

## Topic: Improve your teams ability to create scoring chances from wide positons

Focus on our teams ability to create scoring chances from wide play. Who? Focus on the technical and tactical ability of primary players 7 11 9 10 and 2 or 3 and indirectly 6 and 8 to build, create scoring chances from wide play based on a 1-4-3-3. Where? In the flank and middle channels of the attacking half along with entire penalty box and middle third into wide channel of the attacking third. Why? Opponents are centrally compact in their defending half and have numbers up. To spread the defense from center in the defending half. Opposition GK has difficulty with balls in the air. Attacking team (7 and 11) has technical strength against defenders (2 and 3). Attacking teams ability to score is better than opponents (4 and 5) What? Identify and create numbers up situations in flank areas of the attacking third. What? To create width in attacking half early having possession. Combination plays including overlaps, wall passes, combinations; in flank area of attacking third. 1v1 ability to beat an opponent. Support angles in flank areas. Recognition/awareness of scoring chances from wide vs central area. "Framing the goal" How? Aerial serve technique-types: driven, bent, on the ground. Runs into the box-late but on time. Visual cues of when to make runs. Part of foot (inside vs instep) that strikes ball. Heading to score vs pass. Volleying techniques.



<b>I. WARM-UP</b>	Intensity: Med	Activity Time: 12
Duration: 15minutes	Intervals: 6	Recovery Time: 3

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 Long ball played from to 2/3 to 7/11 Patterns to goal 2 plays long ball in the air to 11. 11 dribbles to endline and crosses. Runs in the box 9, 10, 7 with 8 taking position outside the box. 7 will make far post run. 9 will take near post. 10 running through the box. (duplicate set - up other side) 3 will play to 7 with said runs.

**COACHING POINTS / KEY CONCEPTS**  
 7 11 technical ability to receive the ball out of the air, dribble and serve (bending balls to the far posts, driven balls to the near post, bending balls in to the middle) Runners in the box should arc their runs and to cover space and be in position. (timing and angles of runs) Attackers heading ball down in front of goal. Finishing from crosses. Placement of finishes.



<b>II. SMALL-SIDED ACTIVITY</b>	Intensity: Med	Activity Time: 15
Duration: 20	Intervals: 5	Recovery Time: 5

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 8 attacking players / 5 defending players plus Goal Keeper. Attacking players attack full size goal with keeper / Defenders can counter to small goals. Long ball played from to 2/3 to 7/11 Patterns to goal 2 plays long ball in the air to 11. 11 dribbles to endline and crosses. Runs in the box 9, 10, 7 with 8 taking position outside the box. 7 will make far post run. 9 will take near post. 10 running through the box. (duplicate set - up other side) 3 will play to 7 with said runs. Now Add a defender in the 18 and a recovering defender from midfield. Change Pattern to 2 plays to 9, 9 to 10, 10 to 11 and 11 dribbles and serves. Then repeat on other side ( 3 plays to 9, 9 to 10, 10 to 7).

**COACHING POINTS / KEY CONCEPTS**  
 7 11 technical ability to receive the ball out of the air, dribble and serve (bending balls to the far posts, driven balls to the near post, bending balls in to the middle) Runners in the box should arc their runs and to cover space and be in position. (timing and angles of runs) Attackers heading ball down in front of goal. Finishing from crosses. Placement of finishes.



<b>III. EXPANDED ACTIVITY</b>	Intensity: Med	Activity Time: 18
Duration: 20	Intervals: 2	Recovery Time: 2

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 8 attacking players / 8 defending players plus Goal Keepers on each team. Goals placed on top of the 18. Attacking players. When ball goes wide - wide players should look to attack and serve the ball. Visual cues for attacking players to make runs. Attacking players should make near post / far post and slot ( middle of the box ) bending runs to lose defenders and finish.

**COACHING POINTS / KEY CONCEPTS**  
 Technical ability of the wide players to serving the ball, winger either touches ball inside so squared up hips for the cross or run around the ball to square up hips for the cross. Angles/timing of runs. Forwards should run in front of defenders. Visual cues for runners of when ball will be served. Types of serves, near and far post / driven and lofted. Runs in the box- near post / far post / slot middle of the box.



<b>IV. GAME</b>	Intensity: Med	Activity Time: 28
Duration: 30	Intervals: 2	Recovery Time: 2

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 11 v 11 blue team 1-4-3-3 vs red --1-3-4-3. Goals placed on end lines  
**COACHING POINTS / KEY CONCEPTS**  
 11 v 11--looking to Coach the wide players on serving and fwds and mids on runs in the box and finishing.