



**USSF "C" License
Tennessee, Drakes Creek Park August 2011**

Topic = Attacking Wide Play

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FUNDAMENTAL – WARM UP	ORGANIZATION	KEY COACHING POINTS
	<ul style="list-style-type: none"> * Players work in groups of 4. * Start with just passing and moving, passing over a short distance. Stretch * Open up the passing range to now requesting no pass shorter than 20 yards. Stretch * One player goes long and after two or three passes a long pass is played. The other two join and a point is scored if the receiving player can head it down to one of the runners. 	<ul style="list-style-type: none"> * Driven passes <ul style="list-style-type: none"> - Lock the ankle, drive with laces, head & shoulders over the ball, lock the shoulders and body as you follow thru * Lead player into the next pass * First touch leads you into the direction you want to go * Heading -
<p align="center">SMALL SIDED GAME</p>	<ul style="list-style-type: none"> * 5 v 5 plus 1 to three goals * Teams score by dribbling through one of the goals * 3 points for dribbling through one of the goals on the outside * 1 point for dribbling through the center goal. * Neutral player starts with maximum touches, progress to playing two touch * Wide goals are not placed right at the end of the grid * Area is 46 yards wide by 40 yards in length 	<ul style="list-style-type: none"> * Passing & Receiving Technique * Provide Depth as well as width (Team Shape) * Switching the play * Look at space in behind the defensive team * Don't force the play * Trying to create 1 v 1 or numbers up situations * Technique of dribbling
<p align="center">EXPANDED SMALL SIDED GAME</p>	<ul style="list-style-type: none"> * 6 v 6 plus . Teams play in a 3-2 and/or a 1-3-1 * Add some arced channels to the field which is 60 long and 48 wide * Normal soccer rules, expect if a goal is scored directly from a service out of the arched channel it counts for three * The channels have no restrictions and players can defend against the opponents in this area. 	<ul style="list-style-type: none"> * Creating the width * Services into the area: <ul style="list-style-type: none"> - Deep Cross, Low Driven Cross, Early Ball, Pulled Back * Types of runs into the box * Timing of the runs * Building up out of the back
<p align="center">MATCH</p>	<ul style="list-style-type: none"> * 7 V 7 * One team plays in a 1-3-2-1 formation * One team plays in a 1-2-3-1 formation * Normal soccer rules * Offside line is at the half-way <p>Look at creating width and exploiting through all thirds of the field Exploiting the width</p>	<div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> = Players </div> <div style="text-align: center;"> = Ball </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="text-align: center;"> = Disc </div> <div style="text-align: center;"> = Goals </div> </div> <div style="margin-top: 10px;"> <p>← = Pass</p> <p> = Dribble</p> <p>⋯→ = Header</p> <p>⋯→ = Movement without the ball</p> </div>
<p align="center">COOL DOWN</p>	<p>Players pass and move in pairs. Stretch</p>	