



Date: 2nd Dec 16
Team: U18
Time: 1830 - 2000
Location: City Academy

GET WIDE

Objectives

- Get players to look for space in wider areas as opposed to try to force ball through congested central areas
- By adding variety to direction of play this should create space both wide and central... recognise when to exploit this space

Key

Indicator	Action
	Dribble
	Off Ball Movement
	Pass/Shot



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**Warm Up: 1830 – 1845
Throw Ins!**

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Due to a staggering inability to take throw ins the warm will simply be..

- 1. Player A takes a throw in**
- 2. Player B controls the ball and passes it back to Player A**
- 3. Player A & Player B run to swap positions**
- 4. Repeat steps 1-3**



GET WIDE

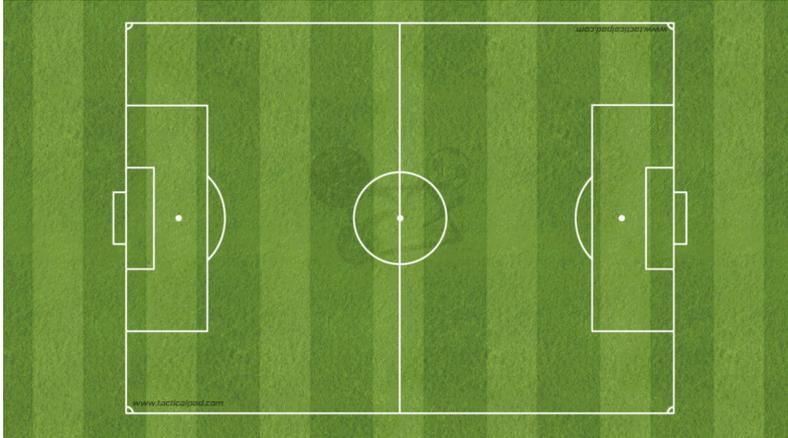
Scene Setter: 1845 - 1850
TBC

Date: 2nd Dec 16

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Key Coaching Points

- None beyond setting the scene and clarifying the rules

The Scene

TBC

Instructions

TBC

Setup

TBC



GET WIDE

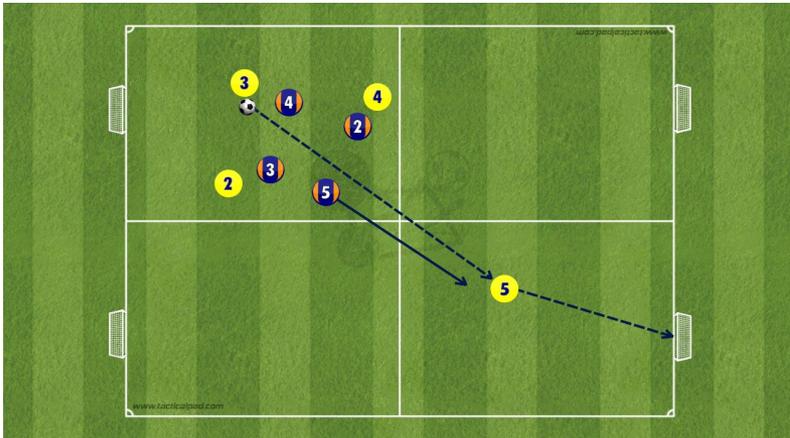
SSG #1: 1850 - 1915
Diagonal & Score

Date: 2nd Dec 16

Team: U18

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Key Coaching Points

- Can the switch be done early before the opposition settle?
- If not keep possession until an opportunity to switch play arises
- To make such decisions players need to be aware of their surroundings and read TRIGGERS that assist their decision making
- Time runs to receive diagonal pass to lose marker
- Don't panic in possession... players off ball create options

Instructions

1. 4v4 game; each time attacks in one direction
2. To score a team must make a diagonal pass and score in goal in the quarter of the pitch into which the pass was made
3. Teams can pass between all the quarters but step 2 must be followed for a goal to be scored

Progression/Regression

- Restrict player movement to defending half except 1 player from each team who are trying to receive/stop diagonal pass in the attacking half
 - Remove defender if required
- Use halfway line as an offside line so runs have to be timed

