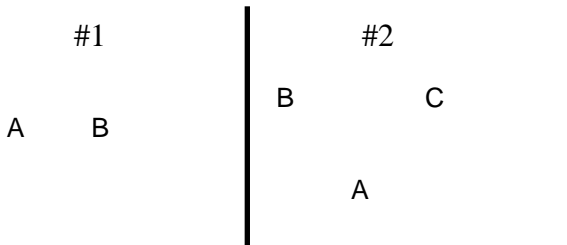
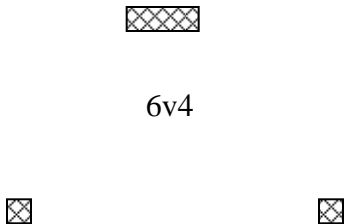
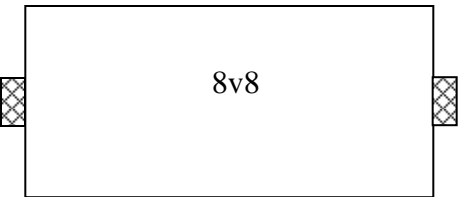




Name: Matt Callahan

Topic: Improving Wide Attacking

Date:

<p>UNRESTRICTED SPACE – WARM UP</p> 	<p>ORGANIZATION</p> <ul style="list-style-type: none"> ▪ Run through a few different patterns with no pressure (defense) ▪ #1 – A runs up the field, then checks back, B plays the ball to A, A touches to the middle of the field, B overlaps A, A plays ball to B ▪ #2 – A passes to C who touches inside, A starts to overlap C, C plays the ball to B who then plays the ball to A 	<p>KEY COACHING POINTS</p> <ul style="list-style-type: none"> ▪ Timing of runs ▪ Clean passes – good technique ▪ Ball is played when the receiver is ready to receive it (eye contact, body gestures)
<p>RESTRICTED SPACE</p> <p>Same set up as above</p>	<ul style="list-style-type: none"> ▪ Progress to adding a defender(s) ▪ Allow the players to start making tactical decisions – in #2 B should only play the ball to A if the defender is committed, otherwise, if the defender follows A's run B should turn and go to goal <p>Progressions: Add more defenders. Make the activity a competition - have two groups going, one on each side of the field.</p>	<ul style="list-style-type: none"> ▪ Body position of outside mids should be open to the field ▪ Outside mids should constantly be moving <ul style="list-style-type: none"> ○ When play starts to come to their side of the field they should start checking back, otherwise they should be cheating forward
<p>ONE GOAL WITH COUNTER</p> 	<ul style="list-style-type: none"> ▪ Play 6v4, the team of 6 attacks the full goal while the team of 4 attacks two small counter goals placed at approximately the half line <p>Progressions: Add more defenders. Play for a set time period – losing team does push-ups.</p>	<ul style="list-style-type: none"> ▪ Timing of runs ▪ Body position open ▪ Outside backs giving width, far side back should cheat in though ▪ When ball is played outside – first touch is in to create space for an overlapping run
<p>GAME – TWO GOALS</p> 	<ul style="list-style-type: none"> ▪ Play 8v8 ▪ The goals for an 8v8 game should be placed on the top of the penalty box on each end of the field ▪ Have the team you are coaching play a 2-4-2 against a 3-3-2 	<ul style="list-style-type: none"> ▪ Timing of runs ▪ Body position open ▪ Outside backs giving width, far side back should cheat in though ▪ When ball is played outside – first touch is in to create space for an overlapping run ▪ Outside mids should constantly be moving - When play starts to come to their side of the field they should start checking back, otherwise they should be cheating forward ▪ Can outside mids take players on in the flanks and beat them