

ACTIVITY #1

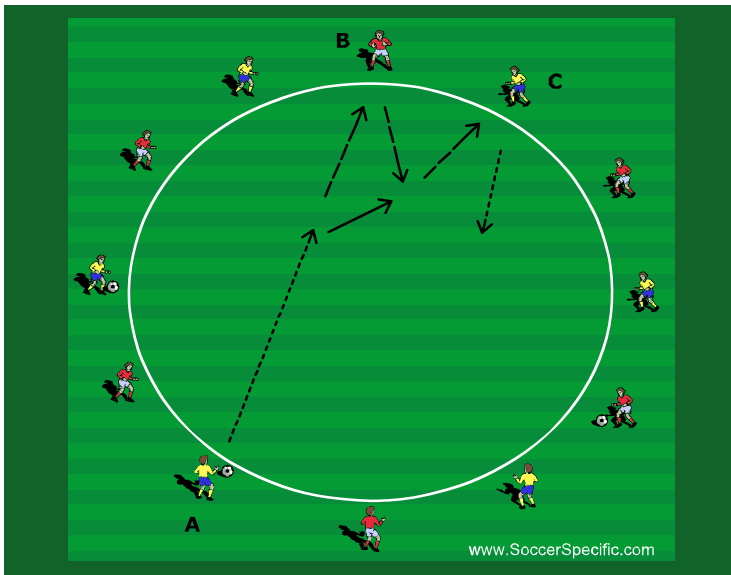
Set up: Technical Warm-up: 12 players; Circular Area:

Instructions: Showing different combinations as it relates to developing wide attacking play.

Part 1: Dribble into center square, dribble out, and perform a 'takeover' with another player. When dribbling into center square, perform a 'move', 'turn', 'change of pace' while in the square.

Coaching Points:

1. Don't let gaps appear. Communicate to fill.
2. Start with two balls.



ACTIVITY #2

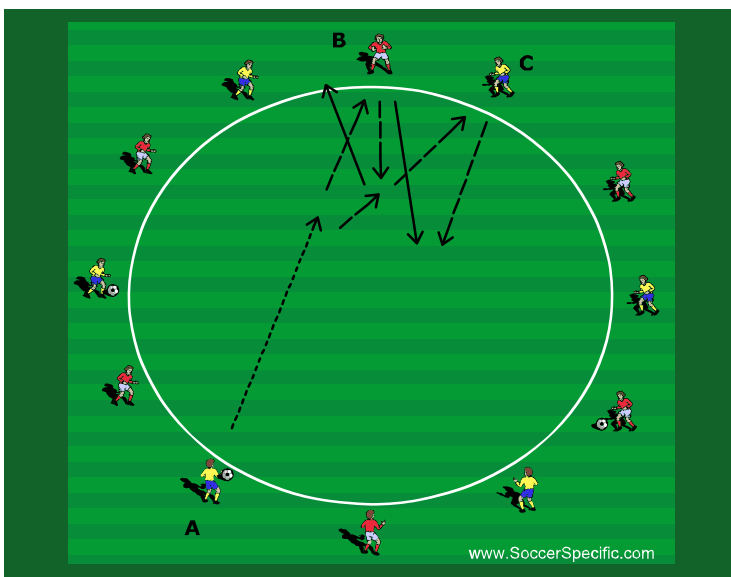
Set up: Technical Warm-up: 12 players; Circular Area:

Instructions: Showing different combinations as it relates to developing wide attacking play.

Part 2: Player A dribbles the ball into the center of the circle and passes to player B who plays a one touch pass back to player A. Player A plays a one touch pass to player C, who continues exercise.

Coaching Points:

1. Don't let gaps appear. Communicate to fill.
2. Always be ready 'off' the ball.
3. Crisp accurate passes.



ACTIVITY #3

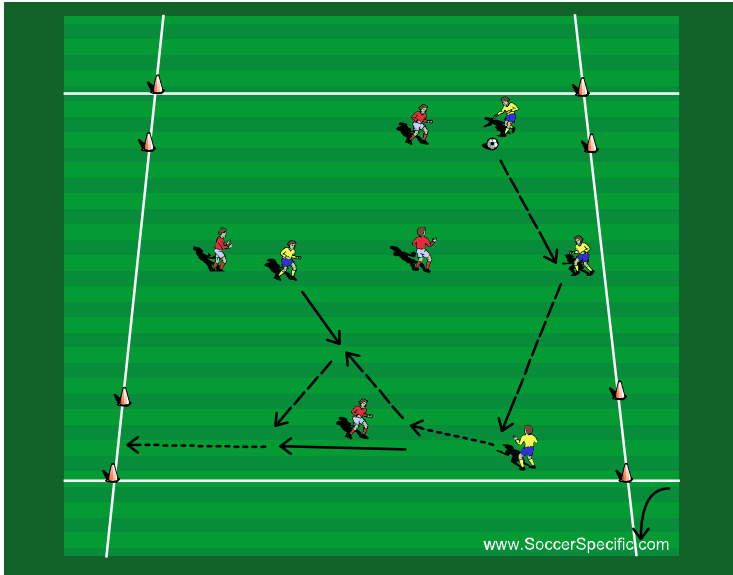
Set up: Technical Warm-up: 12 players; Circular Area:

Instructions: Showing different combinations as it relates to developing wide attacking play.

