

# Shire Cribbs U16s



Topic	Attacking from Wide		Date	07.03.19
Technical/Tactical Focus	Tech: Crossing – lofted, driven, cut back. Running with the ball – direct, with skill/trick to beat opponent. Pass and move – create space for cross. Tac: Recognise opportunity to build wide play, when opportunity to deliver/penetrate exists or when to switch play/retain and build. Recognise risk of counter attack and transition.			
In/Out of Possession Principals	IN: Penetrate, Support, Mobility, Width & Depth, Creativity & Finishing			
Team Objective	Build wide play to create opportunity to cross			
Key Unit & Individual Outcomes and Challenges	Units		Individuals	
	Primary: FB & Wing Secondary: FB/Wing & 9/10		Primary: 2,3,7,11 Secondary: 4,8,9,10	
4 Corners	Technical/Tactical	Physical	Psychological	Social
	<ul style="list-style-type: none"> <li>• Cross selection</li> <li>• RWTB – direct or around</li> <li>• Recognise opportunity to over/under-lap</li> <li>• Cover against counter attack</li> </ul>	<ul style="list-style-type: none"> <li>• Move at speed to adopt new positions</li> <li>• 100% commitment to exploit opportunity</li> </ul>	<ul style="list-style-type: none"> <li>• Decision making – understanding when principles apply</li> <li>• Prepared to remain patient and understand the ebb and flow of the game</li> </ul>	<ul style="list-style-type: none"> <li>• Communication at all times using common terms that are recognised by all members of the team</li> <li>• Encouragement to team mates for good outcomes and good intentions</li> <li>• Units discussing what has worked and what needs to change</li> </ul>

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## Phase of Play: Attacking from Wide

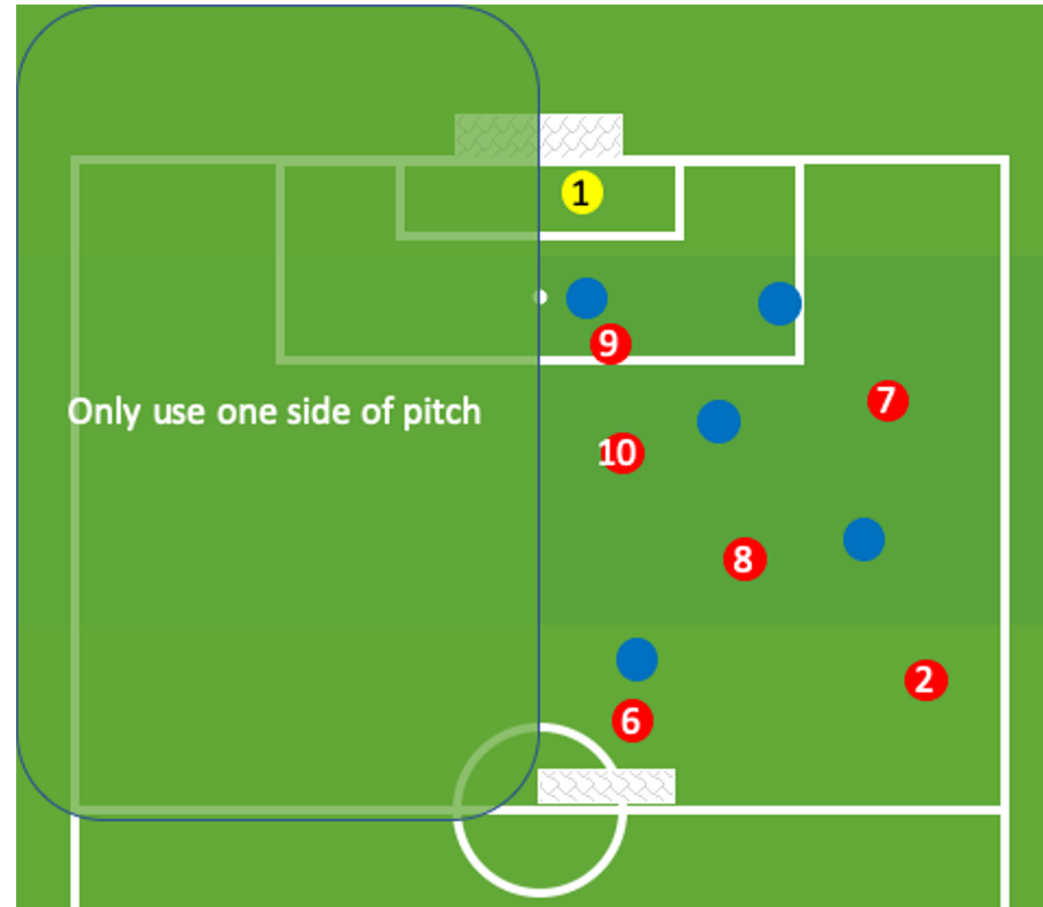
20 mins

### Setup

- Coach Reds / Manage Blues
- Reds play GK-4-2-3-1 / Blues play GK-4-4-2
- Play starts with Red 6
- Objective is to play wide and deliver into the box for shot on goal
- Blues win possession and score in small goal on half-way line

