

# Tight situations

An attacking player often finds himself with little or no space to get away from opposition defenders. Teach your players to use their skills to wrong foot defenders and accelerate away and into space from these tight situations.



### What you tell your players the session is about

1. Developing a new skill or turn.
2. Expressing your ability.
3. Beating defenders in tight situations.

### Session planner

Warm-up 10 mins	Session 10 mins	Development 15 mins	Game situation 20 mins	Warm-down 5 mins
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Activity	Kit	Outcome
Warm-up	Balls	Players react and change speeds to warm up, from The Ultimate Football Warm-Ups Manual, exercise 30
Session	Cones, balls	The players take turns to complete skills on the dance floor
Development	Balls, cones,	The players take turns to get out of a tight situation
Game situation	One goal, balls, bibs, cones	The players must turn and try to score inside the penalty box
Warm-down	n/a	Gentle jogging and stretching exercises



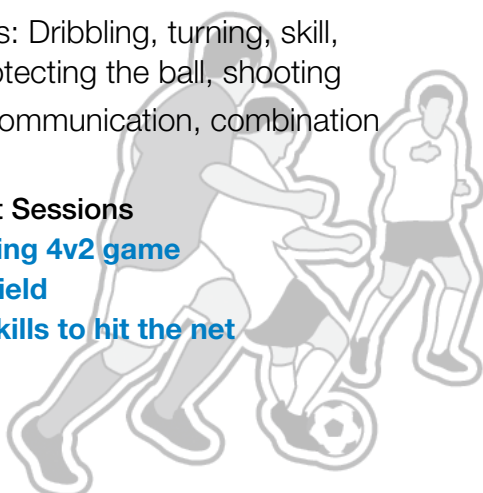
### Where it fits

Individual skills: Dribbling, turning, skill, shielding / protecting the ball, shooting

Team skills: Communication, combination play

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### What to think about

- When in a tight situation, or when closely marked, do your players have a skill or trick to get themselves out of trouble?
- Are your players able to complete a series of skills in a short space of time?
- Do your players have enough confidence to express themselves in games and showcase their skill and tricks.





## Set-up

Use a five-yard square marked out with cones for the session and development. For the game situation, use one end of a match pitch up to just outside the penalty area.



## Session – 10 mins

Four players stand around the square. The players are numbered 1 to 4. You call out a number, that player goes into the square “dance floor” and completes a series of skills and turns in order to show their ability in a freestyle situation.

Players have to use their imagination in the tight situation by showing off their own set of skills, these could include drag backs, Cryuff turns, shimmies and stepovers to constantly move the ball and change direction in the small amount of space they are working in.

Call a new number to allow the player to exit the dance floor and let a new player enter the pitch.



## Development – 15 mins

Three players go outside the square. One player goes inside the square with a football.

The three players on the outside are not allowed inside the square. However, they move around the outside and stop the inside player from dribbling out of the square.

The player inside the square tries to complete skills and turns in order to wrong foot the defenders and accelerate out of the square to score a point.



## Game situation – 20 mins

Use three teams of players and one goalkeeper. One team of players goes outside the area to work as servers. One team defends the goal and one team are attackers.

The attackers receive a pass from the servers and then try to turn in a tight situation and either pass to a team mate or shoot to score a goal. Defenders try to stop attackers from scoring and win the ball and pass back to the servers.

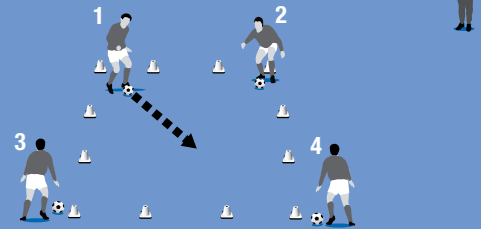
The game is played for six periods of five minutes with each team rotating roles for each game. The team which scores the most goals is the winner.

# Tight situations

player movement ⇨ pass/serve □□□⇨  
dribble ■■■⇨



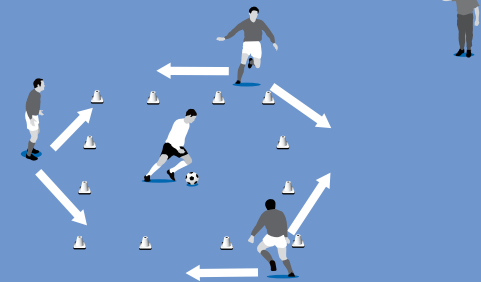
Number 1, show your skills



Players enter the “dance floor” and complete a series of skills and turns.



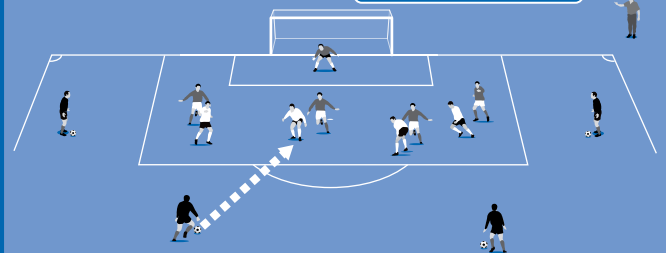
Accelerate out of the square



One player in the centre tries to exit the square by using skills to go past one of the three defenders.



Look for a team mate if you can't turn



Split into three teams. Attackers receive the ball from servers while tightly marked by defenders.