

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

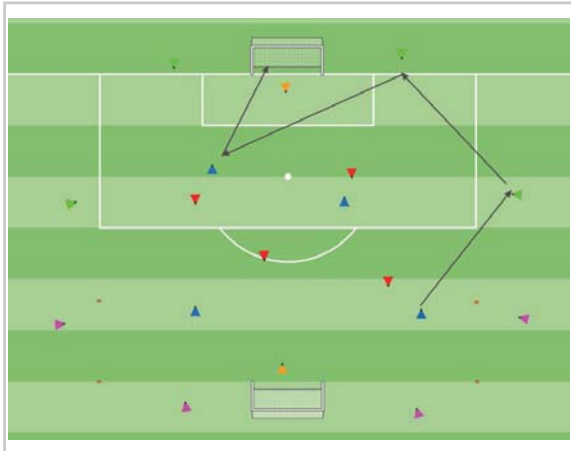
Objective: To use a numerical advantage on the flank to create scoring opportunities from wide areas

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



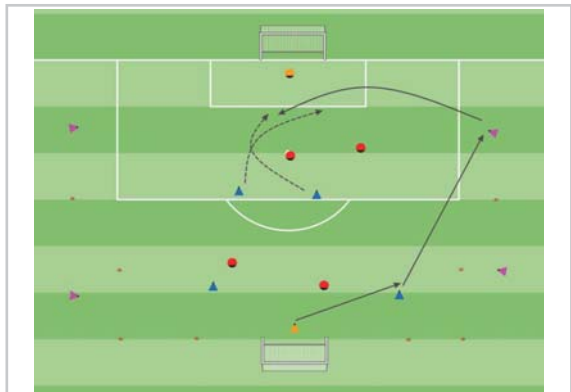
Objective: To score from a variety of wide passes and a variety of scoring options from wide areas

Organization:

Setup as shown - two 18 yard boxes
Four teams of 4 or 3 depending on numbers
Bumpers as shown, play 1 touch on endline and two touch on touch line
4v4 or 3v3 to goal - switch after a couple minutes

Coaching Points/Guided Questions

Variety of crosses from the flank and endline
How do we prepare for each?
When do we make our run? How?
Timing of run on right side - slow until ball is played



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

Organization:

4v4 or 3v3 with flanks - take out end bumpers and give rest to waiting team
Two touch limitation on outside

Coaching Points/Guided Questions

Types of passes from wide areas
How to head the ball for goals
Timing of runs on early crosses, crosses on the ground, etc.
Can we play ball behind defenders from crosses?



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

Organization:

Same area, but no flanks - width of field, length of two 18s
Four backs, two forwards - one neutral player - backs get forward and back

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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