Setup

L30xW15 yards, divided into quarters

4 x small goals

4v4 players, 1 ball



GET WIDE

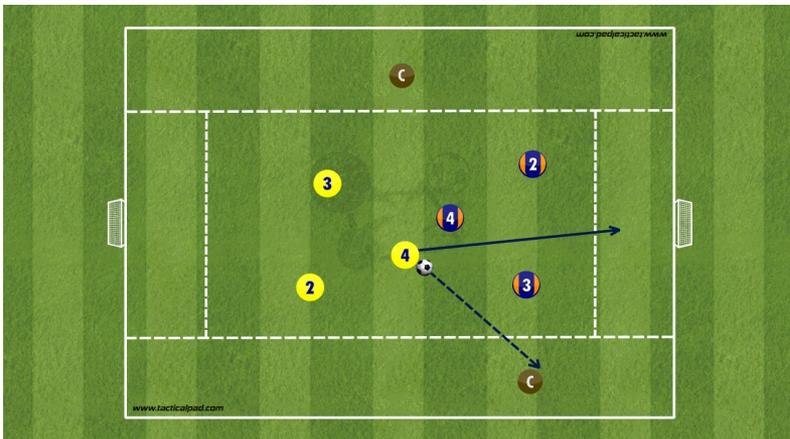
SSG #2: 1915 - 1940
Get Ball To Wingers

Date: 2nd Dec 16

Team: U18

Time: 1830 - 2000

Location: City Academy



Key Coaching Points

- When is the right time to get the ball wide?
- What to do once the ball goes wide?
 - For winger and those in the middle
- Winger's positioning when not in possession... how can he affect the decision making of both attacking and defending teams
- Importance of the winger's first touch it sets everything else up once he receives the ball... he is either in control of situation or will allow the defender to be

Instructions

1. Directional game with aim to score a goal
2. A goal can only be scored from a pass/cross delivered from either wide player into the 'end zone'
3. No defenders are allowed in the end zone
4. Only the wide players are allowed in the wide zones

Progression/Regression

- Allow defenders into wide areas... once ball goes in there
- Allow defenders into the 'end zone'... once ball is with wide player
- Allow wide players to enter the 'end zone' when opposite wide player plays ball into that area
- If wingers slow play down give them a time limit on ball
- Add GK's so final ball has to be accurate

Setup

L30xW15 yards (including wide areas w3 yards each)
3v3 plus 2 x neutral wide players
1 x ball



GET WIDE

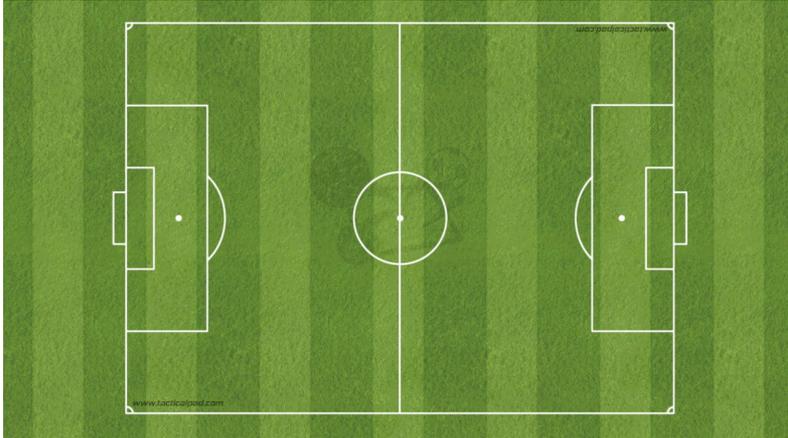
Scene Setter Revisited: 1940 - 1945
TBC

Date: 2nd Dec 16

Team: U18

Time: 1830 - 2000

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Key Coaching Points

- Provide feedback AFTER highlighting difference between this game and the one at the beginning of the session

Instructions

TBC

Setup

TBC



GET WIDE

**Match: 1945 - 2000
Match**

**Date: 2nd Dec 16
Team: U18
Time: 1830 - 2000
Location: City Academy**

**Players play a match... their rules
No coaching, just observing**