

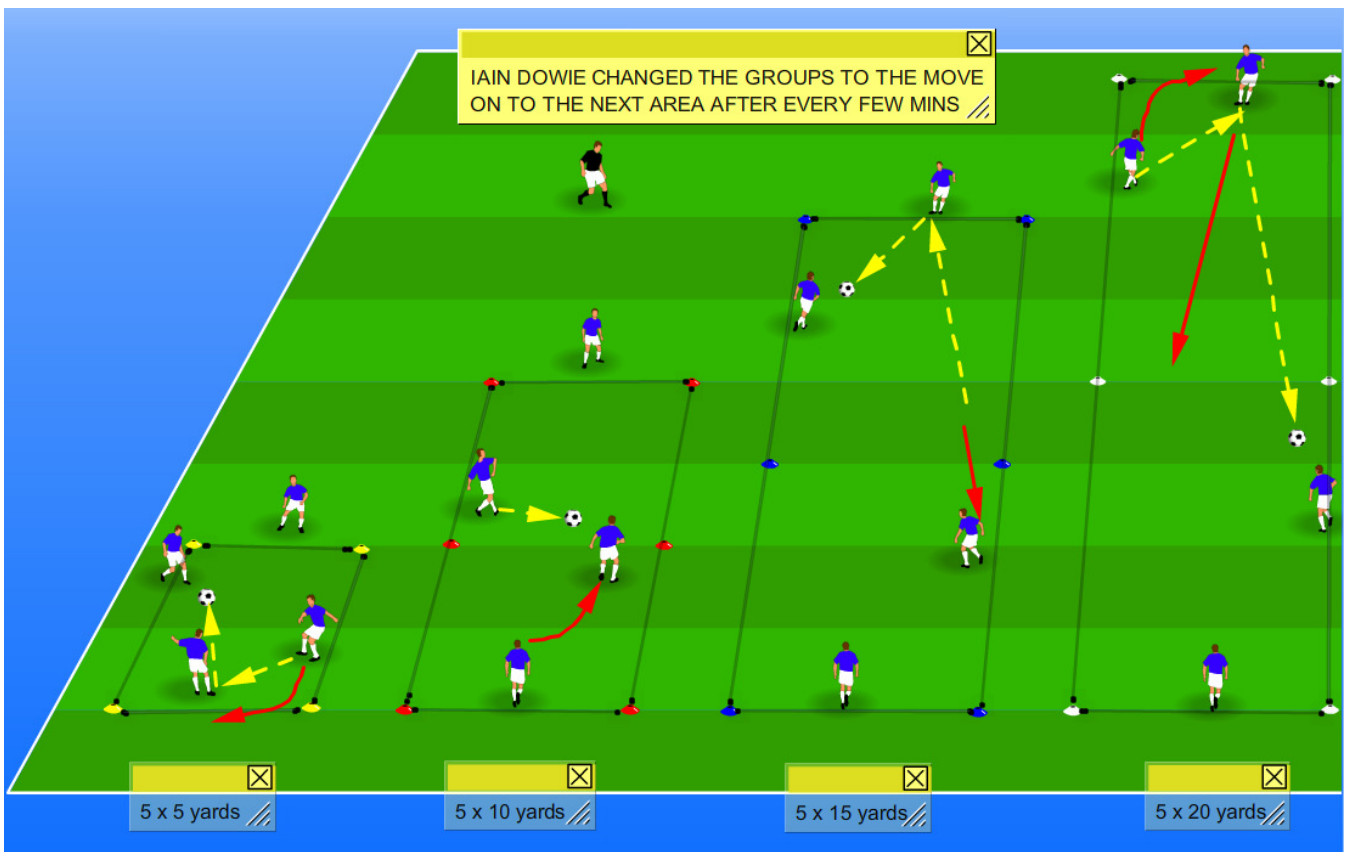
# A Complete Session on "Encouraging Movement off the Ball" By Professional Coach, Iain Dowie



SoccerTutor.com sponsored **Iain Dowie's session** on 6 June 2010 at the Grass Roots Football Live event.