Part 2: Player A dribbles the ball into the center of the circle and passes to player B who plays a one touch pass back to player A. Player A plays a one touch pass to player C. This time, player A moves into the space vacated, by player B, who has made a run to receive pass from player C.

Coaching Points:

1. Don't let gaps appear. Communicate to fill.
2. Timing is vital. Do not make runs too early.
3. Play ball in space, in front of player, so he may run onto it.



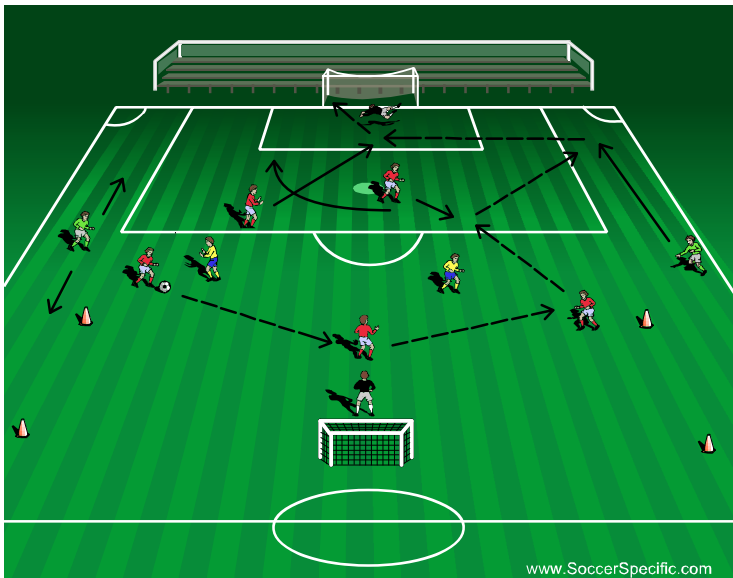
ACTIVITY #4

Set up: Small-Sided Activity: Directional. 3 teams of 4; Area: 40 yards x 25 yards.

Instructions: Two teams play 4 v 4. Each team attacks and defends two goals (3 yards), that are distributed wide. Teams maintain possession; looking for moments to develop wide play through various combinations. Goal can be scored by dribble or pass through. Play 3 minute games and rotate teams.

Coaching Points:

1. Body Shape.
2. Preparation touch.
3. Ways to create width.
4. Play into space or to player's feet?
5. All above points.



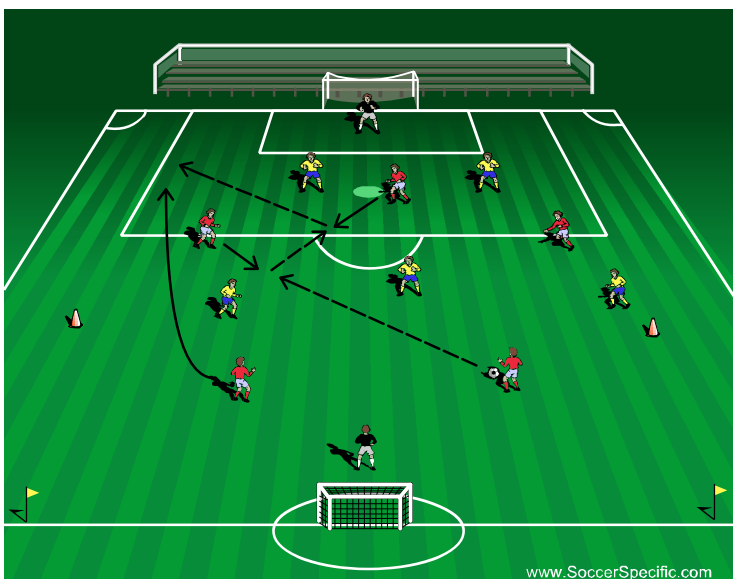
ACTIVITY #5

Set up: Expanded Small-Sided Activity: Directional. 5 v 5 plus two neutrals wide; Area: 55 yards x 45 yards (5 yard channels on each flank).

Instructions: Play 5 v 5...Look to possess and find moments to combine and get it wide. Neutrals play for both teams. 1 point for goal scored; however, you can receive 2 points for goals off service. Defenders are not allowed in channels. A second attacker may enter the channel, to promote overlapping.

Coaching Points:

1. Emphasize combination play to get ball out wide. If ball is played early to neutral player, he can look to combine with a player to receive ball back or provide early service. (Do not allow him to simply dribble down the flank).
2. Movement off ball to create space and time.
3. Timing of runs.
4. All above points.



ACTIVITY #6

Set up: Final Activity: The Game; 6 v 6; Area: 44 yards x 60 yards.

Instructions: Play the game, no restrictions; Organize teams into 1:2:3.

Coaching Points:

1. All Above Points.