Coach: Stephen Bird	
Spreading the Field – U9 +	
Using width, depth, and length when in possession	

A Lifetime of Soccer

|	**Warm-Up**	**Work: 10 Mins**

Each player has 9 lives. Players will dribble around the area and lose lives for the following reasons:
1) Dribbling slow
2) When the coach shouts "go" and you don't see a burst of speed
3) Bumping into someone
4) Dribbling out the area

Players can get lives back by completing challenges set by the coach & when the coach shouts, "freeze" whoever has the most space wins a life back

Organization: Area 30 x 35. Can vary depending on the number of players/level.
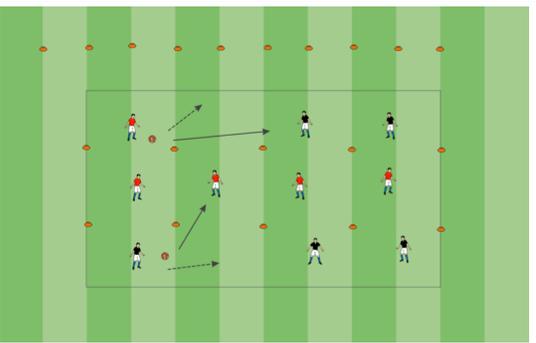
	Technical	**Work: 12-15 Mins**

Setup 8-12 grids (depending on the size of your roster). Each player finds a grid to stand in. Players pass and move and find an empty grid after they pass the ball. (Introduce more soccer balls as you go). Players should be scanning and finding the empty grid. Introduce the following challenges:

1) Players have to take a touch into another grid before passing it
2) Players have to pass into the grid that's either to the right/left of the player receiving the ball

Organization: Introduce a time limit for players to find a new grid.

	Scrimmage	**Work: 15-20 Mins**

Players are split into two teams. The field has two wide areas, which are occupied by a player from each team. The team in possession can use the wide players. Wide players at the start of the game can't be tackled but have a time limit to get rid of the ball (Coach sets this). No one else can go in the wide area.
Introduce 1v1 battles on the wide areas, and only one player from the team in possession can join them to create a 2v1 situation.

Organization: Grid size – Wide areas 8x40 and field area 30x40 (depending on # of players & space)

Key Coaching Points:

1) Can you be at least 10 steps away from the player with the ball?
2) Can you create width, depth, and length when your team has possession?
3) What happens to the opposition when you spread out? Do you create more space?