



# Attacking & Finishing From Wide Areas

Date: Dec 23, 2024

Intensity: ● (1/10)



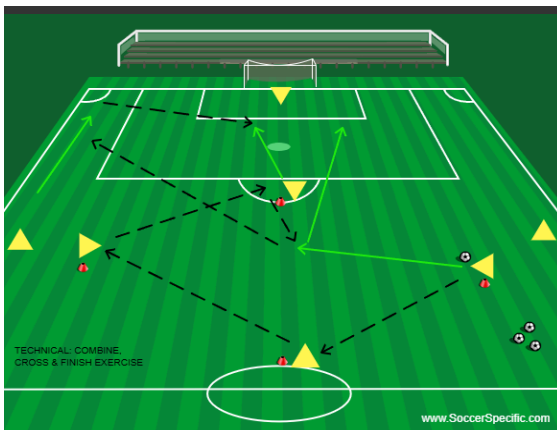
1

**Setup:** PLAY 1 / 1v1-4v4

Small sided game in an appropriately sized space using soccer regulation rules.

**Instructions:** As players arrive they enter into a pick up soccer game. This may begin as 1v1, and gradually move into variations like 2v1, 2v2, 3v2, etc..Game should not go beyond 4v4 at this stage.

**Coaching Points:** In this phase of training (Stage 1) players are arriving and coach is integrating players into a small sided game with variations mentioned above. Game should not be bigger than 4v4. Begin to lightly introduce basic tactical ideas for day's topic of pressure, cover, and balance.



2

**Setup:** PASS, CROSS, AND FINISH COMBINATION

Set up 4 red cones as shown in diagram. Place 2-3 players at each cone and 2 players in both the right and left flank area. You may mark out a flank area with cones if that is helpful.

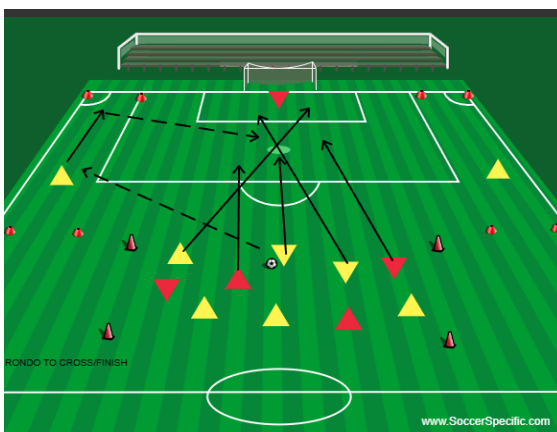
**Instructions:** This activity is a combination of passing, crossing, and finishing. Players work in groups of four inside a diamond with the cones approximately 15-yards. Additionally there is a wide player in each flank plus a goalkeeper. Ball follows the above path (dotted line) eventually to the flank player who then crosses into two players attacking the goal. Players should follow their passes and reverse flanks each repetition. You should have at least 2 players at each cone and flank.

**Coaching Points:** - Quality of combination play before the cross

- Technique of cross

- Timing/coordination/areas of attacking runs. For example when players arrive too early they often give defenders time to adjust and cover and if uncoordinated 2 players often show up in the same area.

- Quality of finish



3

**Setup:** RONDO TO CROSS AND FINISH

Set up 4 cones centrally for a 15 x 30 yd space as shown in diagram.

Additionally, mark out flanks as shown in diagram on both the right and left side field.

**Instructions:** The exercise on one half of the pitch with a 15x30 yard area centrally and two wide zones. Players are split into four defenders plus one goalkeeper, against eight attackers. Two of the attackers stay wide in the zones. The game starts as a 6v4 rondo centrally with players organized into back four or midfield four, against three midfielders and three forwards. The objective of the game is to complete 3 successful passes centrally and then play the ball out to the wide attackers. As the wide attacker sprints down the line with the ball to cross, two defenders can drop in and three attackers can go to finish on goal. If defensive team wins possession, they get one point for finding the coach positioned at midfield with a pass.

**Coaching Points:** - Quality of combination play before the cross

- Type and technique of cross

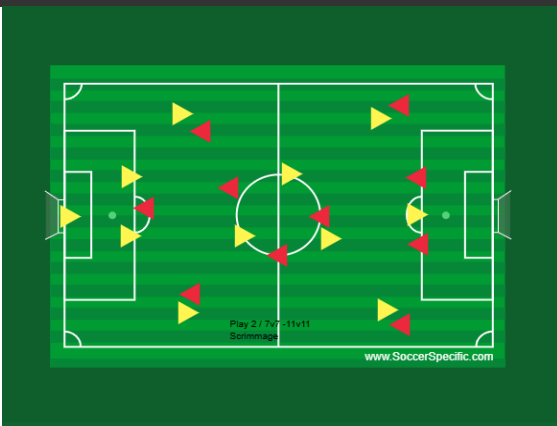
- Timing of attacking runs



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**Setup:** PLAY 2 / 7v7 -11v11 SCRIMMAGE

2 even teams in an appropriately sized field using regulation soccer rules.

**Instructions:** Scrimmage that resembles as closely as possible the gameday conditions.

**Coaching Points:** Allow players to play without stoppage. Limit coaching to "coaching in the flow" as you would in a gameday environment.

