

# Encouraging width/Hi Lo Wide we Go

**Objective** – Motivating transfers and crossfield passing

## **Game Focus Reset Progression**

1. 1/8th of a pitch with 2 zones
2. 4 v4 or can be 5v5
3. Each team to have a player in end and middle zones
4. Score by passing to end player
5. Teams have to pass the ball diagonally or high
6. Turn and burn scoring
7. 4 min rotations

1. SPEED of reaction
2. Communicate
3. Run off the ball/play the angles
4. Pressure on the ball
5. Low and mobile body position / good footwork

## **Principles**

1. Defensive/Defensive transition
  1. Press after Loss
  2. PRESS the angles
  3. Do not dive
2. Attacking/Attacking transition
  1. Stick to stick
  2. Play the angles
  3. Open vision

1. Coach sends new ball in

1. Defenders can use the whole pitch – attackers can only use the lanes
2. Increase/Reduce size of box to add ease or difficulty
3. Goal scoring player subs with end zone player
4. Add players in different areas
5. Different points if they pass the ball from end to end  
(Encouraging high play)

