1. it does not require lvm "free space". CT ploop file will be mounted to /vz/root/CTID

2. probably doing ct backup and than manually creating new ct, and placing ct file in place:
https://wiki.openvz.org/Ploop/Backup

3. I use ploop and converted all CTs from simfs. didn't have any problems, though server can get bigger load when ct ploop file grows.