

Developing width

Mastering the flanks – Practice

WHY USE IT

This session focuses on moving the ball quickly into wide areas and exploiting space in those areas.

SET UP

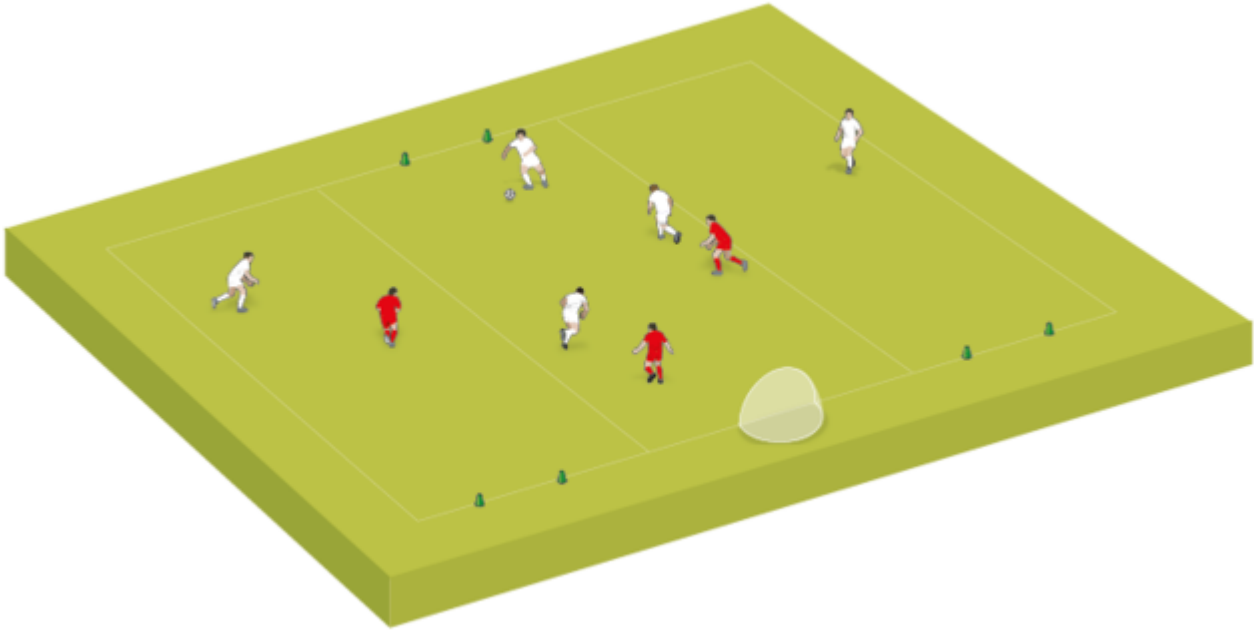
Set up an area relative to the age and ability of your players. Divide the area into three channels, with a mini goal and a gate goal at either end of the central channel and a gate goal at the bottom of each wide channel.

HOW TO PLAY

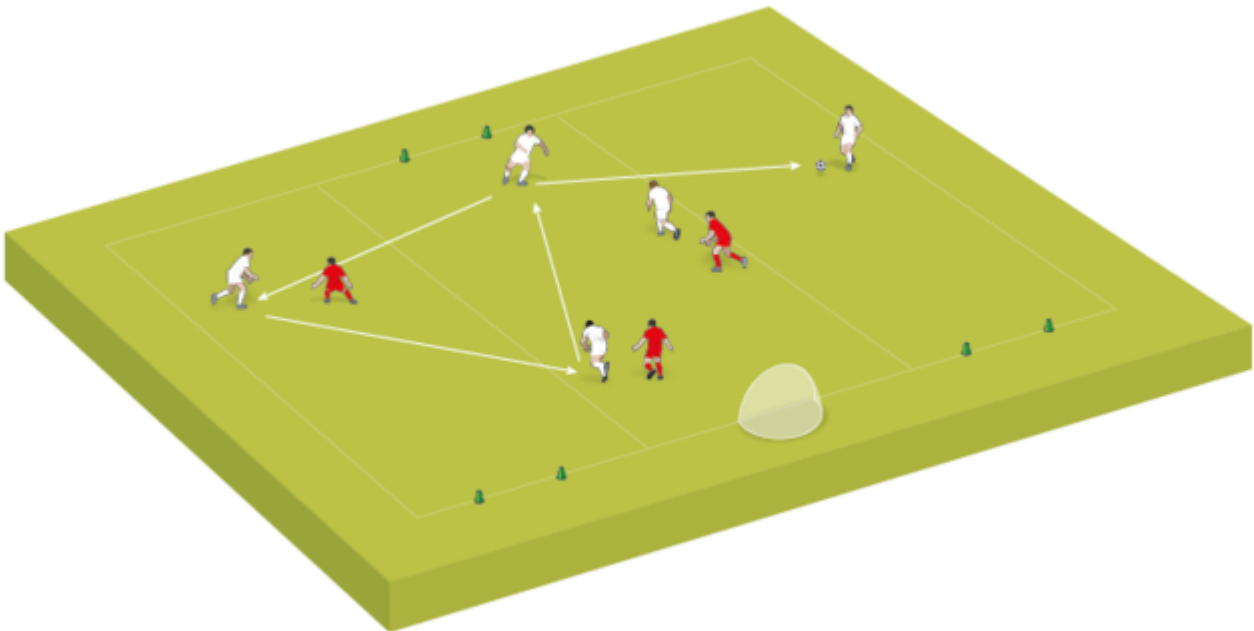
Three attacking players in the central zone and one attacking player in each wide zone, play against three defenders. Players play two-touch in central zone, but are unlimited in the wide channels. Only one defender can enter either wide channel (2v1 opportunities). Attackers must connect five passes before trying to score with a one-touch finish into the central goal, or a dribble or penetrating pass through the wide gates. Interchanging is allowed with and without the ball. If the defending team wins possession, they can score through the gate in the central zone.

