

WIDE ATTACK

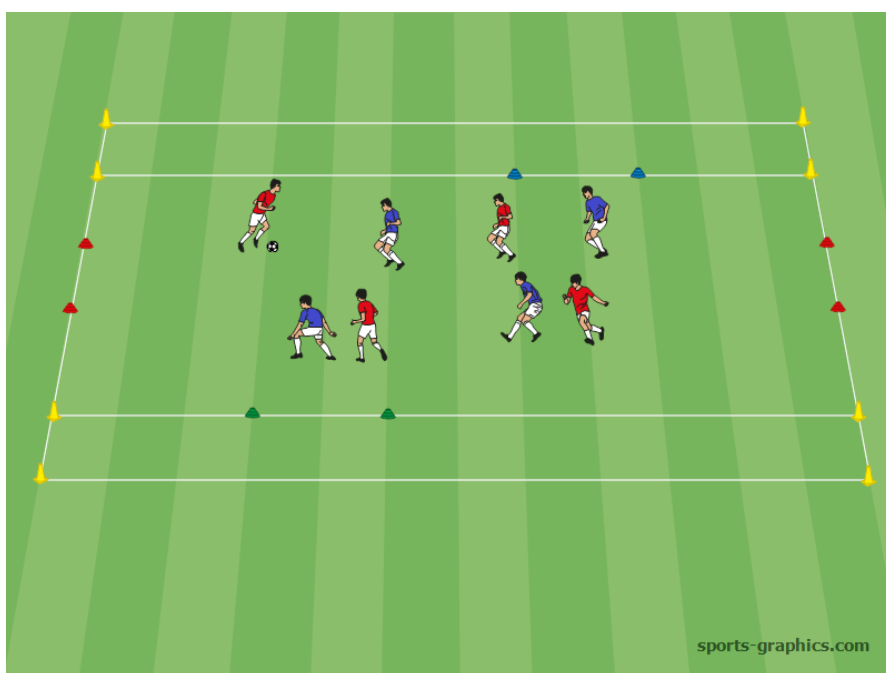
Develop passing and receiving with basic attacking principles

TACTICAL

PSYCHOLOGICAL

Passing

Team Attacking



Set up a 60x40 playing area with a 5-yard wide zone along each side.

Mark out a 6-yard wide gate into each of the wide zones (blue and green cones).

Set up a small goal/gate at each end of the area (red cones).

The team in possession dribble through the opponent's wide gate before crossing the ball into a teammate to run onto and score. In this example, the red team dribble through the blue gate before crossing, the blue team uses the green gate.

VARIATIONS AND PROGRESSIONS

Each practice can be varied to adapt to the needs of players. Simple changes can increase or decrease the challenge. Examples such as changing the rules, the size of the area, overloading the advantage of one team, varying the focus, or setting team challenges will keep players motivated and all attribute to good coaching methodology.



LEARNING OUTCOMES

- Angles and distances of support. Does the player on the ball see a clear pathway to pass to a teammate?
- Awareness and decision of passing options. Which is the most effective pass?
- Correct passing technique.
- Correct technique to receive.
- Develop good decision making.
- How to combine and work as a team to evade the defenders initial defending line.
- How to create space to receive.
- Improve team work.
- Passing angles.
- To work within a team unit with an agreed outcome.

KEY FACTORS

- Body shape
- Communication
- Good angles and distances of support
- Good early decision making (on and off the ball)
- Head up
- Movement
- Positive attitude to score
- Quality of pass (accuracy, timing and disguise of the pass)
- Support quickly

FOCUS AREAS

- Can the pass go forward?
- Composure in tight-marked situation and awareness of need for patient build-up/possession play.
- Creating space and movement to receive the pass.
- Encourage players not to force the pass.
- Encourage players to keep the ball moving.
- Play fast, confident passes.

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