



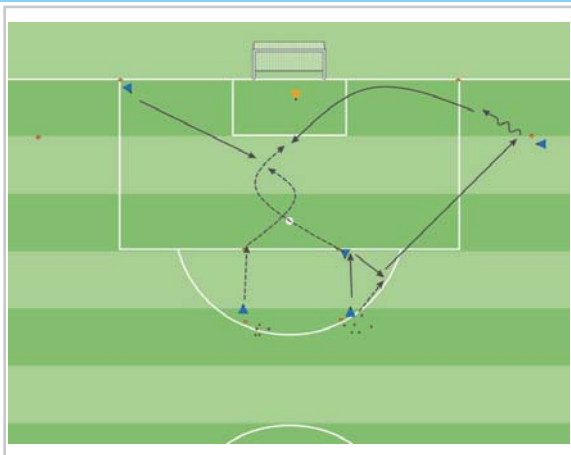
Topic: To improve our teams ability to score from wide areas

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 - two lines

Switch from passes to the left to passes from the right - passes from left come when player hits first cone

Ball on left is played on the ground - ball on right is a variety

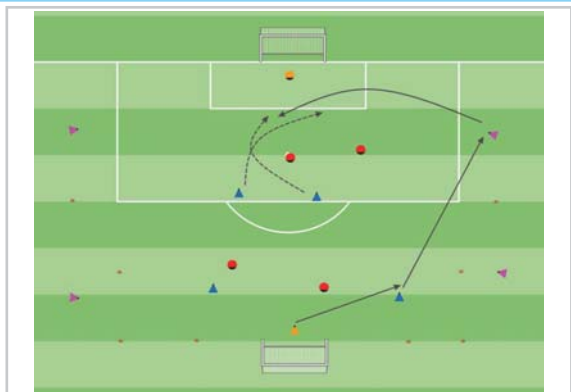
Coaching Points/Guided Questions

Variety of crosses from the flank

Timing of runs

How do we prepare for each?

Where do we play the ball? When do we make our run? How?



Objective: To use flanks to create scoring opportunities

Organization:

Two 18 yard boxes - 4v4 - can limit players to own half if needed

Neutrals in flanks on attacking and defending half - play for both teams

Neutrals have 2 touches

Coaching Points/Guided Questions

Types of passes from wide areas

How and when to make runs in the box



Objective: Create numerical advantage on the flank to create more scoring opportunities from wide play

Organization:

Half field - 7 + 1 v 6+ GK to one large goal and two counter goals or a target as shown

Balls start with Target player - Target player can be used by attacking team to switch the point of attack

Coaching Points/Guided Questions

Can we use our number advantage on the outside to create more opportunities going forward

Combination play on outside

Types of passes - switch the point of attack if needed to create more opportunities

When and how to make runs in the box

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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