



Topic: To improve our teams ability to score from wide areas

Objective: To use a numerical advantage on the flank to create scoring opportunities from wide areas

Player Actions: Dribble, Pass, Receive, Shoot

Initial Play Phase - Play as the players arrive

In a 20x30 area, play 1v1, 2v1, 2v2 - up to 3v3 or 4v4 depending on numbers. Set up area prior to player arrival



Objective: To introduce a variety of wide passes and a variety of scoring options from wide areas

Organization:

Setup as shown - keep lines small

Coaching Points/Guided Questions

Variety of crosses from the flank
Small touch - going to cross, big touch to end line - play back on the ground
How do we prepare for each?
Where do we play the ball? When do we make our run? How?
Coach defender - body position going forward to clear



Objective: Use flank players to create more opportunities from wide players

Organization:

Width of field - Length to the bottom of circle
Add flanks to the area outside the 18
2v1 in each flank and 3v2 in central area.
Target for defenders to score can also be used to switch the point of attack for attacking team

Coaching Points/Guided Questions

Types of passes from wide areas
How and when to make runs in the box
How to head the ball for goals
Timing of runs on early crosses, crosses on the ground, etc.



Objective: Use number advantage on the flanks to create more opportunities

Organization:

Top of circle - length, 9 + GK vs 6 + GK - Add a CB if needed (leave flanks with adv.)
Open play - ball can start wherever game leads
Adjust points to use flanks more if needed

Coaching Points/Guided Questions

Can we use our number advantage on the outside - Combination play on flanks
Types of passes - driven ball across should be coached
When and how to make runs - timing
Coach defenders to face the attack when clearing - get behind the ball

Final Play Phase - Scrimmage in a larger setting to bring out the topic.

Play 6v6 - 7v7 (U10) or 7v7-9v9 (U11 and up) - with this session, it would be best to play with wide options in both the back and midfield or forward line. Playing 7v7, a 1-2-3-1 or a 1-3-1-2 would work well within this session. If we can play 9v9, go with a 1-3-2-3 preferably.

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next



4v4 7v7 9v9 11v11

Moment: When we have the ball in the attacking half

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