



Playing in Tight Space

Warm Up

Setup 44x36 yard area
Players in two teams

Instructions Players play handball. Players pass the ball using their hands only. Goals can only be scored with a header. The ball goes to the opposite team if the ball hits the ground. Play 3x5 minute games. Players performed static stretching routine between each game. On the coaches whistle, the players "burst" forward for 5 yards. Players then move freely again.



Drill

Setup 60x28 yard area
Players in two teams (Approx. 10v10)

Instructions Players competed for possession of the ball. One point was awarded for 10 consecutive passes. Players were encouraged to keep the ball moving quickly at all times. It is important to limit the number of touches and ensure this is done at a high tempo. Encourage players to make quick combinations and ensure they are moving to create space.



Development

Setup 70x28 yard area with gates inside
Players in two teams (10v4 Attacking Overload)

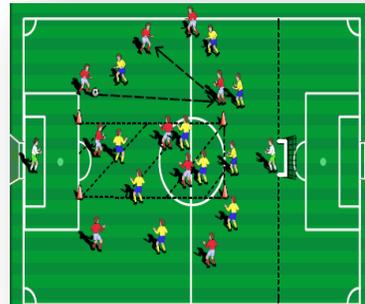
Instructions Both teams compete for possession of the ball. Points were awarded for successfully passing the ball to a teammate through any of the gates. Players were encouraged to quickly pass the ball and switch the play. At the end, players can move freely in the playing area and perform a total of 5 sprints on the coach's whistle.



Game Related Practice

Setup Two thirds of the pitch with a 15x15 box in the centre
Players split in two teams with two players in centre box

Instructions Both teams compete for possession of the ball and attempt to score in their opponent's goal. Players in the middle are limited to 2-touch maximum while in the central area, unlimited touches in wide areas or in front of goal. Play 2 halves of 20mins. Again, it is important to highlight attacking and defensive responsibilities.



Cool Down

Conduct a light cool down consisting of light jogging and stretching.