



Creating Chances from wide areas

Category: Technical: Crossing & Finishing
Difficulty: Moderate

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Individual-Adult Member

Description

Creating chances from wide areas

Warm Up (15 mins)

Organization

30 x 30 square -

All players start on the perimeter of the grid.

Players with a ball pass across the grid to any open player. The passer follows their pass.

Add Dynamic stretches high knees, heel flicks, open the gate, kick through, skipping and windmills.

Every 90 seconds change the pattern:

Round 2: you cannot pass to anyone directly across from you.

Round 3: after your pass, you do not follow your pass but you must move to a new side of the field.

Round 4: coach may introduce a combination into the pattern.



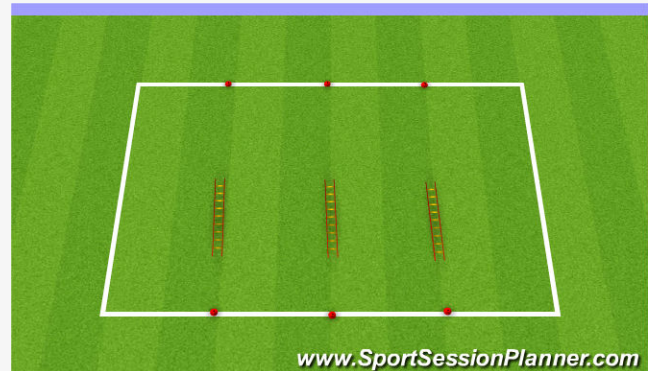
SAQ (15 mins)

Fast Feet

line 1 two feet in each

line 2 two forward one back

line 3 hopscotch



Technical (20 mins)

Set-up half a field and, if necessary, mark out a penalty area.

Organization

Add a large goal on one end-line and two small goals/gates on the halfway-line.

Add a gate in each of the wide areas.

6 attackers (3 midfielders and 3 attackers / 4 midfielders and 2 attackers) start with the ball at the halfway-line and try to score in the large goal.

3 defenders protect the penalty area. If they win the ball they can score in either of the small goals.

Coaching Points

Can we switch the ball

can we spread the field by having players in wide areas

forward runs into the box?

Progression 1

Players have to play through the gates to be able to score



SSG7v5 (15 mins)

Organization 40 x 50

Set-up a pitch with a large goal on the end-line and another large goal

Add a gate in each of the wide areas.

Play 7v5. Team one has 1 GK, 3 midfielders and 3 attackers (or 1 GK, 1 DM, 3 AM and 2 CF). Team two has 1 GK and a back four.

The team with 7 attacks the goal on the end-line, they have to play through one of the gates before they can score.

The team with 5 attacks the other goal.

Coaching Points

1. can we get players wide?

2. can we get forward runs into the box?



Game 6v6 (15 mins)

organization

30 x 50 with goals at each end

Set-up a field with large goals on each end-line.

Play 6v6

Coaching Points

can we use the full width of the field

can we get supporting runs into the box

combination play

