What to watch for in practices (games) with your team:

- a. Players waiting for a ball and not timing their run
- b. Player's vision – they do not recognize the space they can move in to (or defend?)
- c. Players not recognizing an end-zone pass

Practice plans:

Starting with u8 on the following link you will find numerous plans

http://www.mayouthsoccer.org/coach's_corner.aspx

Example at u8 – Lesson Plan Four:

- Paint the grid for example, one player is moving with a ball and one is moving in to space to receive a ball

Example at u10 – Lesson Plan Two:

Passing and receiving: Players move in pairs around the field

Older Players

- Start with a lot of passing and receiving dynamic activities such as passing and moving in 2's, 3's and 4's passing through each other's groups a moving across designated practice areas.
- Then play small sided games, 3v3 and 4v4 and talk to about each player supporting their teammates in advance positions as well as coming from behind in support.
- Then introduce end zones games that the only way to score is by receiving the ball on the run into the end-zone. The player must time his/her run into the end-zone to receive the ball. This way the players without the ball must move to receive the ball to score
- Finish with a scrimmage reinforcing the above.

