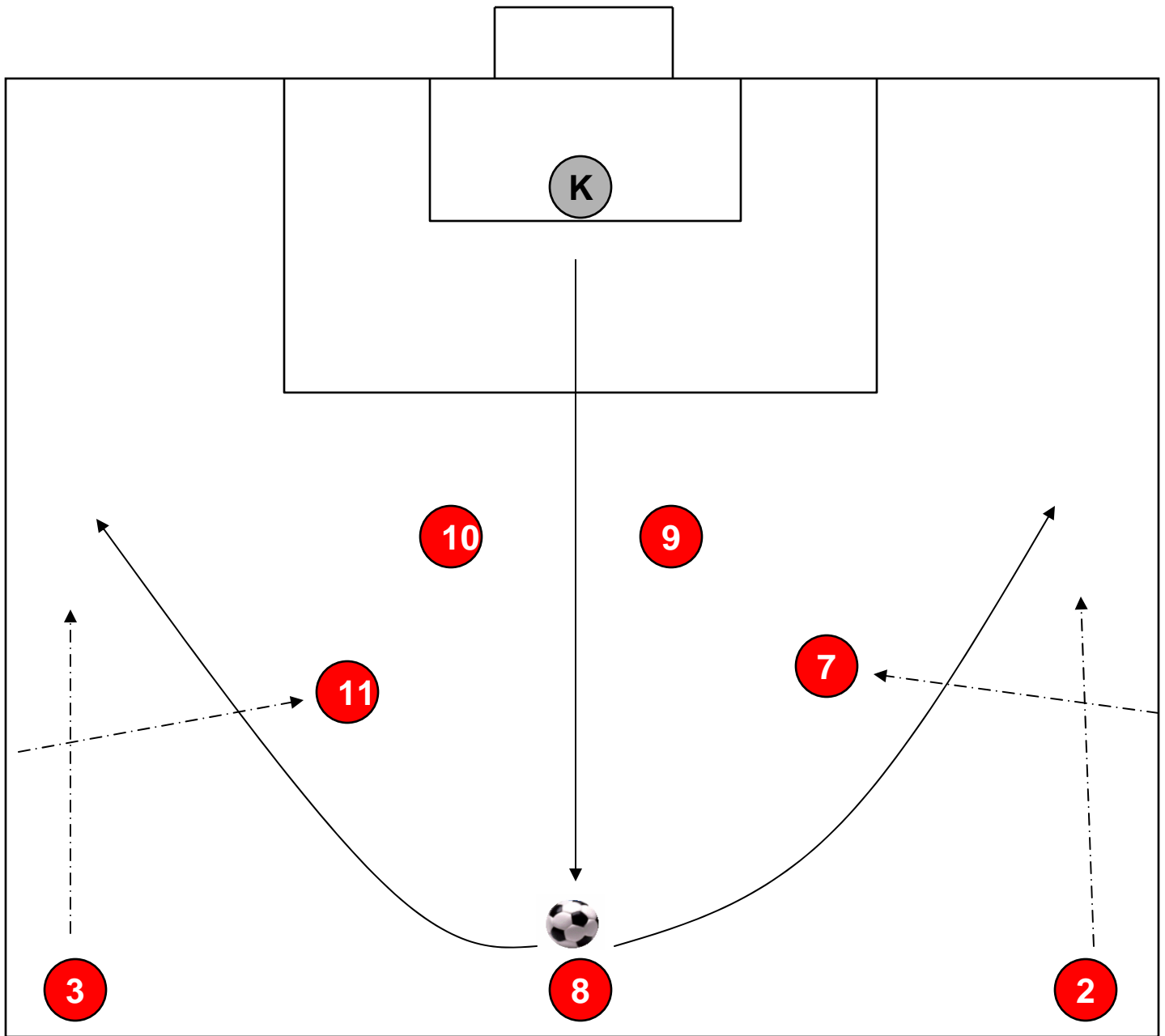
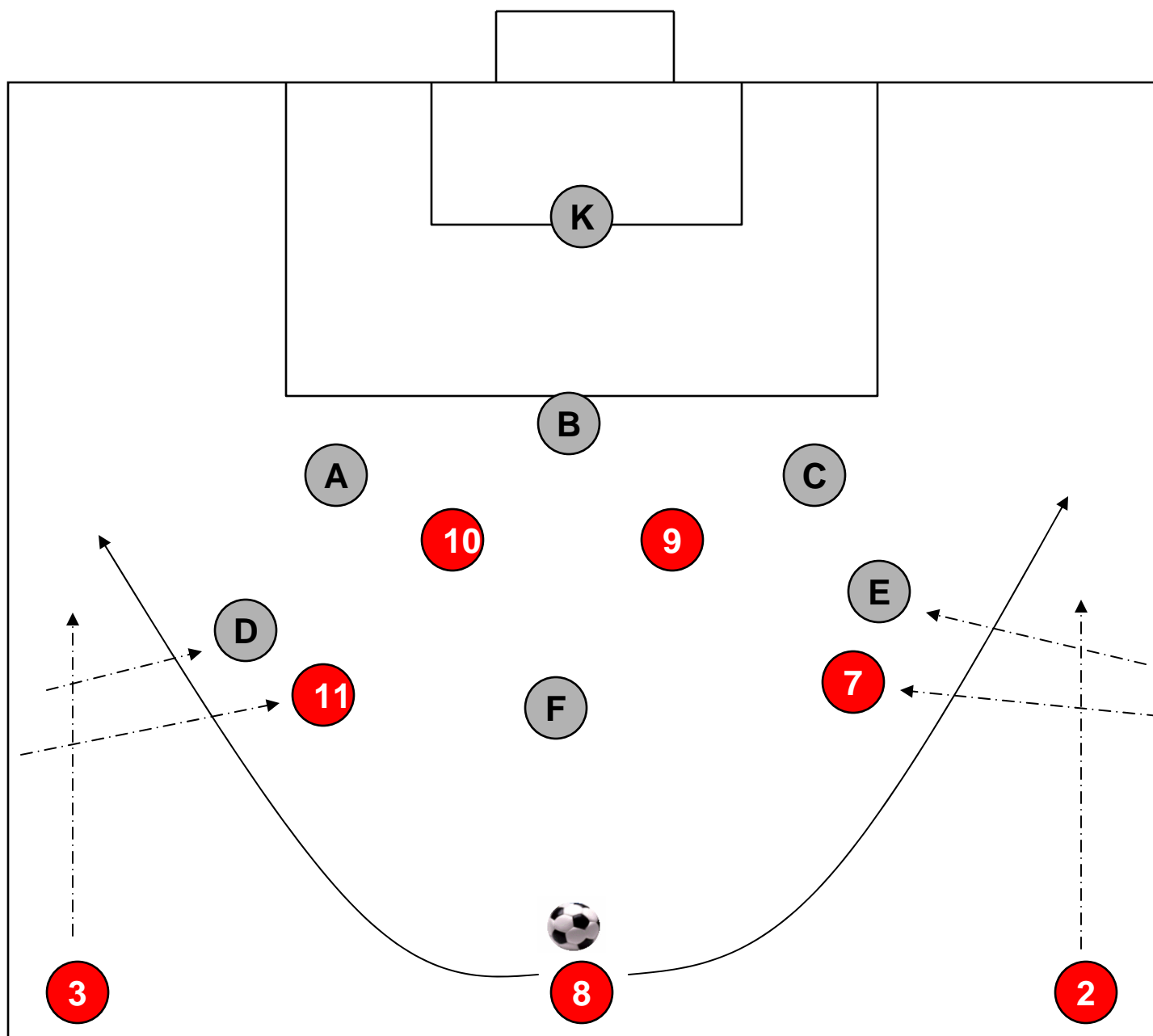


