



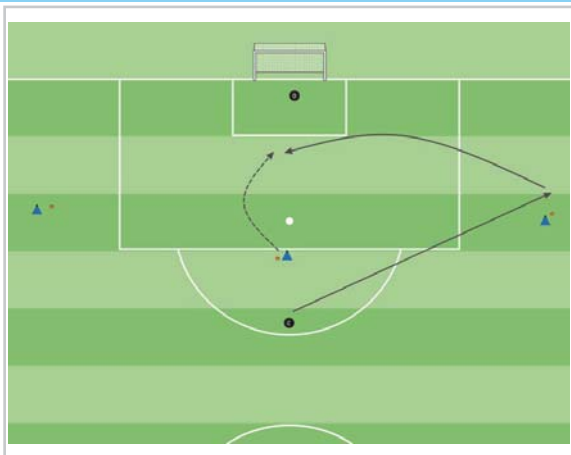
Topic: To improve our teams ability to score from wide areas

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 - three lines (keep very small) rotating through all three
Switch from passes to the left to passes from the right

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?



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

Organization:

Just longer than 18 - two large goals - can use cones for second goal
2v2 with two flank players as neutrals
Repetition of different crosses

Coaching Points/Guided Questions

Types of passes from wide areas
How and when to make runs in the box



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

Organization:

Half field - 5 + neutral vs 4 + GK to one large goal and two counter goals
Balls start with Neutral (CB) - Neutral stays on end line

Coaching Points/Guided Questions

Can we use our number advantage on the outside
Combination play
Types of passes
When and how to make runs

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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