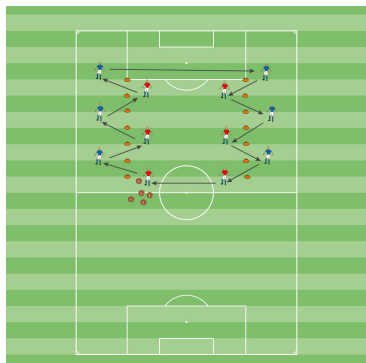


TRAINING SESSION: IMPROVE TEAMS ABILITY TO CREATE BUILD UP THROUGH WIDE PLAY

Objectives

Who? #7,11,2,3 Primary #10,9,6,8 Indirectly - Where? Flank channels of middle 3rd and attacking 3rd of field - When? When opponents are compact making it difficult to penetrate the central part of the field also when target team has numbers in the wide channels of the field - Why? To create numerical superiority in the middle 3rd and attacking 3rd of

Warm Up - Wide Play Angle Passing



Players



Soccer Balls and Cones



Intensity: 5



15:00 min

(x 00:00 min, 00:00 min rest)

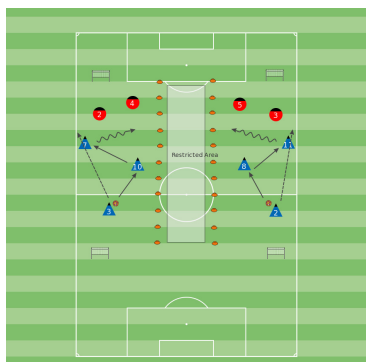
Coaching Points

What? Technique - Passing: Pace and Accuracy, Receiving: Body Position and First Touch, Direction: Distance and Angle

Description

Area: 45W x 20L using cones to create wide channels to play in and out of.

Small Sided - 3 v 2 Build Up Wide Play



3 v 2



Cones, Soccer Balls and 4 mini goals



Intensity: 7



15:00 min

(x 00:00 min, 00:00 min rest)

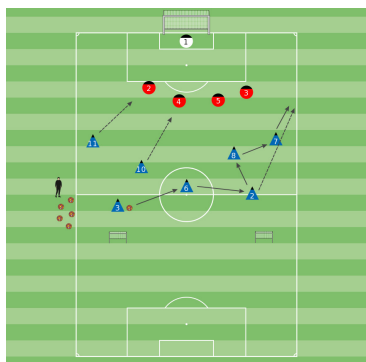
Coaching Points

Technique - Passing: Accuracy and Pace - Receiving: Body Position, First Touch, Surface Selection - Direction and Distance - Principles of Attack: 1st Attacker (in possession of ball) 2nd attacker (closest to the 1st) 3rd attacker (everyone else create balance)

Description

Create 2 Wide channels using cones from middle 3rd of field to attacking 3rd of field. The central part of the field is a restricted area. Target team #3, 10, 7 plays against Opposition #2, 4 and Target team #2,

7 v 5 - Attacking through wide play build up



7 v 5



Soccer Balls, 1 Large Goal, 2 Mini Goals



Intensity: 8



15:00 min

(x 00:00 min, 00:00 min rest)

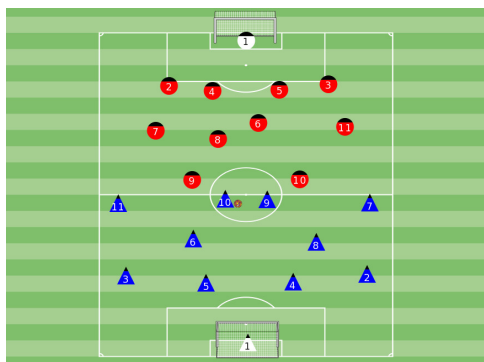
Coaching Points

Technique - Passing: Accuracy and Pace - Receiving: Body Position, First Touch, Surface Selection - Direction and Distance - Principles of Attack: 1st Attacker (in possession of ball) 2nd attacker (closest to the 1st) 3rd attacker (everyone else create balance)

Description

Target Team in Blue - #2, 3, 6, 7, 8, 10, 11
Opposition in Red - #1, 2, 3, 4, 5
Target team tries to build up an attack using the wide players in the flank 3rd of the field from the middle 3rd to the attacking 3rd of

11 v 11 Game - Improving Teams Ability to Create Build Up Using Wide Players



11 v 11



Full Field and Soccer Balls



Intensity: 8



30:00 min

(x 00:00 min, 00:00 min rest)

Coaching Points

Technique - Passing: Accuracy and Pace - Receiving: Body Position, First Touch, Surface Selection - Direction and Distance - Principles of Attack: 1st Attacker (in possession of ball) 2nd attacker (closest to the 1st) 3rd attacker (everyone else create balance)

Description

FIFA Simulated Game - Formation is 1-4-4-2