TECHNIQUE

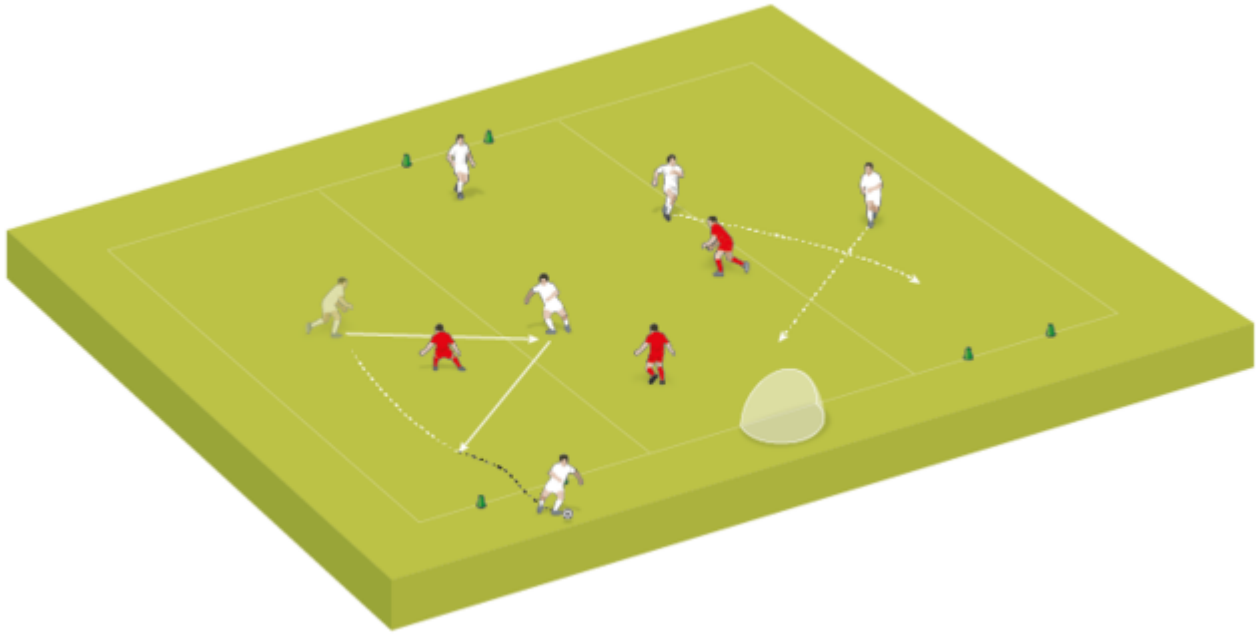
Quality and type of pass; quality of first touch; one-touch play; shape: width and depth; interchanging positions (mobility), decision making: possession v penetrating; combination play; transition.



1. Set up 5v3 in favour of the attacking team



2. The attacking team aims to connect at least five passes before they can score



3. The attacking team can score by dribbling or passing through the wide gates, or finishing one-touch in the mini goal

GameFocusResetProgression

1. 2 teams of 6 players
2. 3 of each team in corners
3. Game starts with 3 attackers vs 3 defenders
4. If defenders win the ball they pass to their attackers to enter and they exit the pitch
5. If ball goes over backline or goal is scored then roles swop
(Attackers become defenders – defenders exit the pitch and THEIR “outside” players become attackers)

1. Attackers

1. Planning – Forward first fast
2. Stretch the pitch

3. Draw defenders (2 if poss)

4. Draw and pass

2. Defenders

1. Transition and reshape

2. Defenders to press the ball and the channel

1. Reset if no action in 2 mins

2. If defenders win the ball they pass to their attackers to enter and they exit the pitch

3. If ball goes over backline or goal is scored then roles swop

(Attackers become defenders – defenders exit the pitch and THEIR “outside” players become attackers)

1. Fixed number of balls per team

2. Time to score



