



**USSF "C" License  
Tennessee, Drakes Creek Park August 2011**



Topic = Attacking Wide Play

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| FUNDAMENTAL – WARM UP                   | ORGANIZATION   | KEY COACHING POINTS   |
|---|--|---|
|   | <ul style="list-style-type: none"> <li>* Players work in groups of 4.</li> <li>* Start with just passing and moving, passing over a short distance. Stretch</li> <li>* Open up the passing range to now requesting no pass shorter than 20 yards. Stretch</li> <li>* 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.</li> </ul>                             | <ul style="list-style-type: none"> <li>* Driven passes               <ul style="list-style-type: none"> <li>- Lock the ankle, drive with laces, head &amp; shoulders over the ball, lock the shoulders and body as you follow thru</li> </ul> </li> <li>* Lead player into the next pass</li> <li>* First touch leads you into the direction you want to go</li> <li>* Heading</li> <li>-</li> </ul>  |
| <p><b>SMALL SIDED GAME</b></p>          | <ul style="list-style-type: none"> <li>* 5 v 5 plus 1 to three goals</li> <li>* Teams score by dribbling through one of the goals</li> <li>* 3 points for dribbling through one of the goals on the outside</li> <li>* 1 point for dribbling through the center goal.</li> <li>* Neutral player starts with maximum touches, progress to playing two touch</li> <li>* Wide goals are not placed right at the end of the grid</li> <li>* Area is 46 yards wide by 40 yards in length</li> </ul> | <ul style="list-style-type: none"> <li>* Passing &amp; Receiving Technique</li> <li>* Provide Depth as well as width (Team Shape)</li> <li>* Switching the play</li> <li>* Look at space in behind the defensive team</li> <li>* Don't force the play</li> <li>* Trying to create 1 v 1 or numbers up situations</li> <li>* Technique of dribbling</li> </ul>   |
| <p><b>EXPANDED SMALL SIDED GAME</b></p> | <ul style="list-style-type: none"> <li>* 6 v 6 plus . Teams play in a 3-2 and/or a 1-3-1</li> <li>* Add some arced channels to the field which is 60 long and 48 wide</li> <li>* Normal soccer rules, expect if a goal is scored directly from a service out of the arched channel it counts for three</li> <li>* The channels have no restrictions and players can defend against the opponents in this area.</li> </ul>  | <ul style="list-style-type: none"> <li>* Creating the width</li> <li>* Services into the area:               <ul style="list-style-type: none"> <li>- Deep Cross, Low Driven Cross, Early Ball, Pulled Back</li> </ul> </li> <li>* Types of runs into the box</li> <li>* Timing of the runs</li> <li>* Building up out of the back</li> </ul>   |
| <p><b>MATCH</b></p>                     | <ul style="list-style-type: none"> <li>* 7 V 7</li> <li>* One team plays in a 1-3-2-1 formation</li> <li>* One team plays in a 1-2-3-1 formation</li> <li>* Normal soccer rules</li> <li>* Offside line is at the half-way</li> </ul> <p>Look at creating width and exploiting through all thirds of the field<br/>Exploiting the width</p>  | <div style="display: flex; justify-content: space-between;"> <div style="text-align: center;">  = Players         </div> <div style="text-align: center;">  = Ball         </div> </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="text-align: center;">  = Disc         </div> <div style="text-align: center;">  = Goals         </div> </div> <div style="margin-top: 10px;">  = Pass         </div> <div style="display: flex; justify-content: space-between; margin-top: 10px;"> <div style="text-align: center;">  = Dribble         </div> <div style="text-align: center;">  = Header         </div> </div> <div style="margin-top: 10px;">  = Movement without the ball         </div> |
| <p><b>COOL DOWN</b></p>                 | <p>Players pass and move in pairs. Stretch</p>   |   |