CREATING SPACE AND VISION

Scan -> move early -> receive side-on -> see forward -> play forward

SESSION OVERVIEW

SESSION AIM

Develop players' ability to scan, create space before receiving and use body position and movement to see and play forward.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Space & Vision	Scan & Receive	4v2 Find Space	7v7 Free Game

ACTIVITY 1 | SCAN, CHECK & RECEIVE

ORGANISATION

Work in groups of three with one ball. Place two outside players 12-15 yards apart and one working player in the middle. Add two reference cones above and below the middle player.

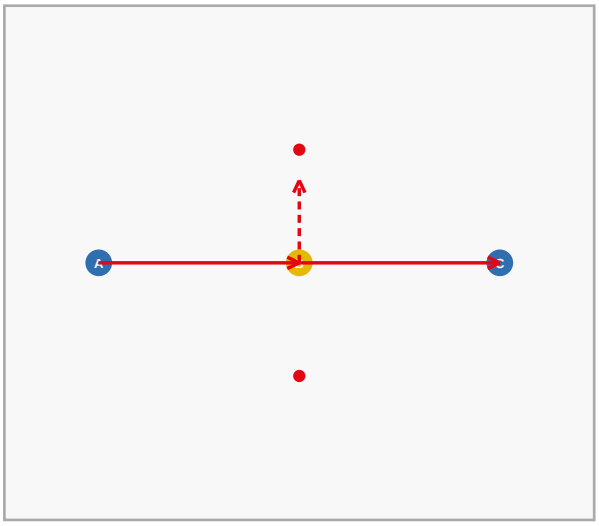
HOW IT WORKS

The middle player checks away to create space, scans over both shoulders and then moves back toward the ball at an angle. Receive from one side in a half-turned position and play to the opposite player. After the pass, move away again before checking back to receive from the other side. Rotate the middle player every 45-60 seconds.

COACHING POINTS

- Scan before moving toward the ball.
- Move away first to create space to receive.
- Check back at an angle rather than straight toward the passer.
- Receive side-on so both sides of the field remain visible.
- Use a positive first touch that prepares the next pass.

DIAGRAM



Create space first, scan both shoulders, then receive side-on and play forward.

PROGRESSIONS

1. Limit the middle player to two touches.
2. Outside players hold up a hand signal before the pass; the receiver must scan and call the number shown.

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ACTIVITY 2 | 4V2 FIND THE FREE PLAYER

ORGANISATION

Mark out a 15 x 15-yard area. Play 4v2 with the four possession players working around the outside of the area and two defenders inside.

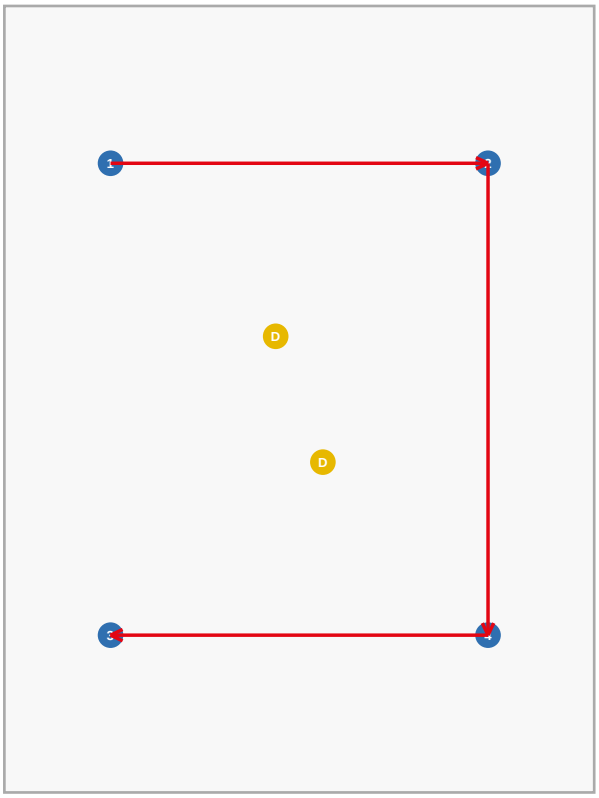
HOW IT WORKS

The outside team keeps possession and must continually move to create clear passing lanes. The player receiving should scan before the ball arrives, adjust away from the defender's cover shadow and use the first touch to keep the next option visible. Defenders score by winning the ball or forcing an error.

COACHING POINTS

- Move early while the ball is travelling.
- Stay out of the defender's cover shadow.
- Receive with an open body position.
- Scan before the pass and again as the ball travels.
- Play through or around pressure rather than into it.

DIAGRAM



Constant movement and scanning create the free player and better passing lanes.

PROGRESSIONS

1. Limit the outside players to two touches.
2. Award two points for a split pass played between the two defenders.

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ACTIVITY 3 | 5V5 + 2 NEUTRALS

ORGANISATION

Use a 30 x 40-yard area. Play 5v5 with two neutral players who support the team in possession. Mark a target line or gate at each end.

