



Adnan Januzaj

Adnan Januzaj has been making headlines with his performances in the Premier League, so why not use this session to coach your team to play like the Manchester United young gun

WHY USE IT

This session is all about combining in tight spaces in the penalty area and creating room for a shot. Adnan Januzaj has got people talking about his fabulous work in the box, both scoring and creating goals, so that's what's replicated in this session.

SET UP

Use the penalty area of your pitch. We've used 14 players including goalkeepers. You need bibs, balls, cones and two small goals.

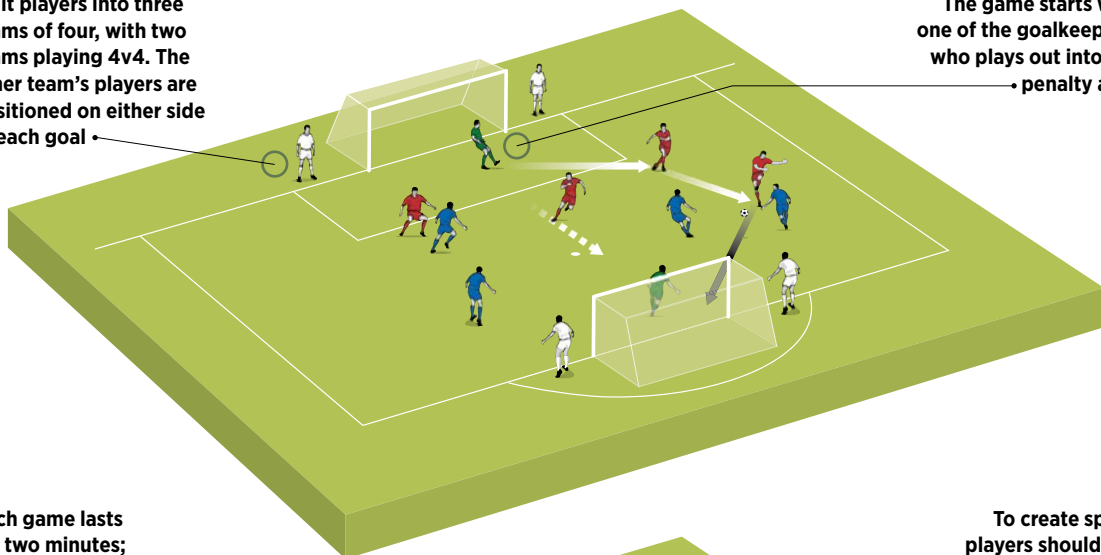
HOW TO PLAY

Split your players into three teams of four players and two keepers. Two teams are active and one is outside the area but can be used by the team with the ball to set up play. Each 'match' lasts for two minutes, then the teams switch. Play so each team has three matches and see who has scored the most goals at the end.

TECHNIQUE

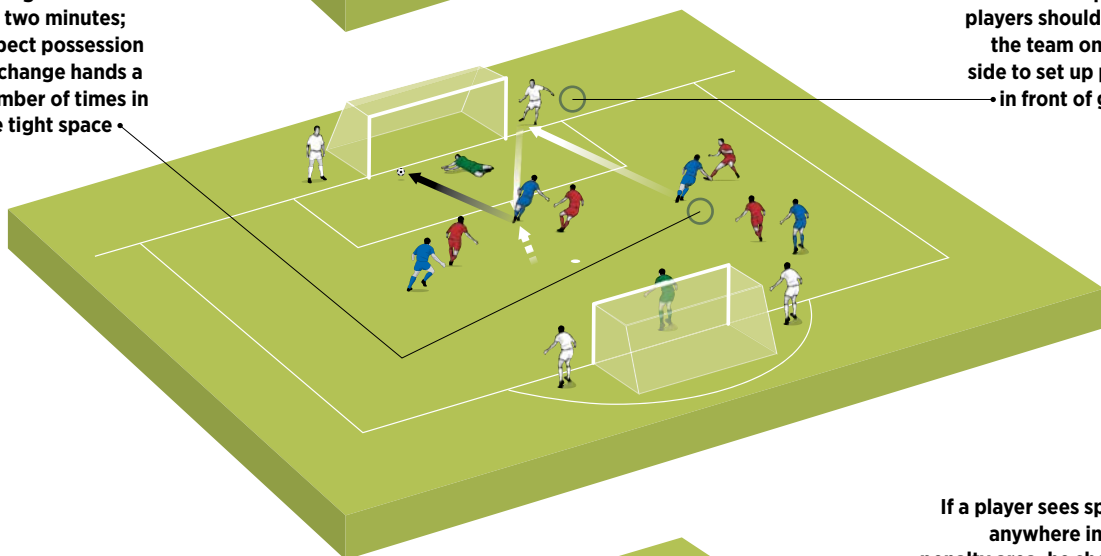
There is a lot going on in the tight space of the penalty area. Attacking players must create space, while defenders must keep tight and try to block shots. This is where Januzaj is outstanding – passing, receiving and shooting in space he has managed to create for himself.

Split players into three teams of four, with two teams playing 4v4. The other team's players are positioned on either side of each goal



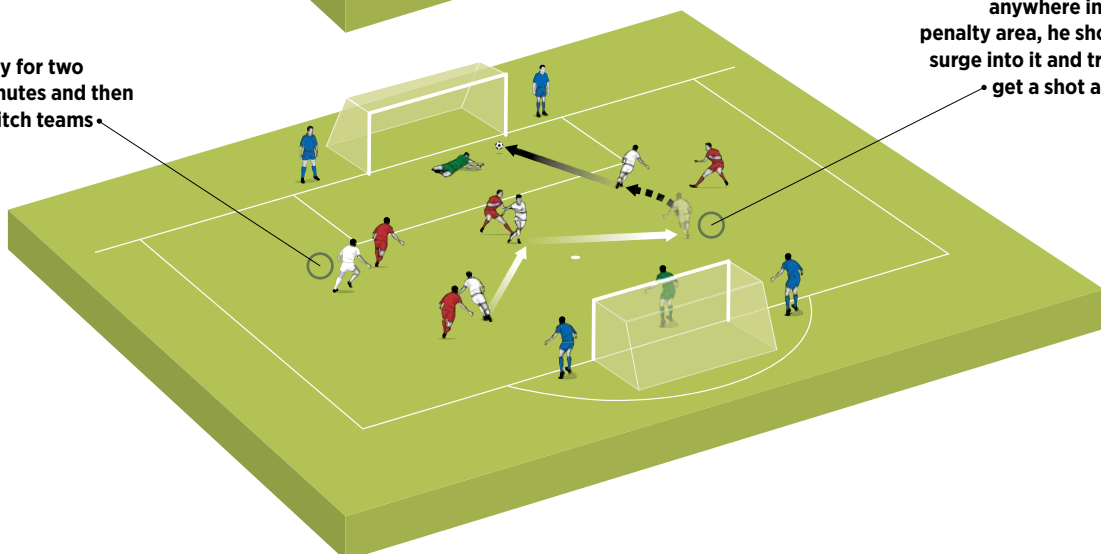
The game starts with one of the goalkeepers, who plays out into the penalty area

Each game lasts for two minutes; expect possession to change hands a number of times in the tight space



To create space players should use the team on the side to set up play in front of goal

Play for two minutes and then switch teams



If a player sees space anywhere in the penalty area, he should surge into it and try to get a shot away

Player movement

Ball movement

Run with ball

Shot