CREATING SPACE WIDE TO GET FULL BACKS IN



1. Keeper kicks the ball to (8) to start the move. Start with **shadow play**, no opposition to get the players used to the type of movement required. You can lay cones down to show the correct positions to start from. In a game the team wouldn't do the move both sides as the situation would be available to execute down one side only but for **practice purposes** we need to set it up **both sides** to enable all wide players to practice.
2. Movement has to happen when there is **time on the ball** for the passer. In this situation it helps if the **striker** on that side moves the defender **away** from the space.
3. Fullbacks **wait** until the wide players move inside so as not to alert the opposition (timing of the run). It's all about the **timing** of the **runs** and the **pass**. Fullbacks break as **late** as possible and as **fast** as possible to make it hard for them to be picked up.

GETTING FULL BACKS IN INTRODUCING OPPOSITION



1. Bring in opposition but **passive** defending to begin. Here the two wide defensive players on the opposition track inside with the movement inside of our players.
2. **Space** is created **outside** for the fullbacks to push on. The **timing** of their runs are important as they can't go too early or too late.
3. Players have to **recognize the moment** and react accordingly.
4. Generally the opponents players will track inside with the player to create space outside. If opponent players **don't track** inside then the player on the ball can pass it **between** the wide player and the center back for our wide player coming inside.

(Wayne Harrison)

