

FIND WIDE PLAYERS

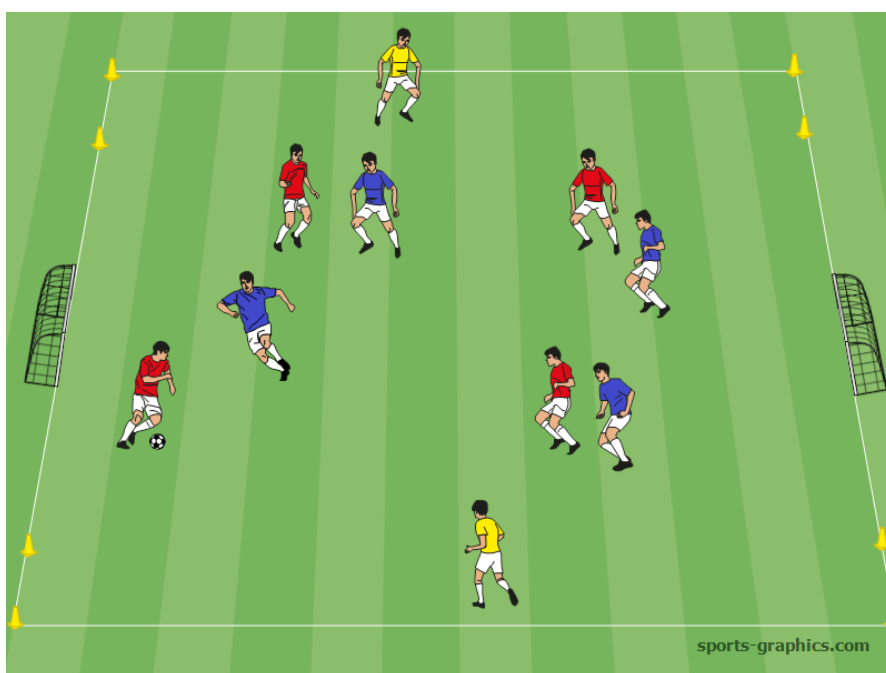
Develop attacking play from wide in a skill related practice

TECHNICAL

TACTICAL

Passing

Support Play



Set up a 40x30 playing area with a 3yd lane on each end and a small goal on each side. Play 4v4 in the middle plus a neutral winger in each end lane (yellow).

Players look to receive the ball and play to one of the wide players and combine to create overloads to score. Alternate the neutral players.

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.
- Good movement to show for the ball.
- Passing, movement and combination play to create space and release free receivers.
- To develop more fluent and quicker passing.
- Understanding of spatial awareness.

KEY FACTORS

- Communication
- Create space to receive
- Good angles and distances of support
- Good early decision making (on and off the ball)
- Movement
- Quality of pass (accuracy, timing and disguise of the pass)
- Support quickly

FOCUS AREAS

- Angles and distances of support.
- Attacking Principles - width, depth, penetration, mobility and possession.
- Can the pass go forward?
- Combination play, using minimal touches.
- Encourage communication between the players.
- Encourage players to keep the ball moving.
- Pass selection and end product.
- Use of neutral players to quickly shift attack from side to side.

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