

Moving into space with the ball

Whether committing a defender in a 2v1 situation, bursting through a defence into space, or starting an attack from the back, moving with the ball quickly into space is a fundamental attacking skill.

“ ” What you tell your players the session is about

1. Running with the ball.
2. Attacking space.

Session planner

Warm up 10 mins	Session 10 mins	Developments 10-15 mins	Game 10-15 mins	Warm down 10 mins
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Activity	Kit	Outcome
Warm-up	Balls, disc cones	Preparing muscles for activity
The session	Balls, disc cones	Practising technique
Development	Balls, disc cones, bibs	Practising skill when faced with opposition
Game situation	Balls, disc cones, bibs	Recognising opportunities to use skill in a match situation
Warm-down	Balls, disc cones	Cooling down through static stretching and de-brief Q&A



Where it fits

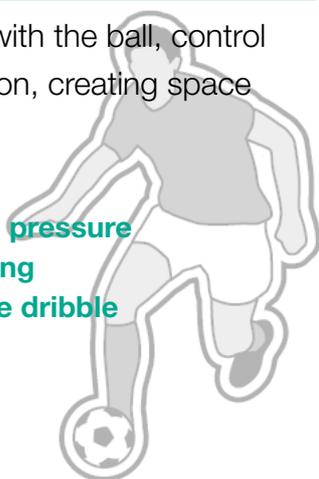
Individual skills: Running with the ball, control

Team skills: Communication, creating space

Related Smart Sessions

Original Format:

- 5 Control away from pressure
- 34 Sharpen up dribbling
- 45 Square in the circle dribble



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What to think about

- Technique first, speed later.
- Big first touch, controlling ball into space away from the defender.
- Use laces of front of foot.
- Move quickly keeping ball under control.
- Head up.
- Run in a straight line but change direction when needed.
- Smooth running stride.
- Pass ball with laces after the run.





Set-up

- Area approx 35x35m.
- 12 players.



What you get your players to do

6 players start inside the area with balls, with the other 6 moving around outside the area.

Players inside can either run to or pass towards an outside player.

If they run, the outside player takes the ball, making sure the players pass each other right shoulder to right shoulder (or vice versa).

Whichever way the outside player receives the ball, they run onto the pitch to continue the drill, with the inside player taking their position on the outside.



What to call out

- “Be positive”
- “Good first touch”
- “Try a one-two”



Development

Play 5 attackers v 3 defenders using 2 balls. The remaining 4 players stand outside the grid on each of the 4 sides, and can move to provide support.

The attacking players aim to keep possession and should take advantage of any opportunity to run with the ball and combine with the outside players as in the previous drill.

Switch players between attacking and defending so everyone has a go at running with the ball.



Game

Set up a 35x30m playing area with two end zones.

Play 4v4 with 2 additional neutral players inside the playing area, and a neutral player on each touchline.

Neutral players are limited to 2 touches and can't run with the ball.

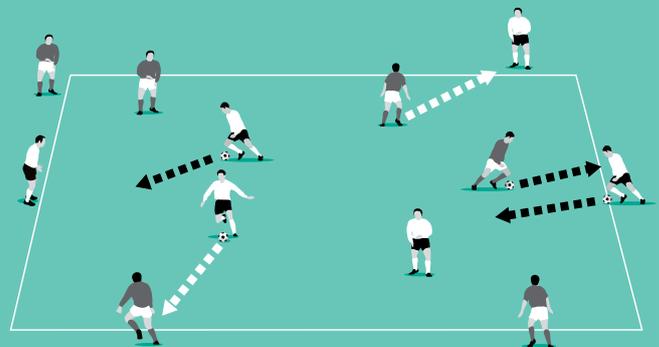
Play begins with the one of the neutral players passing the ball onto the pitch. Each team can run with the ball into either end zone to win a point.

Once a team has been successful, it attacks the opposite end zone.

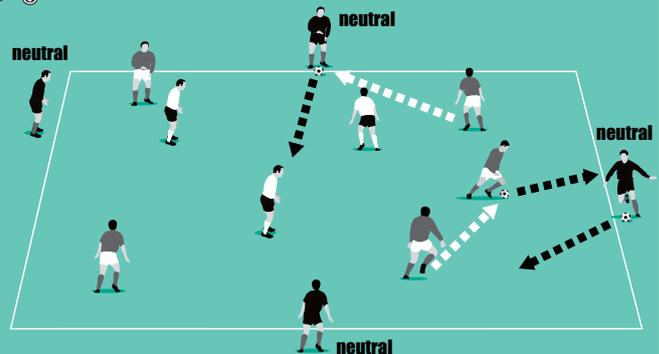
So that everyone has a go, the neutral players can switch with one of the teams.

Moving into space with the ball

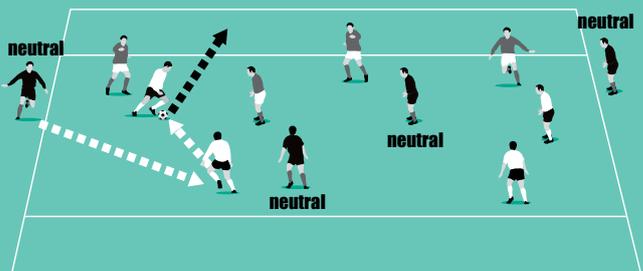
pass dribble



Switch with an outside player by running with the ball or passing.



Keep possession by running with the ball whenever possible.



Attack the space to reach the end zone and score a point.