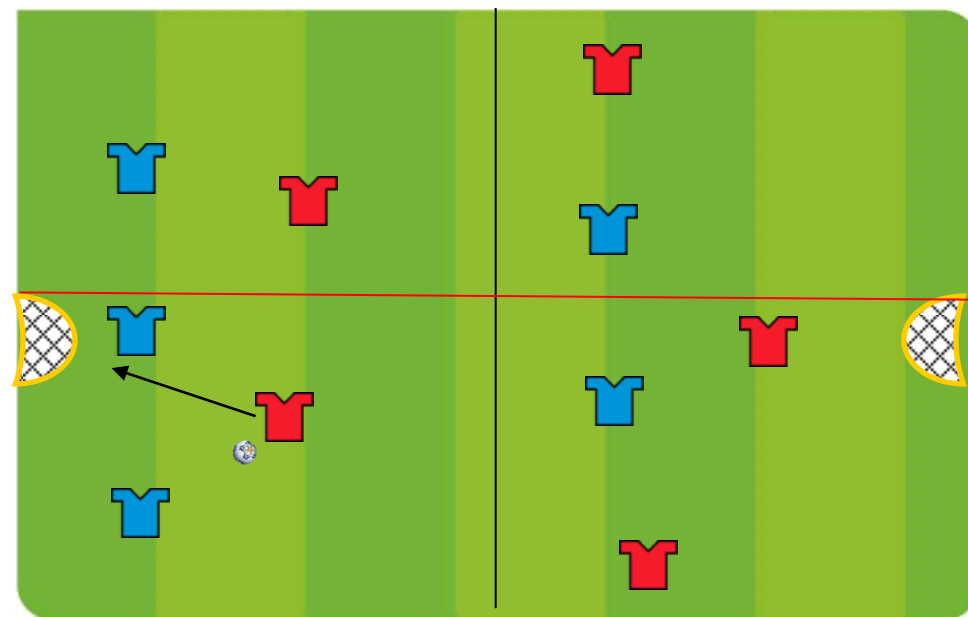
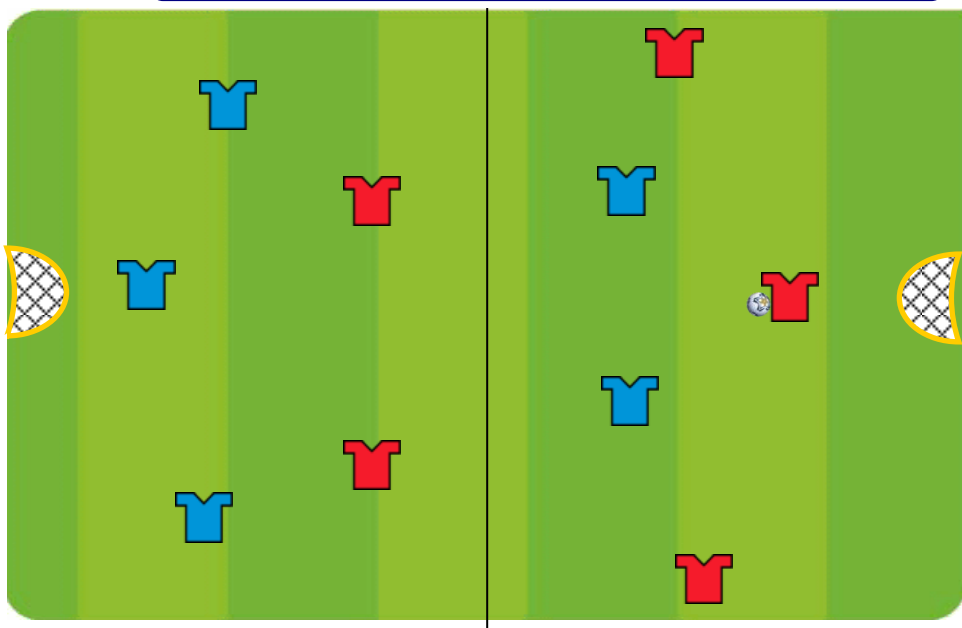


## THEME: Create space to finish in final third



### HOW TO PLAY

- Play 5x5 +2 Goalkeepers on the pitch twice size of the penalty area
- Play a normal game of football, but encourage players to shoot at every opportunity
- At the start, players may only shoot from defensive half of the field
- To encourage tempo, spare footballs should be placed in each goal

### PROGRESSIONS

- Players may only shoot from the attacking half of the field
- Players have to shoot from alternate parts of the pitch e.g. if first shoot is from left side of attacking third next need to be from right side of the field
- Remove all restrictions and allow players to shoot from anywhere
- Add 1 more player for each team

### DECISIONS AND CHALLENGES WITHIN A GAME

- Increase opportunity for finishing from close and long range
- Movement off the ball to create opportunity for finishing
- Players off the ball creating space in order to help find clear position to shoot
- Player on the ball-number of touches before shoot
- Player on the ball-type of pass: feet or space
- Challenge 1: in 3v4 scenario attacking team can only have 2 players in same side of attacking third
- Challenge 2: if you score under pressure goals count double

STEP PROCESS	EASIER	HARDER
SPACE	Bigger area	Smaller area
TASK	Shoot from anywhere	Shoot from alternate parts of the pitch
EQUIPMENT	Bigger goal size	Vary goal size
PEOPLE	Players move freely all over the pitch	Only 1 player from each team can switch halves