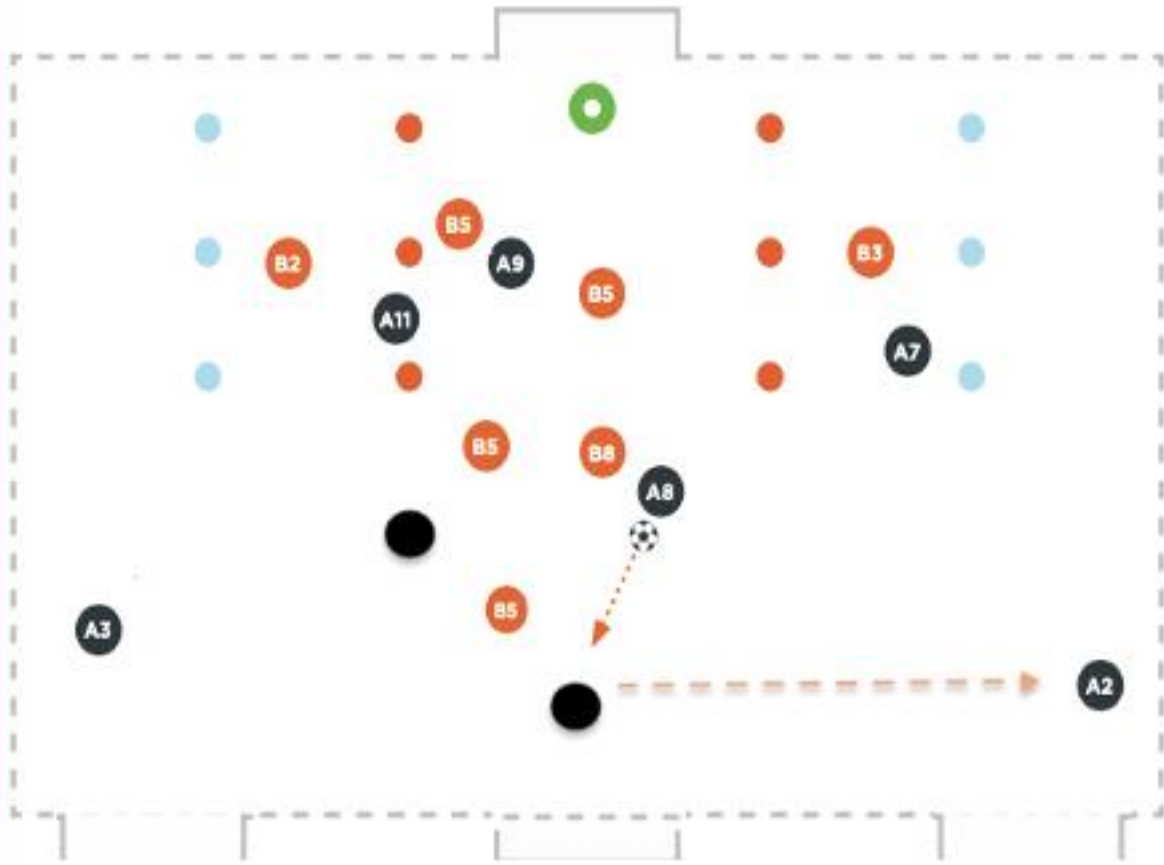


Attacking from wide areas



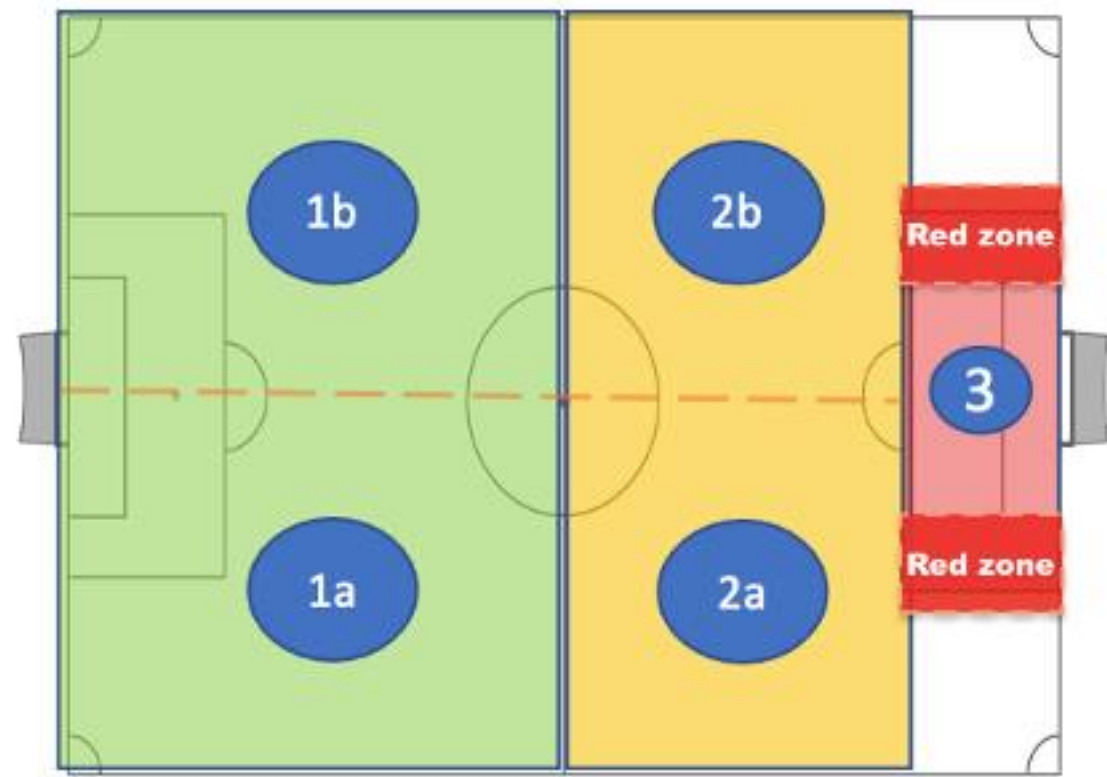
Area: We set up a playing area half a field with an 8v8. The black team are the focus team and play in a 3-2-3 formation. The defending team play in a 1-4-3 formation. Two mini goals are set up for the oranges to attack when they win possession. Attacks should always start with the #6. We are looking for combinations to attack zone 3.

1. The coach starts by serving the ball to #6.
2. At this point, the coach encourages the two attacking full-backs to be aware of the position of the nearest opponent, as well as the position of their own wide players. The wide players' positioning is key when attacking from wide areas.
3. The wide players stretch the field but stay on different lines. Should the wide player take up an inside position, the full-back should look to exploit the space on their outside. Similarly, if the wide player stays wide, the full-back should be making an underlapping run to make use of the space left inside.

Coaching points: Spread out. Separate from your opponent. Player rotations. Speed of thought, speed of play. Quality passing and moving.

- Technical/Tactical:**
- Explode into spaces
 - Quality first pass
 - 2/3 stay on different lines than 7/11
 - Attack with speed and from wide areas

- Physical:**
- Competing
 - Be at your best – 100%
 - Quick reactions to the transition
 - Speed



© Copyright www.academysoccercoach.co.uk 2020

Attacking

Both teams set up in a 1-4-3-3 formation. The coach focuses their attention on the team attacking the final third with the marked reference points – The red zone. The practice builds upon the first two practices in that it is used to encourage the coached team to use the patterns of play that have been developed so far. An assistant coach is used to manage the opposition. They are asked to defend using a narrow, compact shape that affords their opponents space in the wide areas

Ball – Space – Opponent – Teammate - Rotations

Players follow the methodology when in and out of possession. Look for signs of learning.

Probables v's Possibles

We are now looking for the players to attack from wide areas and get runners into the red zone.