

One to feet and one to space

This session develops play when using two centre forwards or one supporting striker behind the forward.

Here we look at how one player receiving the ball to feet and one player running into the space behind can create chances for your team to score.



What you tell your players the session is about

1. Two forwards working together to create goal-scoring opportunities.
2. Improving the movement of the two forwards.
3. Improving the passing and support play from midfield.

Session planner

Warm up 10 mins	Session 15 mins	Developments 15 mins	Game 15 mins	Warm down 5 mins
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Activity	Kit	Outcome
Warm up	Balls, cones	One short pass followed by a second run into space from <i>The Ultimate Warm-Ups Manual</i> , exercise 72
The session	Balls, cones, goal	Forward combining to score
Development	Balls, cones, goal	Midfielders supporting the forwards to create a goal-scoring opportunity
Game	Balls, cones, goal	Forwards and midfielders combine to score in a game situation
Warm down	n/a	Gentle jogging and stretching exercises



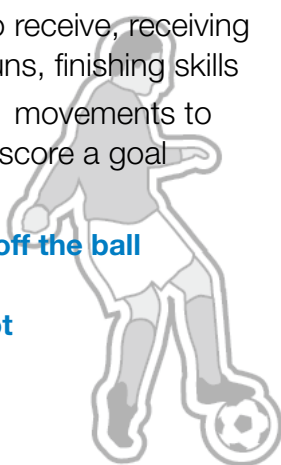
Where it fits

Individual skills: Movement to receive, receiving and passing skills, forward runs, finishing skills

Team skills: Communication, movements to receive, combination play to score a goal

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What to think about

- The two forwards must make different runs in order to confuse and lose defenders.
- If one forward comes to receive the ball, the other forward must run into the space the other forward has left.
- Midfielders must always be looking to make a forward pass.
- Once a forward pass is made, a midfielder must support the attackers and also move into a goal-scoring position.





Set-up

Create a 50 yards by 40 yards area.



What you get your players to do

The coach passes a ball into one of the midfielders, now one of the forwards comes to receive the ball at his feet from the midfielder.

The midfielder calls out "turn". As the forward makes the run, the second forward must run into the space created near where the first forward was.

The first forward turns and passes into space for the second forward to run and shoot at goal.



What to call out

- "One to feet and one into the space"
- "Can you play forward and then look to support"
- "Communicate when you pass"



Development

Add a second midfielder who runs forward to support the play.

Repeat the first session, but this time when passing to the forward, you must communicate there is a "man on". The forward passes to the supporting midfielder and then turns to run forward. The midfielder can return the ball to this forward or to the second forward who has now run into space.

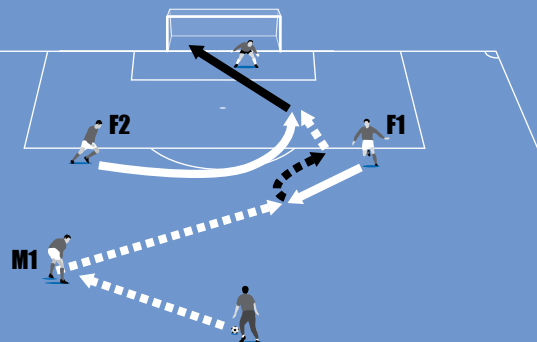


Game

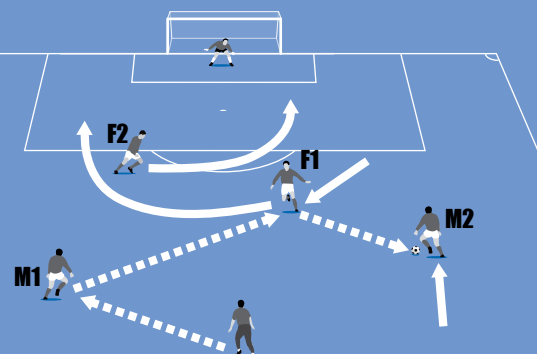
Play a small-sided game in which each team has one goalkeeper, two defenders and two forwards. The goalkeeper and two defenders must try to combine in a 3v2 to pass to the forwards. Can the attackers combine to score? Do they pull the defenders apart by one coming short and one going away into the space? To help your forwards receive the ball to feet, you can include a "free zone" where one striker can come to receive a pass unopposed.

One to feet and one to space

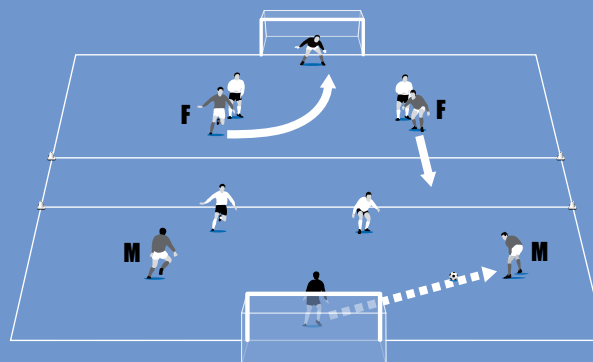
player movement \Rightarrow pass/serve $\square\square\square\Rightarrow$
 run with ball \dashrightarrow shot \rightarrow



A server passes the ball to a midfielder (M1) who plays it to the forward's (F1) feet. The other forward (F2) finds space to receive and shoot.



A midfielder (M2) supports the forward (F1) who passes to him and runs away. The midfielder now has a choice of forward to pass to.



A "free zone" allows a forward to receive the ball to feet from the defence which allows another forward to run into space.