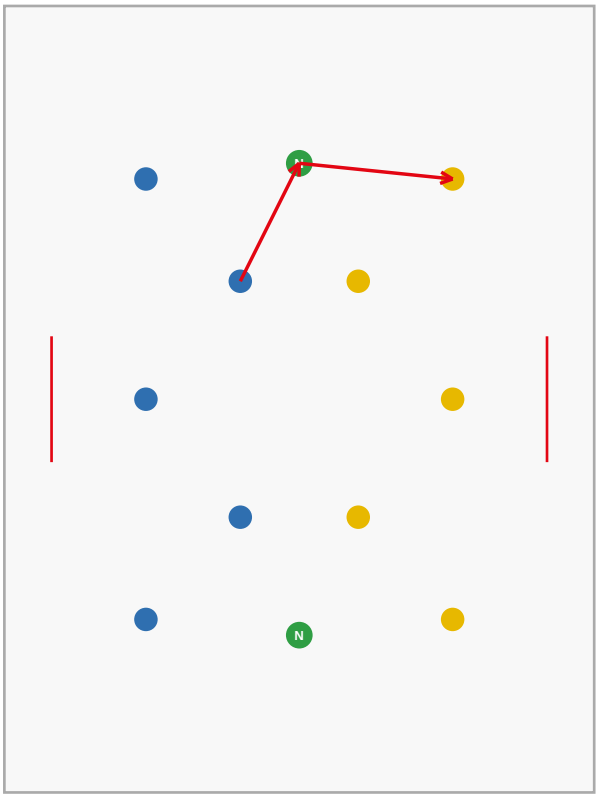
HOW IT WORKS

Teams keep possession with help from the two neutrals and score by playing through the far end gate to a teammate. Players should create space away from the ball, scan for the next option and move as the ball travels. The neutrals should help change the angle of attack and encourage players to receive facing forward.

COACHING POINTS

- Create width and depth so the player on the ball has multiple options.
- Scan before receiving and recognise the forward picture early.
- Move away from pressure to create space for yourself or a teammate.
- Use the neutral players to change the angle and open new passing lanes.
- Penetrate when the forward option is available.

DIAGRAM



Use movement and neutral players to create space, see forward and penetrate.

PROGRESSIONS

1. Limit neutrals to one or two touches.
2. Award a bonus point when a player receives between opponents and turns forward.

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FINAL GAME | 7V7 + GOALKEEPERS

ORGANISATION

Play 7v7 plus goalkeepers on an appropriate pitch with two goals. Use normal laws and no fixed zones.

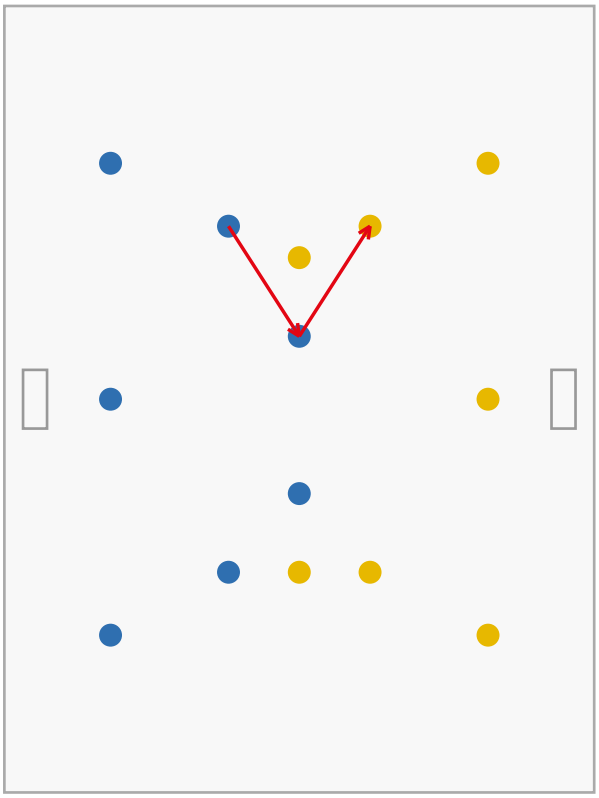
HOW IT WORKS

Play freely and encourage players to transfer the session habits into the game: scan early, create space before the ball arrives, receive side-on and recognise when to play forward. The coach should intervene only when a clear learning moment appears.

COACHING POINTS

- Scan before receiving and as the ball travels.
- Create space with movement away from the ball.
- Receive on the half-turn whenever possible.
- Support at different angles and distances.
- Recognise and use forward options early.

DIAGRAM



Final game to transfer scanning, space creation and forward vision into realistic play.

PROGRESSIONS

1. Award a bonus for goals created after a player receives on the half-turn and plays forward.
2. Finish completely unrestricted and observe whether the habits remain.