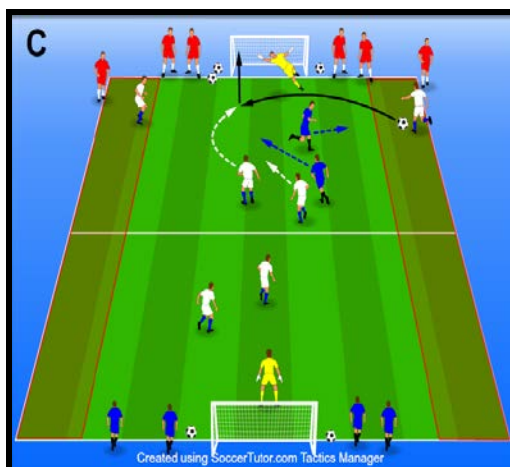
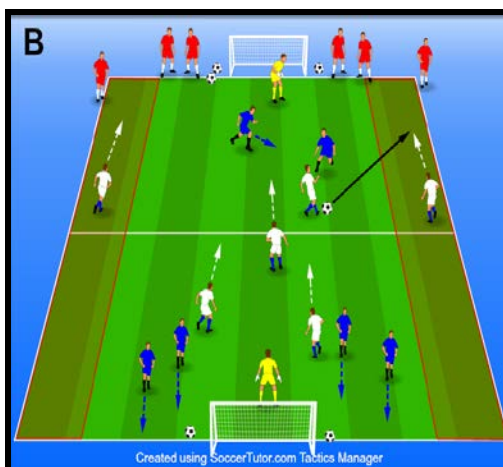
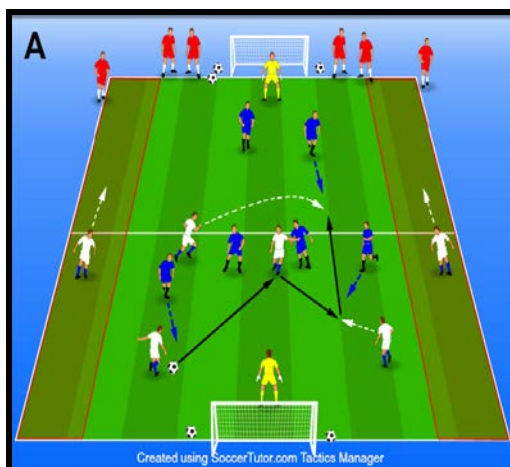


Training the Outside Backs

Small Sided

Group Attacking



Procedure:

To begin play, the attackers start 6 v 4 in their own half of the field, trying to advance the ball over the midfield line (see Diagram A). Two of the attackers must remain in the channels during play. After the ball moves past midfield, play continues 4 v 2 with the two players still in the channels (Diagram B). After the finish on goal (Diagram C), the two defenders join their team at the other end of the field and become the channel players when their team attacks again (Diagram D).

Procedure (con't):

Also, the four attackers who just finished on goal become the four defenders in the next 6 v 4. The attackers left behind in the previous attack stay in their own half to defend the next 4 v 2. And the six players waiting on the end line become the new attacking team. The goalkeeper distributes to an attacker to re-start play in the opposite direction.

Coaching Points:

- 1 Receiving Out Wide— Set up behind the ball and take your first touch forward into the space.
- 2 Timing – Hold your run into the attacking half until the play develops.
- 3 Crossing – Be ready to strike an early cross in order to play the ball in behind the defense.
- 4 Transition – After the attack, leave the channel quickly and be compact with your teammates.

Progressions:

- 1 Channel players are allowed to leave the channel in order to finish on goal.
- 2 Limit the players in the channels to one touch.