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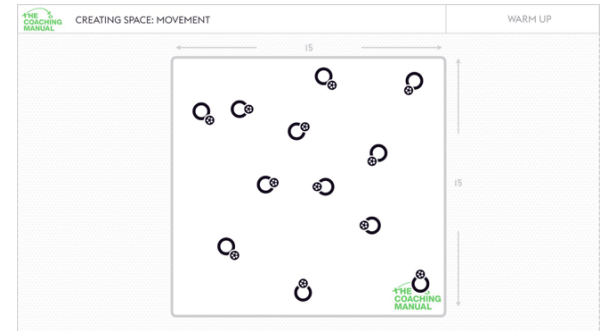
Ball Mastery to Create Space

Written by Anthony Limbrick

10 mins 12 players 10 balls 10 bibs
8 cones 25x25 area

Key Coaching Points

- Lots of touches of the ball
- Awareness of ball, space & other players
- Ball familiarity



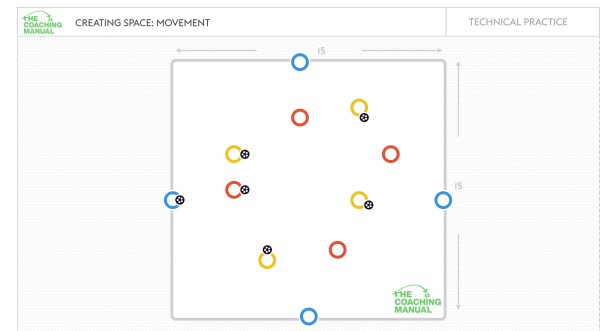
Movement to Create Space Technical Practice

Written by Anthony Limbrick

15 mins 12 players 6 balls 10 bibs
10 cones 15x15 area

Key Coaching Points

- Width & depth
- Movement to receive
- Rotation of players to create space



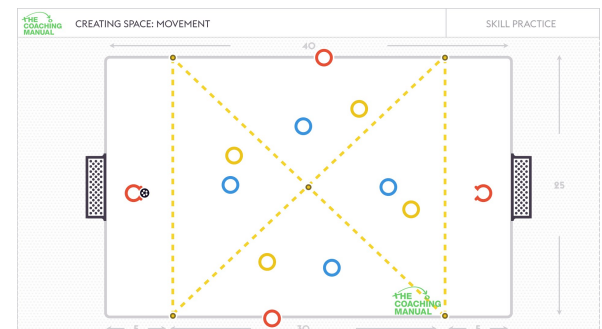
Movement to Create Space Skill Practice

Written by Anthony Limbrick

20 mins 12 players 4 balls 12 bibs
20 cones 30x25 area

Key Coaching Points

- Awareness
- Movement to receive
- Rotation of players to create space



Movement when in possession Small Sided Game

Written by Anthony Limbrick

20 mins 14 players 6 balls 14 bibs
20 cones 30x25 area

Key Coaching Points

- Rotation
- Quick passing & combinations
- Width & depth