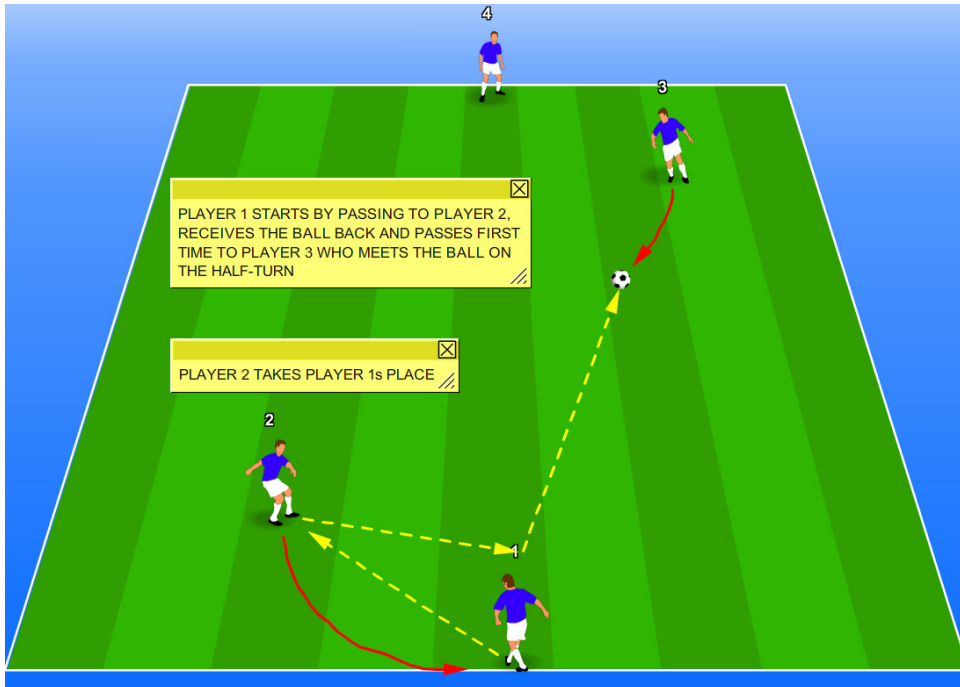
**Coach George** of SoccerTutor.com observed the session and put this together using Tactics Manager Software to share with all SoccerTutor.com members.

## 1. Passing, Combination Play and Movement (20 mins)



The session begins with group of 4 players working at 4 different size areas. After a set period of time Iain moved the groups along to the next area. The passing and movement sequence is illustrated on the following pages.

