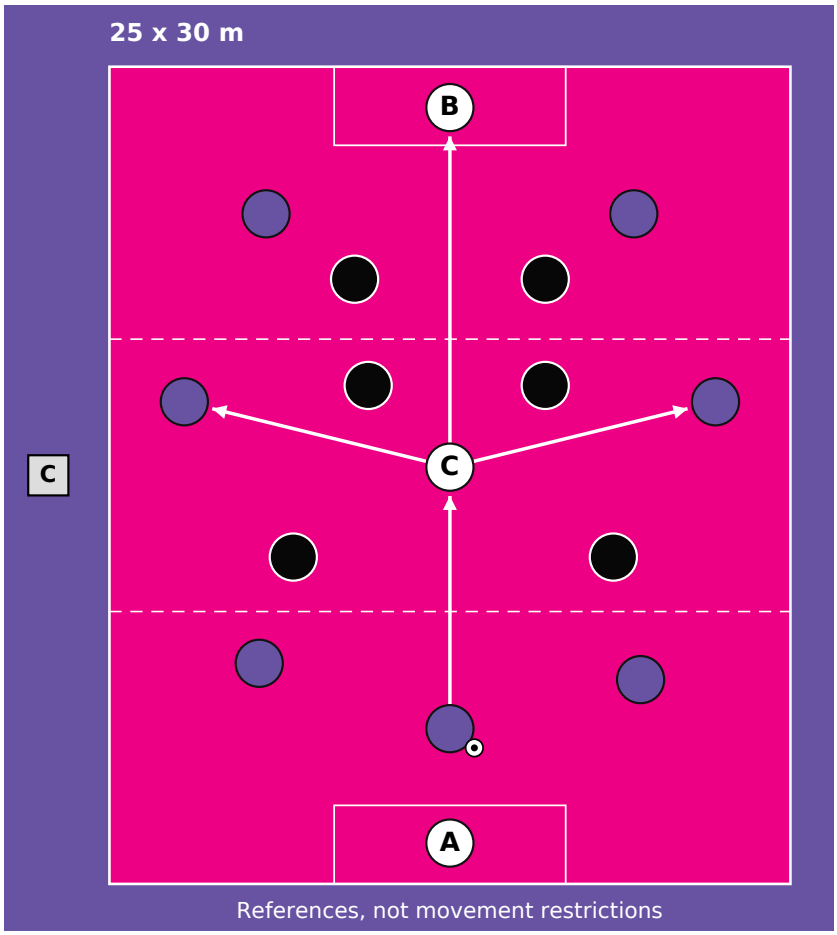
B - Create

General practice | 15 min | 37-52 min

7v6 + 3 common players | 25 x 30 m



Purple: coached team. Black: opposition. White: common player. Green GK: goalkeeper. Square C: coach.

Solid arrows show passing options; dashed arrows show movement. These are examples, not compulsory routes.

Organisation and operation

Use seven purple and six black players, plus white end common players A and B in the marked target boxes and white internal common player C. The grey C and spare balls sit outside the area. This is a continuous directional possession practice.

The possession team connects one end target to the other by creating passing or carrying opportunities beyond pressure. After receiving at the opposite end, reverse the transfer direction and continue. Common players support whichever team has possession. On a turnover, the new possession team connects with an end target and attacks the other. End target boxes provide receiving spaces; initially keep opponents outside them. Rotate the common players and the extra outfield-player role between blocks so different players experience the advantage.

The dashed thirds provide reference points for recognising depth and support. Players may move across them. The passing arrows illustrate options from the ball carrier through the internal common player and towards wider support or the far target; they are not a compulsory sequence. A direct

forward pass or carry remains available when the pressure allows it.

Award one point for a controlled end-to-end transfer. If needed, introduce a second point when the transfer follows a clear action that draws an opponent and releases a teammate beyond that pressure. Crossing a dashed line alone does not earn the bonus.

Learning focus

Ask: "How can we create the forward option?" The ball carrier should recognise whether a defender engages, carry when space remains available, and release when doing so gives a teammate an advantage. Supporting players create separation, move out of cover shadows, and adjust their angle and timing as the defender moves.

Use the internal common player to explore combinations, bounce passes and third-player support without insisting that every attack passes through them. Width can pull opponents apart; movement between or beyond lines can then make the next forward action possible. The objective is to create and use a meaningful advantage, not simply accumulate passes with extra players.

Questions

- What happens if the defender does not engage the ball carrier?
- Can your movement take an opponent away from the next receiver?
- When should you hold, carry or release the ball?
- Can the next player receive beyond pressure rather than beside it?

Progressions and regressions

To increase difficulty, reduce the purple team to six for balanced outfield numbers, remove the internal common player, or narrow the practice slightly. These alternatives reduce the illustrated advantage. Another option is to allow controlled pressure on an end target when the pass travels, provided sufficient space is available.

To simplify, keep the internal common player unopposed temporarily, widen the area, or allow a brief uncontested first reception on restarts. Retain free touches until players can recognise and execute the available options. Local 2v1 or 3v2 situations may emerge within the practice.

Observe

Look for a defender being moved or committed before a teammate receives with an advantage. Distinguish purposeful circulation that creates an opening from possession that leaves the opposition unaffected.