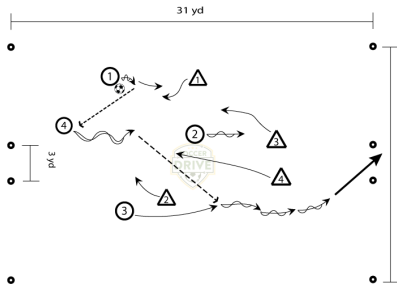




ATTACKING FROM WIDE AREAS

AGE LEVEL: U14 TIME: 60 MINUTES

31 X 20 - 4 VS 4 SCRIMMAGE



TIME 10 minutes

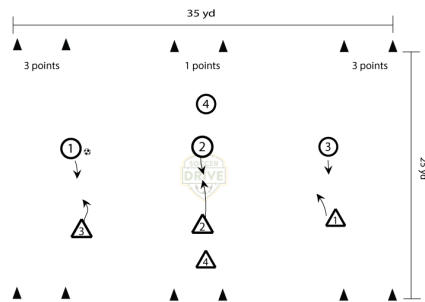
SETUP

Create two 31x20yd fields with a 2yd goal on each endline. Divide players into four teams and play 4v4. Play two-minute games, and rotate teams after every game to play a new one. Encourage the teams to keep score, and try to beat each team they play.

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.

4 VS. 4 TO SIX GOALS



TIME 15 minutes

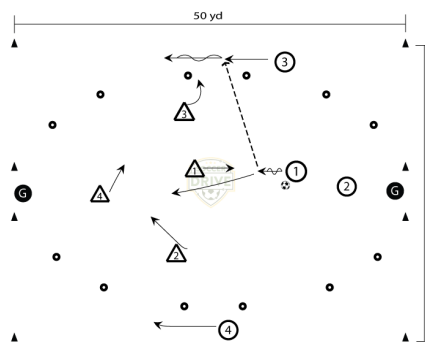
SETUP

- » Make multiple fields as necessary. Players play 4v4.
- » Teams attack the three goals on one side of the field. Outside goals are worth 3pts, inside goal worth 1. Restart with throw-ins and goalkicks. No corners.
- » Both teams play in a 3-1 formation. (#2, #3, #4, #9)
- » Progression: Eventually change the middle goal to being worth 3pts, and outside goal worth 1pt to make more game realistic.

COACHING POINTS

- » Encourage the outside backs (#2 and #3) to get forward to support the attack by providing width.
- » Mobility of attacking team. Once they're in a good shape, they need to continue moving into
- » New space to unbalance defenders.

CURVED ZONES



TIME 15 minutes

SETUP

- » -6yd goals on each side with goalkeepers. Give each team a formation.
- » Add a wide zone on each side of the field (about 5 yards wide), but angle in like diagram.
- » Players play a straight scrimmage. However, if a goal is scored from a pass from the wide zones, that goal is worth 3 goals instead of 1.
- » Defenders can defend in the curved wide zones.

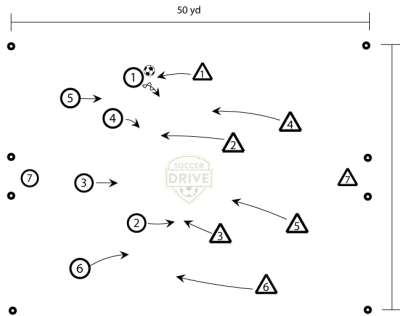
COACHING POINTS

- » Talk about decision making with crosses. Should we always cross just because we are wide? When should we dribble? Can we cross the ball, but still play it on the ground? Wide zones are curved in, encouraging a dribble to get closer to the goal.
- » Encourage players to look centrally first (because that is where the goal is). If a good shot or pass doesn't exist, then look to play wide.
- » Movement off the ball. If players don't get wide when we win the ball, then we can't pass wide!
- » Communication (verbal and nonverbal)



ATTACKING FROM WIDE AREAS

7 VS 7 SCRIMMAGE



TIME 15 minutes

SETUP

- » Play 8v8. If your numbers are short, decrease size of field to 40x25 and play 7v7.
- » Cones for goals are 6yds wide and use goal-keepers.
- » Give each team a formation

COACHING POINTS

- » None! Just sit back and let them play. Play full rules for your age group: offside, thrown-ins, goalkicks and corners etc.
- » Praise, in the flow of the game, appropriate actions your players have taken in width play. Reminder: we don't want our players to ALWAYS go wide. We only want them to go wide if there are no opportunities to go through the center!

END OF PRACTICE QUESTIONS

- » Why should we look centrally before playing out wide? (because the only reason to play wide is because the space doesn't exist in the center. We want to get the ball as close the goal as we can!).
- » Why should we immediately get wide when our team wins the ball?? (width gives up the option to play wide, and makes the defenders spread out for us...allowing us to play centrally).
- » Why is a cross on the ground preferred over a cross in the air? (depends on the situation, but scoring from the ground is easier than scoring from the air).