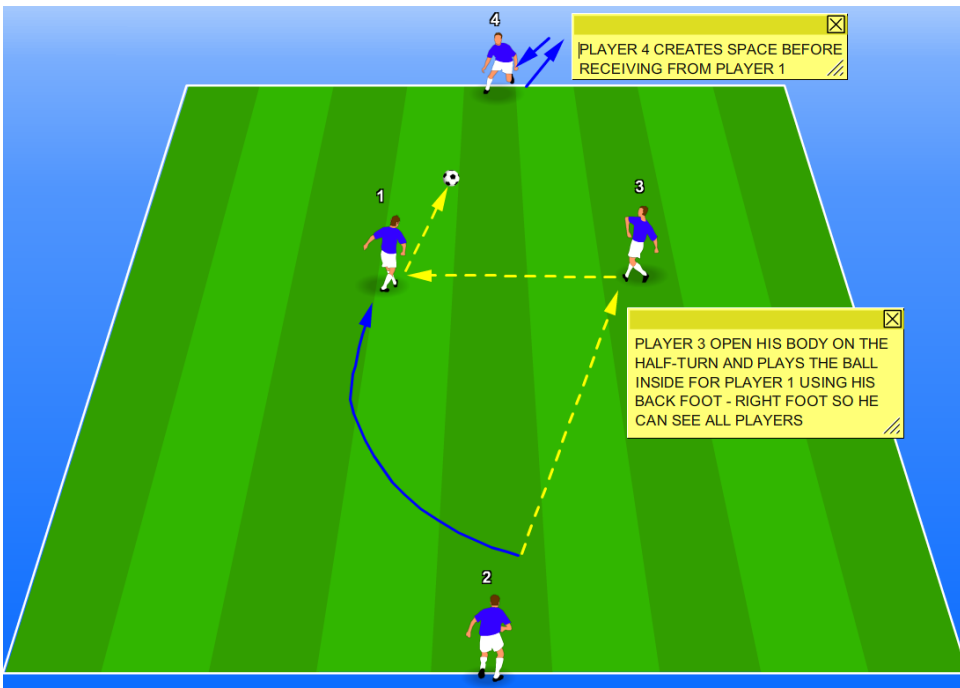
**Passing sequence in detail...**



**STEP 1 of 5**

PLAYER 1 STARTS BY PASSING TO PLAYER 2, RECEIVES THE BALL BACK AND PASSES FIRST TIME TO PLAYER 3 WHO MEETS THE BALL ON THE HALF-TURN.

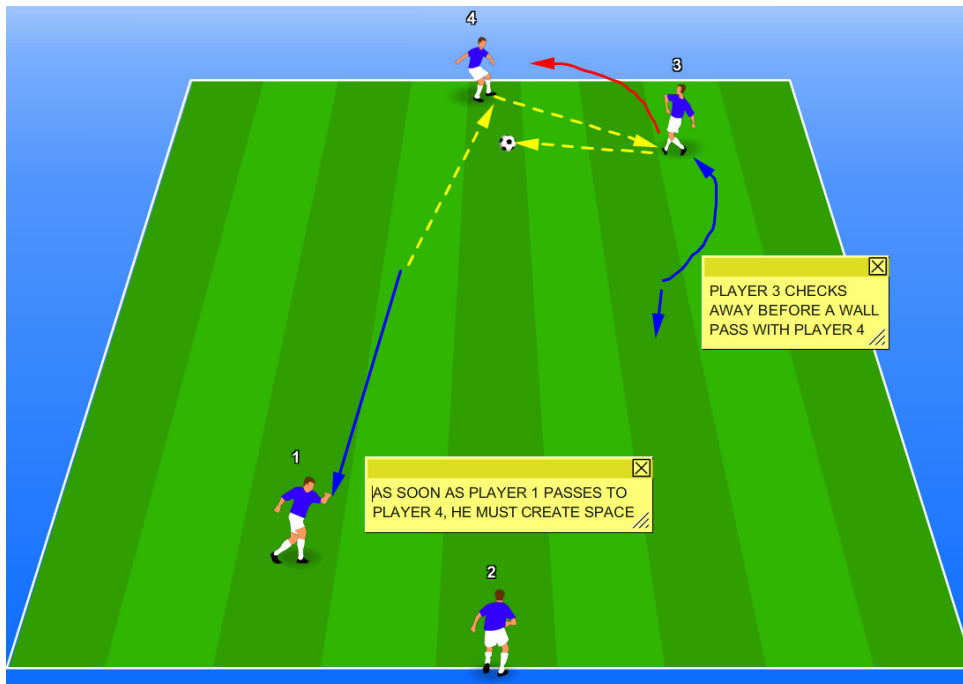
PLAYER 2 TAKES PLAYER 1's PLACE.



**STEP 2 of 5**

PLAYER 4 CREATES SPACE BEFORE RECEIVING FROM PLAYER 1.

