## USSF “C” License

Tennessee, Drakes Creek Park August 2011

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<th>Topic = Attacking Wide Play</th>
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### FUNDAMENTAL – WARM UP

- Players work in groups of 4.
- Start with just passing and moving, passing over a short distance. Stretch
- Open up the passing range to now requesting no pass shorter then 20 yards. Stretch
- One player goes long and after two or three passes a long pass is played. The other two join and a point is scored if the receiving player can head it down to one of the runners.

#### KEY COACHING POINTS

- Driven passes
  - Lock the ankle, drive with laces, head & shoulders over the ball, lock the shoulders and body as you follow thru
  - Lead player into the next pass
  - First touch leads you into the direction you want to go
- Heading
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### SMALL SIDED GAME

- 5 v 5 plus 1 to three goals
- Teams score by dribbling through one of the goals
- 3 points for dribbling through one of the goals on the outside
- 1 point for dribbling through the center goal.
- Neutral player starts with maximum touches, progress to playing two touch
- Wide goals are not placed right at the end of the grid
- Area is 46 yards wide by 40 yards in length

### KEY COACHING POINTS

- Passing & Receiving Technique
  - Provide Depth as well as width (Team Shape)
  - Switching the play
  - Look at space in behind the defensive team
  - Don't force the play
  - Trying to create 1 v 1 or numbers up situations
  - Technique of dribbling

### EXPANDED SMALL SIDED GAME

- 6 v 6 plus. Teams play in a 3-2 and/or a 1-3-1
- Add some arced channels to the field which is 60 long and 48 wide
- Normal soccer rules, expect if a goal is scored directly from a service out of the arched channel it counts for three
- The channels have no restrictions and players can defend against the opponents in this area.

#### KEY COACHING POINTS

- Creating the width
- Services into the area:
  - Deep Cross, Low Driven Cross, Early Ball, Pulled Back
- Types of runs into the box
- Timing of the runs
- Building up out of the back

### MATCH

- 7 V 7
- One team plays in a 1-3-2-1 formation
- One team plays in a 1-2-3-1 formation
- Normal soccer rules
- Offside line is at the half-way

Look at creating width and exploiting through all thirds of the field
Exploiting the width

### KEY COACHING POINTS

- Creating the width
- Services into the area:
  - Deep Cross, Low Driven Cross, Early Ball, Pulled Back
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### COOL DOWN

Players pass and move in pairs. Stretch

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- = Players
- = Ball
- = Disc
- = Goals
- = Pass
- = Dribble
- = Header
- = Movement without the ball