


Date: Feb 2014	Team: U15-U18	Duration of Session: 90 min	Intensity/Load: Medium - Light
Topic: Improving Wide Play in the Attacking Half of the Field		Technical Staff: Murray – WYS DOC – Coaching Education	

**I. Technical Warm Up**



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**II. Small-Sided Activity**




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**III. Expanded Small-Sided Activity**



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**IV. Match**



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<b>FOUR PLAYER PASSING &amp; RECEIVING</b>		
Duration: 20 min	Field Size: 10 x 10 yds.	Intensity: Medium Light
ORGANIZATION & COACHING POINTS		
<ul style="list-style-type: none"> <li>➤ 4 groups of 4</li> <li>➤ Glk's w/ Glk coach or w/u together</li> <li>➤ 1 min. sets</li> <li>➤ Each player works in middle 4 times</li> <li>➤ Middle player begins with ball; plays out to an outside player &amp; gets it back</li> <li>➤ Plays to a different player after receiving</li> </ul>		<ul style="list-style-type: none"> <li>- Activity is performed after players have warmed up &amp; prepared for session</li> <li>- Urgency in play</li> <li>- Movement to prepare body</li> <li>- Quality of 1<sup>st</sup> touch=prepare ball towards next target</li> <li>- Pace / Accuracy of pass</li> </ul>
<b>6v6 (+4) KEEP AWAY</b>		
Duration: 25 min	Field Size: 44 x 35 yds.	Intensity: Medium
ORGANIZATION & COACHING POINTS		
<ul style="list-style-type: none"> <li>➤ Two teams of 6 w/ 4 neutrals</li> <li>➤ 4 x 5 min. sets</li> <li>➤ Competition: 5 consecutive passes = 1 point</li> </ul>		<ul style="list-style-type: none"> <li>- Movement to support the ball &amp; find "space" to get in to</li> <li>- Speed of play and recognition of pressure</li> <li>- Look to combine and play into "open" space away from pressure</li> <li>- Transition = open up in possession &amp; condense after losing possession</li> </ul>
<b>9 v 7 GAME TO GOALS</b>		
Duration: 25 min	Field Size: 75 x 65 yds.	Intensity: Medium
ORGANIZATION & COACHING POINTS		
<ul style="list-style-type: none"> <li>➤ Attacking team in a 1.2.2.3.1</li> <li>➤ Defending team in a 1.4.2</li> <li>➤ Wide channels to provide visual of the wide channels</li> <li>➤ Normal match rules</li> <li>➤ Area of field specific to playing in the attacking half of the field</li> </ul>		<ul style="list-style-type: none"> <li>- Speed of play and recognition of pressure</li> <li>- Look to combine and play into "open" space away from pressure</li> <li>- Transition = open up in possession &amp; condense after losing possession</li> <li>- Recognize when to switch play &amp; take advantage of space &amp; numbers</li> </ul>
<b>10 v10 MATCH</b>		
Duration: 20 min	Field Size: 75 x 65 yds.	Intensity: Medium High
ORGANIZATION & COACHING POINTS		
<ul style="list-style-type: none"> <li>➤ Attacking team in a 1.3.2.3.1</li> <li>➤ Defending team in a 1.4.2.3</li> <li>➤ Wide channels to provide visual</li> <li>➤ Normal match rules</li> <li>➤ Area of field specific to playing in the attacking half of the field</li> </ul>		<ul style="list-style-type: none"> <li>- All the above</li> <li>- Let the players play</li> </ul>