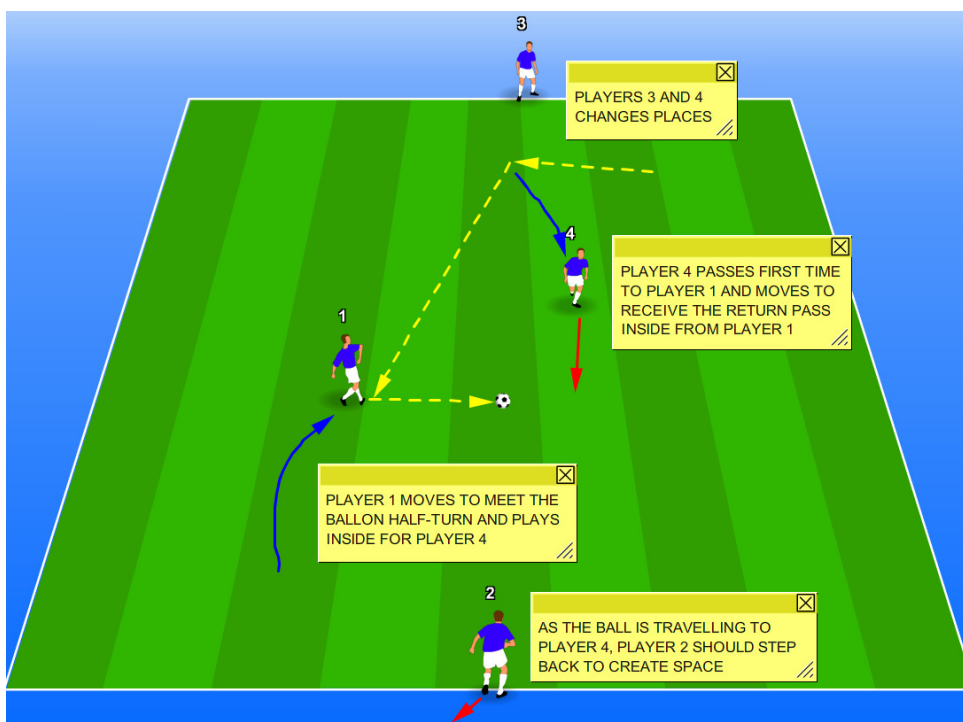
PLAYER 3 OPEN HIS BODY ON THE HALF-TURN AND PLAYS THE BALL INSIDE FOR PLAYER 1 USING HIS BACK FOOT - RIGHT FOOT SO HE CAN SEE ALL PLAYERS



## STEP 3 of 5

PLAYER 3 CHECKS AWAY BEFORE A WALL PASS WITH PLAYER 4.

