



## U1214 Week 4 Scoring from wide areas.

**Category:** Tactical: Wide play  
**Difficulty:** Moderate

Craig Higginbotham, Barrington, United States of America  
Individual-Adult Member

### 3V3 (10 mins)

#### **Set Up:**

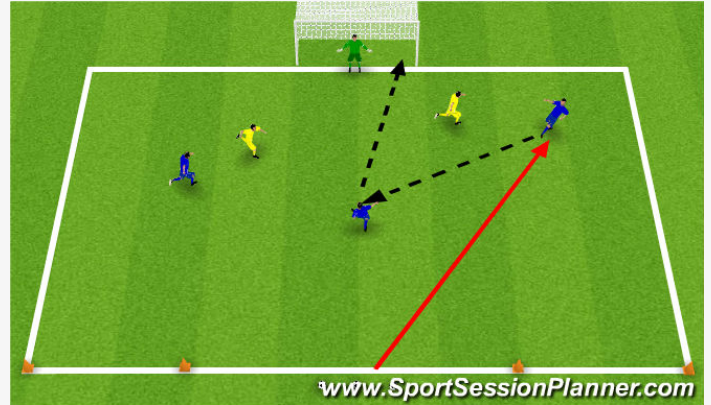
Play 3v3 in a 20Wx30L including the GK with a cone goal in one end and two small cone goals at other end.

#### **Implementation:**

Scoring from a cross is worth 10 points any other goal is worth 1. Blue team always starts with the ball by dribbling into the grid. Yellow team try to score in the two small goals.

#### **Coaching Points:**

Possess the ball to unbalance and disorganize the opponent in order to create chances from the out wide and score goals. Crosses driven low into the target players feet.



### 5V5 (15 mins)

#### **Set Up**

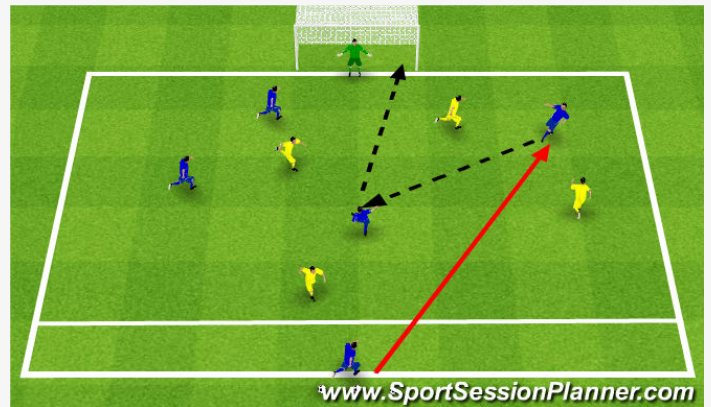
Play 5v5 in a 50Wx40L with a regular goal and a 3yard end zone by the mid line.

#### **Implementation:**

The attacking team gets 5 balls to score. Switch the player from defence to attack after every 5 balls. Attacking team starts with the ball every time.

#### **Coaching Points**

Possess the ball to unbalance and disorganize the opponent in order to create chances from the out wide and score goals. Crosses driven low into the target players feet.



### Conditioned Game (15 mins)

#### **Set Up**

On a size appropriate field two teams play a regular scrimmage. With two conditions to bring out scoring from wide areas.

#### **Conditions**

Goals from crosses are worth 10  
Players are only allowed 1 touch to score.

#### **Coaching points.**

Maintain team shape to enable width,  
Hit crosses across the goal.  
Movement in the box.  
Body shape when finishing the chance. See the ball and the goal.

