Perpetual motion machine

Improving your team's movement off the ball will create space and disrupt the opponent's defence. The more your players move around the pitch, the more elusive they will be to their opponents.

What you tell your players the session is about

1. Movement off the ball.
2. Creating space as an individual.
3. Creating space as a team.

Session planner

Warm up	Session	Developments	Game	Warm down
10 mins	15 mins	15 mins	15 mins	5 mins

Activity	Kit	Outcome
Warm up	Two balls, cones	Players pass and then run into the next zone to pass again. This means players are constantly on the move
The session	One goal, balls, cones	Movement off the ball to create space to receive a pass and score a goal
Development	Two goals, balls, bibs cones	Making space to receive the ball in a man-marking game
Game	Two goals, balls, bibs, cones	Free play game with a rule "if the ball moves, you move"
Warm down	n/a	Gentle jogging and stretching exercises

Where it fits

Individual skills: Movement off the ball, running, turning, sprinting, communication, passing, dribbling, shooting

Team skills: Communication, team work, combination play, movements to create space

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What to think about

- When your team has the ball, does the player in possession have passing options?
- Do players make the pitch big by making runs to create space or to receive a pass?
- Any movement is better than no movement, so we use the common saying "if the ball moves, you move" in order to educate young players of the importance in moving.
- Movement disrupts defenders and forces them to leave their position to mark the player which opens up space for the team to exploit.

Set-up

Use a 40 yards by 30 yards area for all practices.

What you get your players to do

The warm up

Split the group into opposite sides of the pitch. Use a ball in each half. The first player passes the ball in one half and then runs into the other half to pass the other ball. This practice works in three sets of three minutes each. The first three minutes has three-touch passing, the second is two-touch and third is one-touch.

The session

Use two teams of six players and a goalkeeper. The teams have three players on the pitch and three servers on the outside of the pitch. The black team starts as the attackers and it receives a ball from the servers in order to try and score a goal.

If the white team wins the ball, it is passed to one of their servers and they begin an attack. The players on the pitch mark an opponent to force movement off the ball to receive a pass. Rotate players every four minutes so they are servers and players in the main area.

What to call out

- "If the ball moves, you move"
- "Movement creates space"
- "Movement disrupts defenders"

Development

In a small-sided game, players on each team mark an opponent and can only tackle the player they are man marking. This rule forces players to be on the move constantly in order to lose their marker and receive the ball. When defending you must also be moving all the time to stay close to your opponent and stop them receiving a pass.
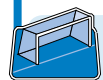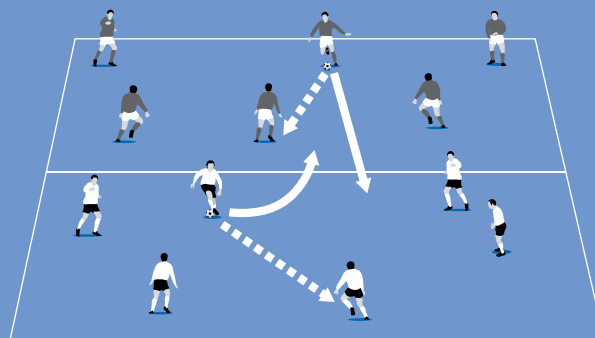
Game situation

In another small-sided game, players are free to mark anyone and go anywhere on the pitch. Applaud good movement and make an example of this to the rest of the group. However, if an attacking player is not moving, award a free kick to the opposing team. So the rule for this game is "if the ball moves, you move".
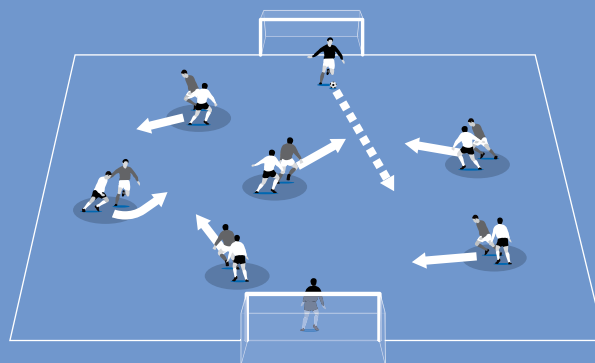
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direction of run $\Longrightarrow$ pass $\Box\Box\Box\!\!\Rightarrow$

Players pass to another player in their half and run into the other half to pass the second ball.
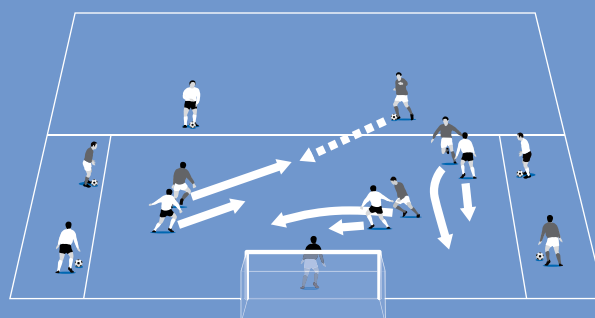
Players must lose their marker to receive a pass from a team mate (a server) and then try to score while moving constantly.

In a small-sided game, players can only tackle the opponent they are man marking. Everyone must keep moving continuously.