AS SOON AS PLAYER 1 PASSES TO PLAYER 4, HE MUST CREATE SPACE



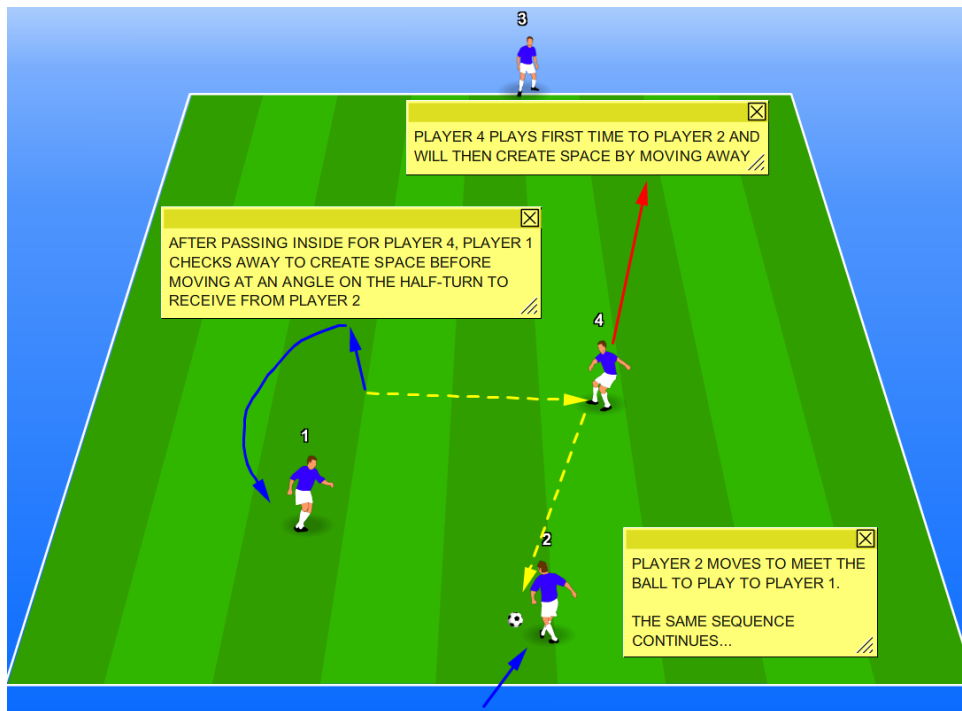
## STEP 4 of 5

PLAYERS 3 AND 4 CHANGES PLACES.

PLAYER 4 PASSES FIRST TIME TO PLAYER 1 AND MOVES TO RECEIVE THE RETURN PASS INSIDE FROM PLAYER 1.

PLAYER 1 MOVES TO MEET THE BALL ON HALF-TURN AND PLAYS INSIDE FOR PLAYER 4.

AS THE BALL IS TRAVELLING TO PLAYER 4, PLAYER 2 SHOULD STEP BACK TO CREATE SPACE.



## STEP 5 of 5

PLAYER 4 PLAYS FIRST TIME TO PLAYER 2 AND WILL THEN CREATE SPACE BY MOVING AWAY FROM PLAY.

AFTER PASSING INSIDE FOR PLAYER 4, PLAYER 1 CHECKS AWAY TO CREATE SPACE BEFORE MOVING AT AN ANGLE ON THE HALF-TURN TO RECEIVE FROM 2.

PLAYER 2 MOVES TO MEET THE BALL TO PLAY TO PLAYER 1.

THE SAME SEQUENCE CONTINUES...

