

Session 6– Attacking Play (Wide Areas)

Passing Practice – 15 Minutes

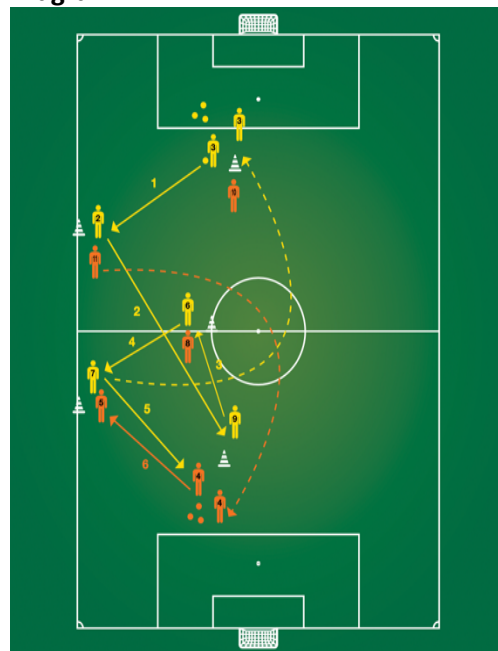
Organisation/ Explanation

- Session set up as illustrated.
- Minimum of 2 players positioned at #3 and #4
- Yellow players working on the right side and the orange players on the left side, opposite to one another.
- Yellow players move the ball from top down, orange move the ball bottom in the sequence demonstrated in the diagram.
- All players follow their pass but on their own team.
- Get players to come up with their own passing pattern as a further variation.

Variation

- Get players to come up with their own passing pattern as a further variation.
- Get opposition team not in possession to apply passive pressure on the ball and opposition.

Diagram

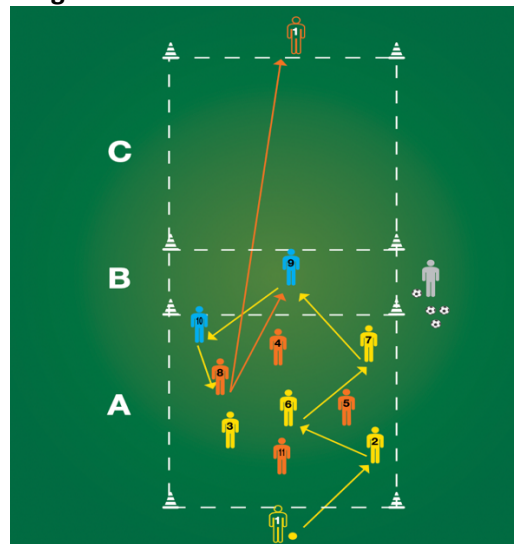


Positioning Game – 20 Minutes

Organisation/ Explanation

- 7v4 positioning game.
- Playing Area: 30m x 30m separated by a 5m corridor.
- Session set up as illustrated.
- Blue players #9 and #10 play for the team in possession with player #9 remaining in the grid B.
- Team in possession look to always provide 4 options to the player on the ball. Left, right, centre and far.
- If orange win the ball in grid A, they must try and pass to blue #9 or to player #1 at the other end of the playing area in grid C.
- If orange succeed, all players excluding yellow #1 cross over into grid C where the game continues with yellow defending against orange in possession.
- **Step Up:** Make playing area smaller and or limit touches on the ball.
- **Step Down:** Make playing area bigger and or unlimited touches on the ball.

Diagram



Game Training – 20 Minutes

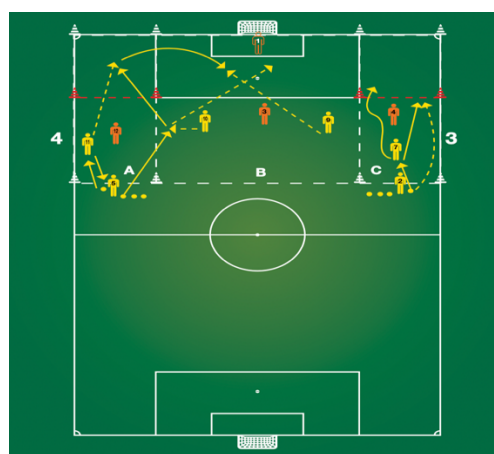
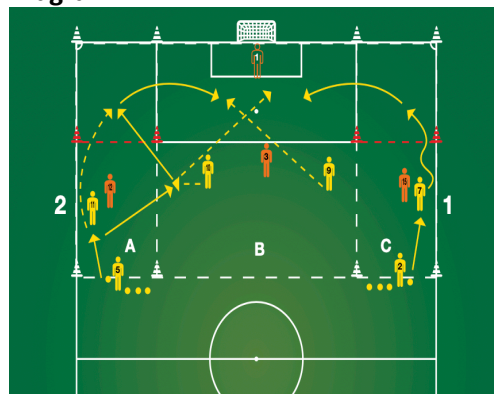
Organisation/ Explanation

- Session set up as illustrated.
- Players set up as shown in the diagram.
- Yellow #2 and #5 alternately serve a ball to yellow #7 and #11 respectively.
- Yellow #2 and #7 attempt to beat the orange defender through combination play and deliver a cross to #9 and #10 who try to score.
- Yellow #5 and #11 attempt to beat the orange defender through combination play and deliver a cross to #9 and #10 who try to score.
- Orange defenders in grids A and C cannot defend beyond the red dotted line as shown in the diagram.

Wing play options.

- The winger beats the defender 1v1
- The winger plays a wall pass with #9 or #10
- The winger combines with the full back who overlaps to create a 2v1.

Diagram



Training Game – 20 Minutes

Organisation/ Explanation

- 5v5 + goalkeepers training game.
- Playing Area: 70m x 35m depending on players ability.
- Session set up as illustrated.
- Usual game rules apply.
- Players in their 'usual' playing positions.
- Maintain team formations for both teams.
- Observe improvement in teams ability to combine in wide areas.
- By setting the game up in this way, it will automatically encourage wing play which is the session topic.

Diagram

