

Kick for space

A possession game using kick passing only, which encourages players to find space and make themselves available.

Cone off a large area with plenty of space to move about. A 45 metre square is a good area.

Split the group in two. 4 v 4, 5 v 5, or 6 v 6 are ideal.

Players spread out around the area, and the coach begins play

with a ball into the square..

The player on the ball is allowed no touches, i.e., no bounce or solo. Once they take possession, they can use their four steps, but then they must get off a kick pass to a team member. NO hand passes. The team in possession is looking to put together eight passes in succession. The target can be varied depending on the groups ability.

When a team turns over posses-

sion they can then chase the target for passes.

When a team hits the target bring the players in for quick debrief. Highlight where a player ran into space and won the ball. Talk about situations where the player on the ball was caught in possession because they had no passing options.

Resume the game and encourage players to actively employ the lessons learned.