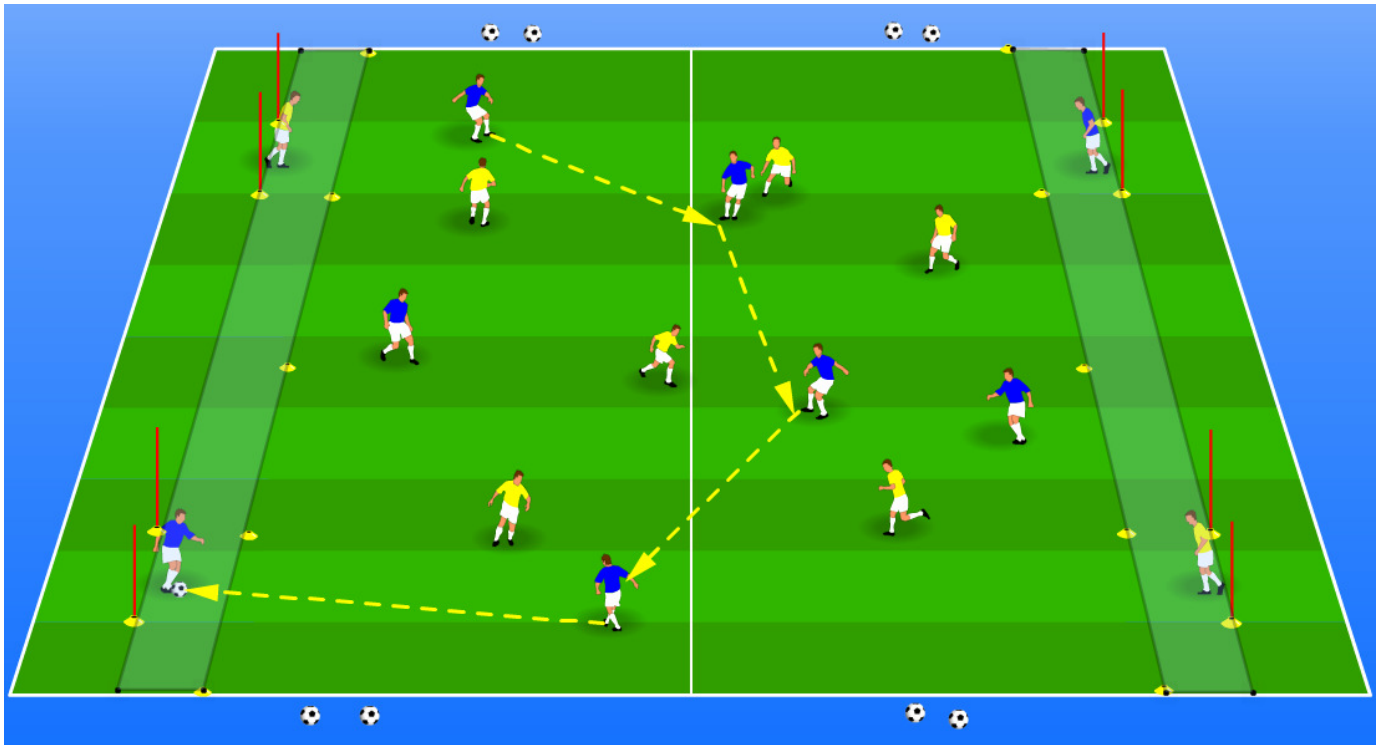
When I was at West Ham United FC academy as a young player, we used to do this drill frequently. I use when coaching too and know it helps develop players.

The same drill called "Passing 9" is available in full animation on Total Team Manager Pro.

### Additional Coaching Points:

1. Players on the outside should step back 2 paces at an angle to the left or right depending on which foot they want to pass the ball with next.
2. The middle players should receive a pass from the outside players at an angle and with the back foot; this automatically puts you on the half-turn so you're able to see both players on the outside.
3. All players should move to meet the ball and not wait for it.
4. Good weight of pass and accurate timing of runs is crucial.

## 2. Iain Dowie - Encouraging Movement off the Ball - SSG 1 (20 mins)



### **Description**

6 v 6 + 2 target players for each team. 1 goal is allocated for 6 consecutive passes. An additional goal is also allocated for passing to a target player who's on the same team and positioned within the end-zone between the gates. Players can also use the area behind the gates. Condition - two touch only. Change target players after period of time.

