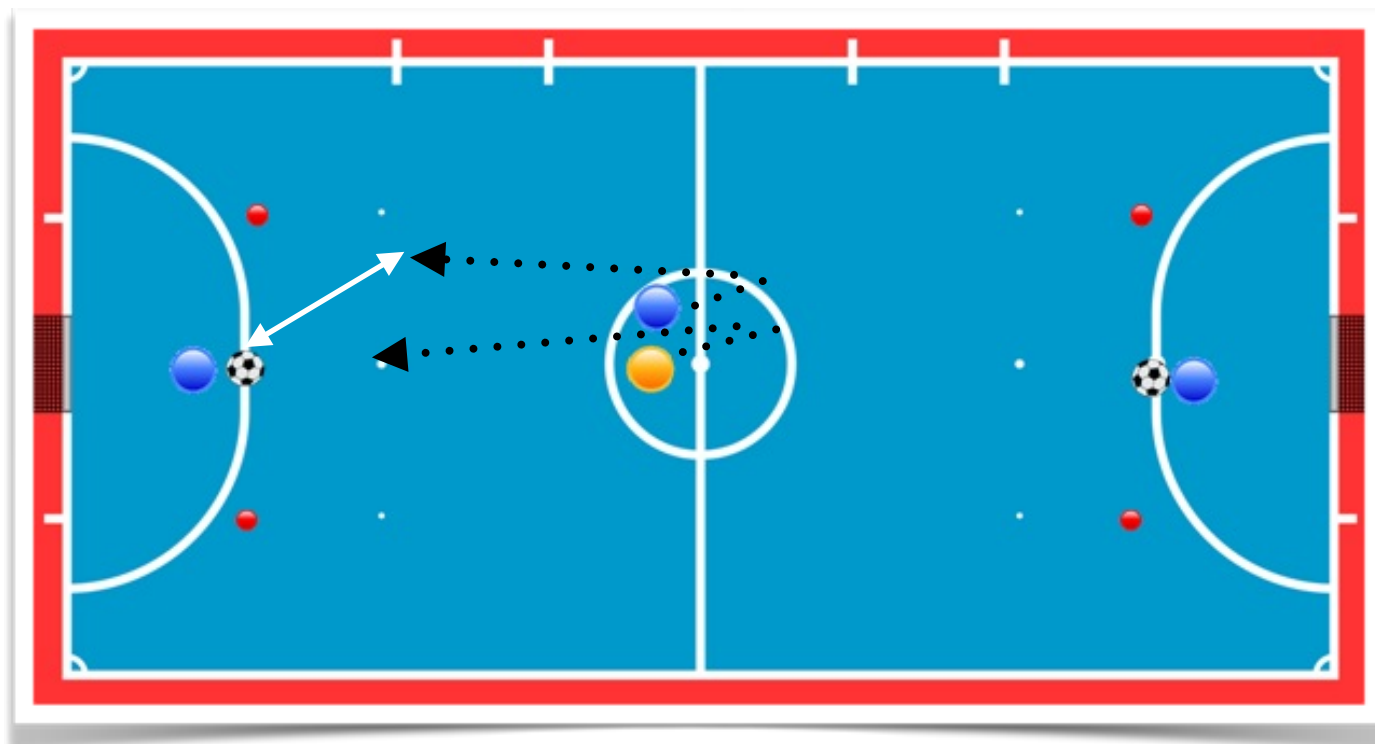




Creating Space-First Touch

Player in the middle moves quickly to create space and lose the marking defender. Once they have created space they make a one two pass with either player on the outside. Rotate player roles after each minute.

Focus:

- Quick movement, changes of speed
- Control technique
- Shielding the ball
- Quality of pass

Notes:

