

U10: Week Seven and Eight
Attacking from wide areas



Warm-up Set up two channel areas with cones. Goalkeeper optional.

Pattern of play - wide areas

Players in the wide areas switch off who dribbles down the channel to the end line and crosses the ball into the box.
 Opposite wide player provides the late-late run.
 Players in the central areas make a near and far post run and prepare to finish the cross from the wide area.
 Play until a goal is scored or the ball goes out of bounds.

Transitional moment - when the GK gets the ball, they play the ball to first person in the group of wide players.

Coaching Points (crossing)

- 1) Toes down, heel up, contact the middle of the ball to keep low/driven
- 2) Angle of approach before the cross, final touch/hips turned inside.
- 3) "Hop" alongside the ball with plant foot turned in towards goal
- 4) Pace, weight and height of the cross

Crossing game - with free channels

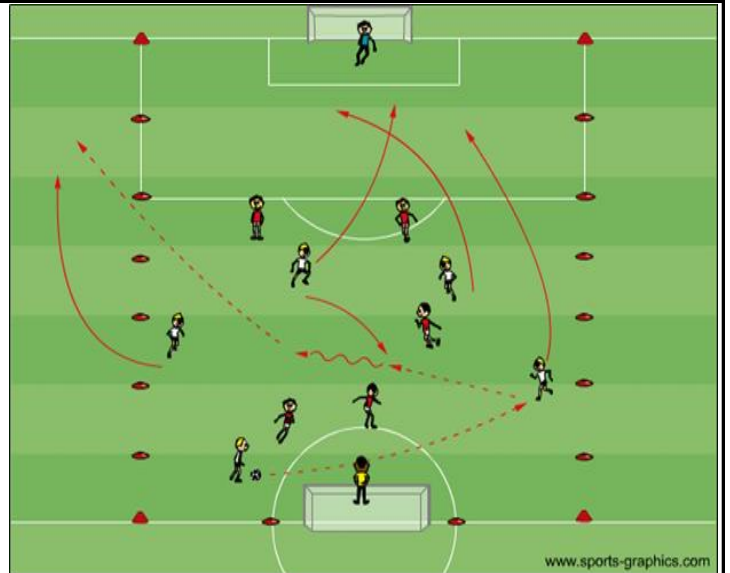
Depending on numbers play a small sided game.
 At any moment the player with the ball can enter the channel and be unopposed to dribble and cross the ball.

Variation

- 1) When the ball is passed into the channel - entry is allowed.
- 2) Play that when 1 attacker enters, 1 defender can enter too.

Additional Coaching Points

- 1) Decision of WHY and WHEN to play wide?
- 2) Technique of crossing - feedback from the end result.
- 3) Selection of the type of the finish.
- 4) Movement by the attacking teams - near/far/top of the box



Conditioned Small Sided Game(s)

Small Sided Game

Game Focus

Find moments in the game to:

- a) Coach crossing technique in the game situation
- b) Show positive examples of training transfer

Team 1

Team 2