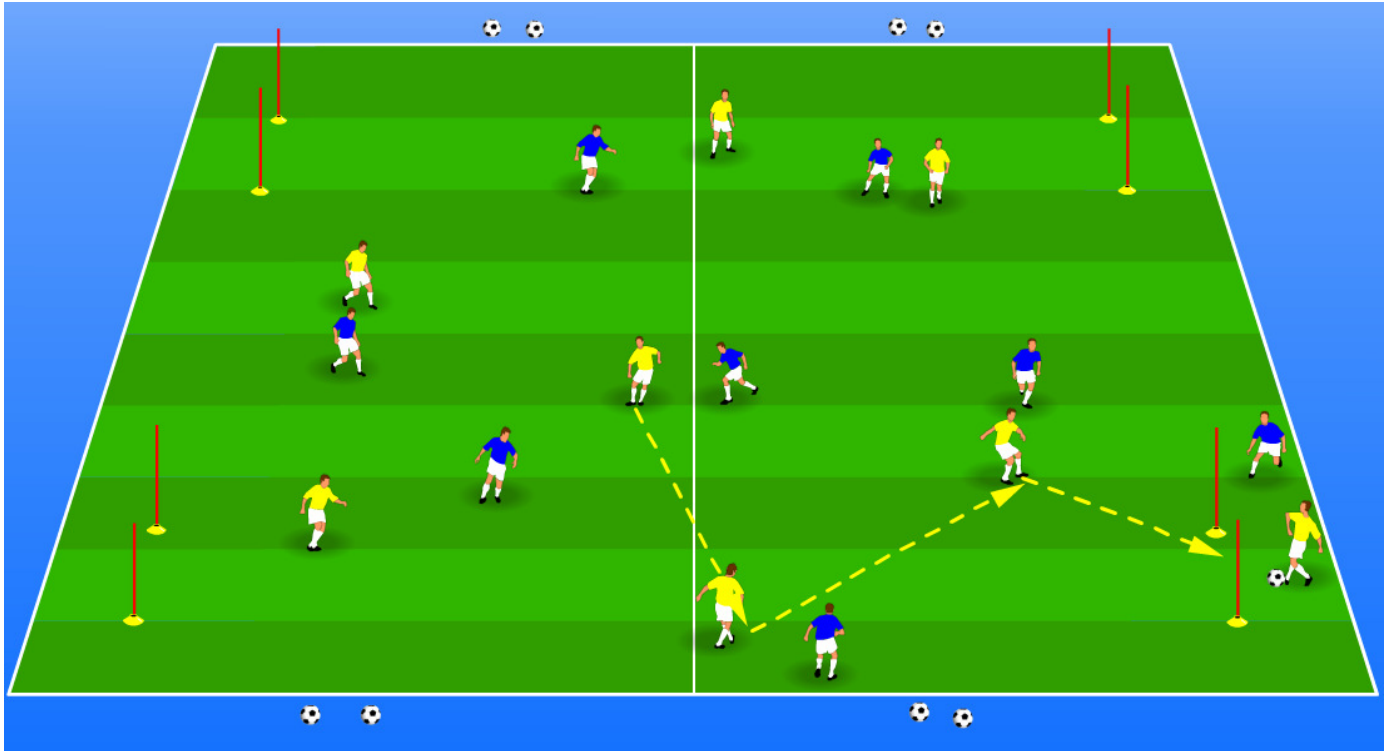
### **Coaching Points**

1. Create space from outside the field to in and also in to out. This takes marker away so teammates can exploit space in middle and attacking areas of the field.
2. When creating space outside to in, can players exploit space with an overlapping run?
3. Player body shape and positioning - Players should be on the half-turn as much as possible. This makes it easier to receive the ball, identify space and awareness and also provides more playing options.

### **Progression**

1. 8 passes to score
2. All touch
3. See SSG 2

### 3. Iain Dowie - Encouraging Movement off the Ball - SSG 2 (20 mins)



#### **Description**

8 v 8 with 4 gates. 1 goal is allocated for 8 consecutive passes with 3 touch condition. An additional goal is also allocated for passing to a team-mate through any of the 4 gates.

