



Creating Width

Category: Tactical: Wide play
Difficulty: Moderate

Michael Caine, derry, United States of America
Individual-Adult Member

Warm up (10 mins)

Organization

30 x 20 grid - split the rectangle up into 3 or 4 teams no more than 4 on a team. Each team needs 1 ball.

Players pass and move around the inside of the square - to begin with you can pass and receive from any team and any player.

Follow the pattern below changing it every 3 minutes.

1. Open touches - players are to receive the ball and are not in a rush to pass it, but they are asked to play the next pass with quality
2. Your team only - give 1 ball to each team - they can now only find their own team with passes - again as many touches as they want.
3. Find the other Team - players have to receive and pass too other colours in the square.
4. 2 or 3 touch Max - players pass and receive within their own team and maximum number of touches is 3.
5. Encourage players without the ball to find space - and always try and be open.



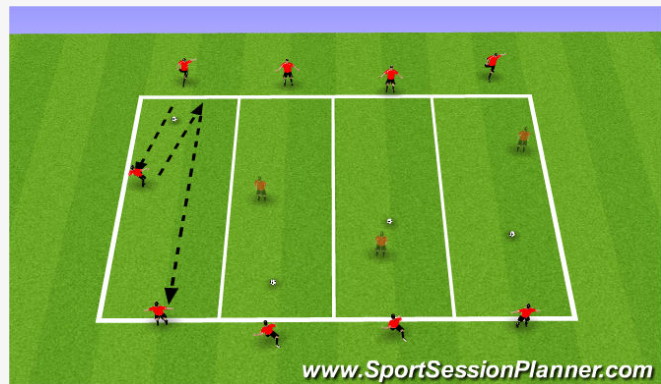
Short - Short - Long (20 mins)

Organization

Same size grid split into channels - Players are working in groups of 3, two players are at the end with a player in the middle. Players will pass short into the center player - who plays it back to the same player - the player then passes the ball all the way to the other end of the channel. Then the player in the center repeats the short - short - long process with the player in the middle.

Coaching Points

1. Player in the center - can we move quickly to support each player. However can we make sure the quality of the pass we play is good.
 2. Pass selection - if we are playing short which passing technique should we use? longer passes - which should we use.
 3. The player receiving the ball should be on their toes ready - can we get in line with the ball too?
 4. Speed of the play - can we increase play two football - but we must keep good technique.
 5. Can we take a good first touch - when receiving - or can we play 1 touch?
- Switch the players in the center every minute - to 90 seconds.



3v2 to wide goals (20 mins)

Organization

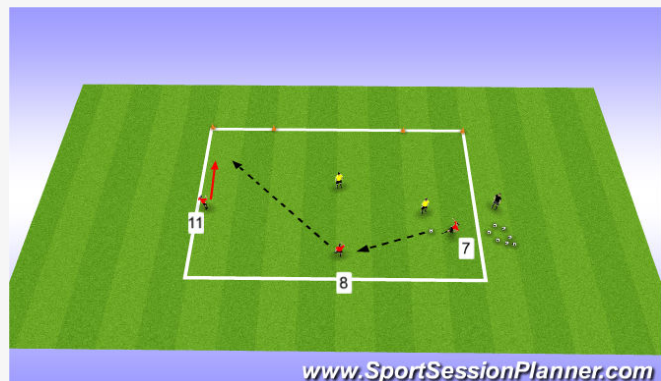
Split your group into two teams, 30 x 20 grid with two goals wide on the end line. Each goal should be 5 yards wide.

The aim is for the attacking team (3 players - Red) is to try and score a point by dribbling through the wide goals. The defending team (2 Players - Yellow) have to try and stop them, when they win the ball they can score by countering - all they need to do is dribble across the end line.

The coach (black) must restart the game every time by serving the ball into one of the attacking players. Switch the roles after 5 minutes.

Coaching Points

1. Can we use the width of the field to our advantage? - see how wide players 7 & 11 are, they are using the full width of the field - meaning the defenders will have to move across the whole field.
2. When possible can we pass the ball in front of the the player - see how player 8's pass in front of player 11. meaning he can attack with his first touch leading him towards the target
3. Positional support - player 7 has two options - player 8 is behind player 7 so that any ball that is played to him can now be an attacking ball - so that he can move forward with his first touch.
4. Can we be positive in attacking the goal be direct - if the chance is not there can we look to switch it to the other side of the field?
5. Are we using the correct type of pass? driven or inside of the foot?



5v3 to wide goals (20 mins)

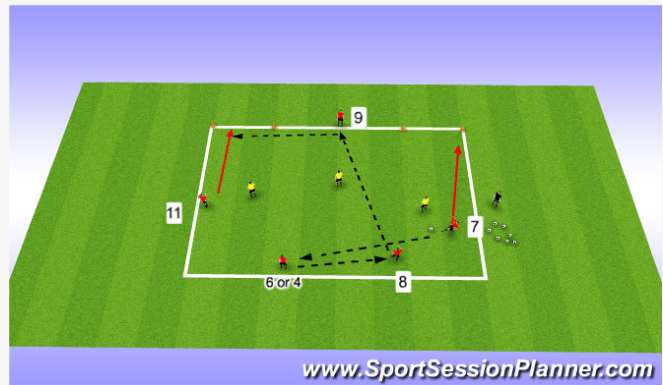
Organization

We are adding 2 additional attacking players, Player 6 (or 4 for 7v7) and 9.

Player 9 can move up and down the line - this player is limited to two/three touch max and cannot score. Number 6 plays as the other central midfield player or central defender.

Coaching Points

1. 8 and 6 can we work together by spreading out and supporting each other.
2. Can player 9 always be an option for player 6 and 8 when they have the ball
3. As shown above - can we move the ball quick - above is a variation of the short, short and long.
4. When the ball is played into number 9 - 7 and 11 should support straight away so that they can set you up to score.
5. Can we play 2/3 touch football?



Game (15 mins)

Organization

Play a game - can we try and keep possession, and score points for passes.

