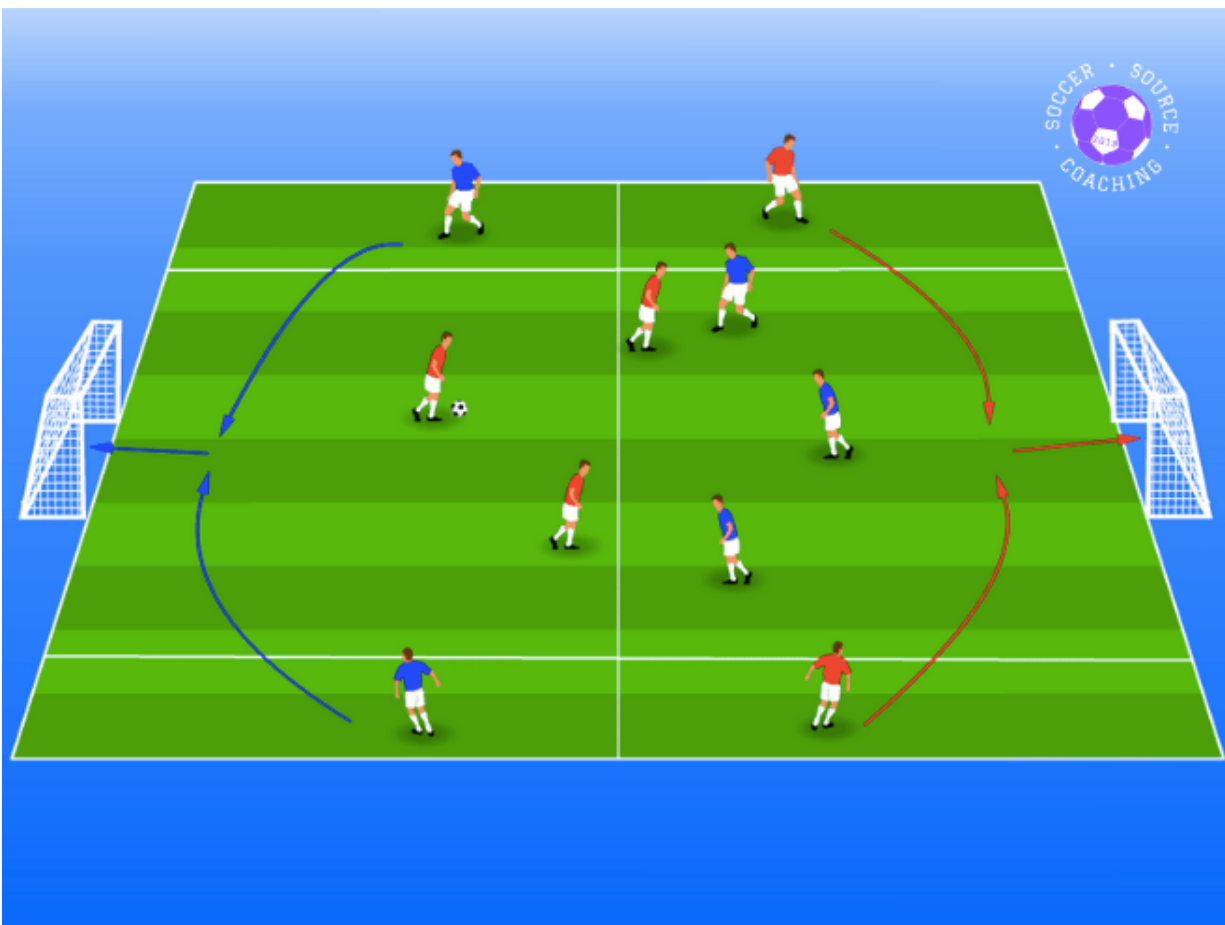


5v5 Small-sided game to get the ball wide



How it works

This will be a regular game of soccer however each team will have two wide players in the vertical thirds of the pitch.

Each of the vertical thirds will best split in half meaning each wide player will have their own area.

The wide players are the only players who are allowed in the areas.

If a team can score a goal with the assist coming from the wide area then the goal will count as 3 points instead of 1.

As a progression, you can remove the middle section of the wide areas so there is a 1v1 in each wide area.

Coaching points

- The wide player should be looking to create angles to receive the ball
- Try to get the ball wide as quickly as possible
- Once the wide player receives the ball they should look to cross, if an option isn't on to go forward they should look to change the point of the attack

Questions

- If you are the wide player how can you help give your teammates an option on the ball?
- When the team is in possession of the ball what should you be doing as soon as possible?
- When should you look to change the point of attack and switch play?

Purpose

The purpose of soccer drill is to encourage teams to get the ball wide in game-like scenarios with a reduction in pressure to allow for a greater success

Set up

- 15 x 20-yard area (with 2 vertical thirds 2 yards wide)
- 1 soccer ball
- 2 teams of 5 (with 2 players from each side being in the vertical thirds)
- 2 goals

Advanced