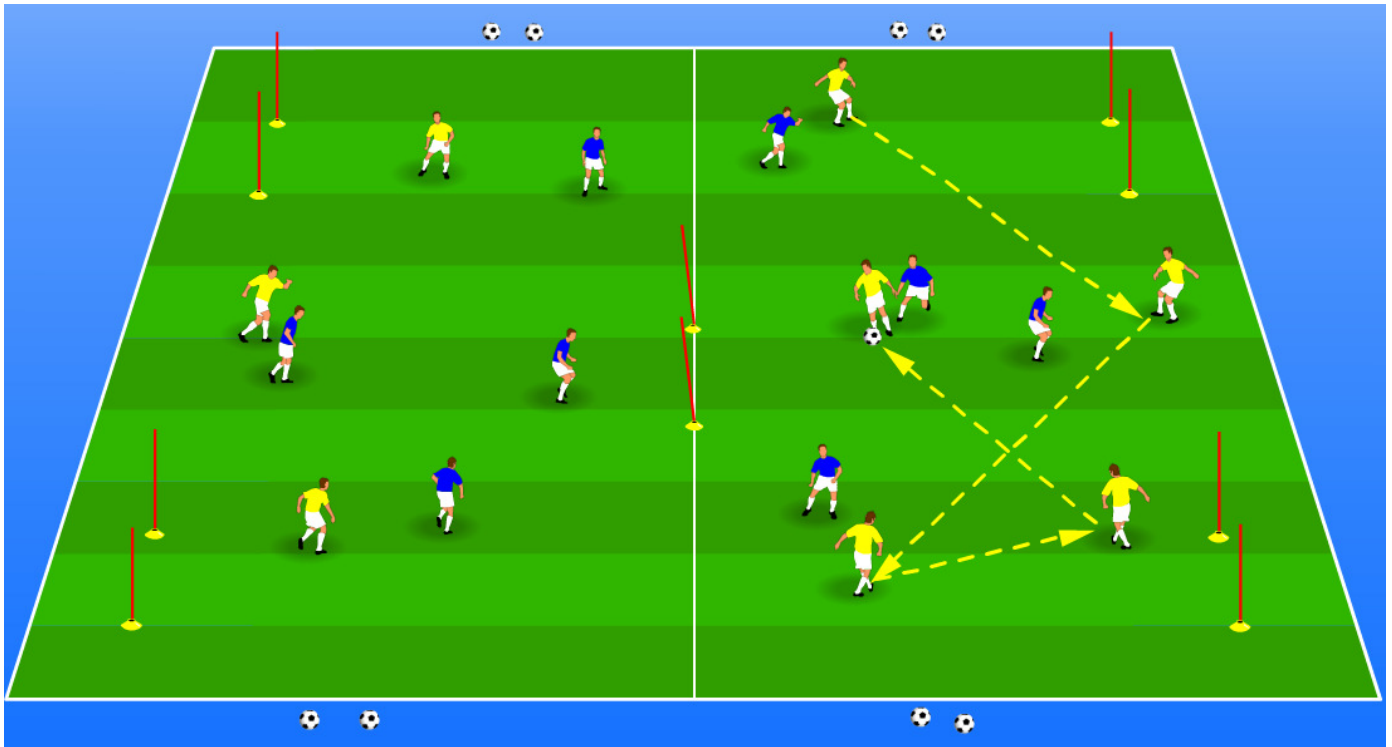
#### **Coaching Points**

1. If a player is in space then STAND STILL - You don't have to move to create space if you are already in space and in a good position.
2. One-touch play is good however too much of it and sometimes you cannot see the forward pass. For example if there is no pressure on the ball then you don't need to play quick one-touch, hence why players will not see a forward pass or even run forward with the ball.
3. Sometimes players run towards the ball which closes the space down
4. Pass to safe side of player which is the side away from opponent
5. Communication - Give good info to team-mates, i.e. time or turn.

#### **Progression**

1. See SSG 3

#### 4. Iain Dowie - Encouraging Movement off the Ball - SSG 3 (20 mins)



##### Description

8 v 8 with 5 gates. 1 gate is positioned at the centre of the area. 1 goal is allocated for 8 consecutive passes with 3 touch condition. An additional goal is also allocated for passing to a team-mate through any of the 5 gates. Players can also run through the centre gate with the ball which counts as a point. 1 team plays in 1 direction then change after period of time.

##### Coaching Points

1. Be patient and don't force it.
2. Again open body on half-turn.
3. Use all the space behind goal as well.
4. Encourage players to express themselves

##### Progression

1. All touch

Produced by Coach George using Tactics Manager Software for creating the diagrams.  
Purchase your personal copy now: <http://www.SoccerTutor.com/TacticsManager>