

# Time & Space

**Objective** – Teach Possession in tight spaces by moving the ball or the body to “clear air”

GameFocusResetProgression

1. 2 teams attacking goals diagonal to each other
2. 16s and long corners are done on resets sidelines on the short sides are long corners

This whole game is about possession in a fierce environment as there is generally not a lot of space

1. Time and space – move to space and move the ball to space
2. Do not force the pass or the goals
3. Press after loss
4. Structure quickly
5. Speed

1. If the ball goes off then std sideline free hit if on long side if on short then long corner
2. Then either 16 or long corner

1. Limit number of balls so they are not “wasted”
2. Speed to goal to force intensity