### Key Focus

- Primary players: 2, 8, 7
- Understand when the opportunity to build play wide exists – Centre Back on ball – option to play to full back
- 9 to stay central and high to create space for primary players to operate and provide central target.
- 10 to stay central and behind 9 for second option and transition
- 2, 8 and 7 combine to create crossing opportunity or space to RWTB in to penalty area
  - Option 1: 7 crosses from wide
  - Option 2: 2 over laps and crosses
  - Option 3: 2 under laps and RWTB
  - Option 4: 7 RWTB committing opposite FB
  - Option 5: 2 crosses early from deep
  - Option 6: 8 plays ball between CB & FB to half space for 7 to run on to and cut back



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## 8 v 8: Attacking from Wide

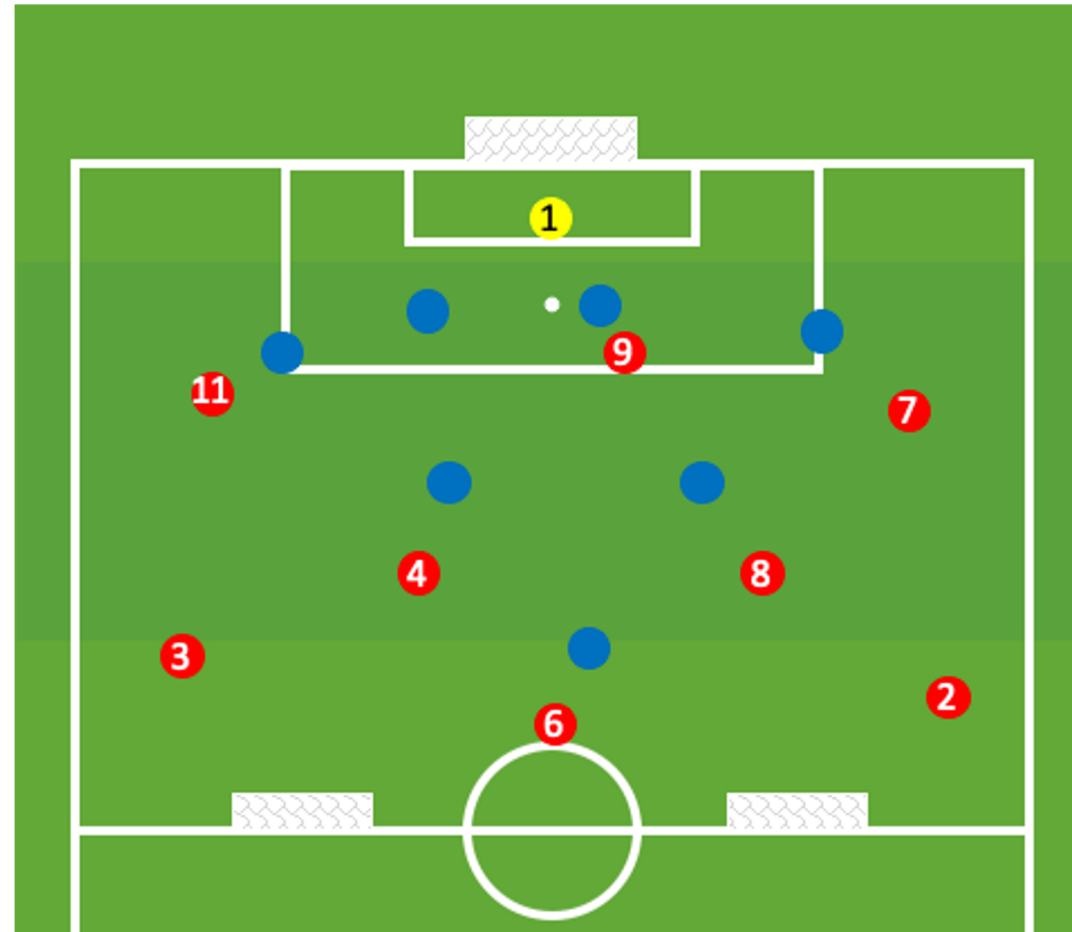
40 mins

### Setup

- Coach Reds / Manage Blues
- Reds play GK-4-2-3-1 / Blues play GK-4-4-2
- 8 v 8 Match
- Objective is to play wide and deliver into the box for shot on goal
- Blues win possession and score in either small goal on half-way line

### Key Focus

- Primary players: 2, 3, 7, 11
- Understand when the opportunity to build play wide exists – Centre Back on ball – option to play to full back
- 9 to stay central and high to create space for primary players to operate and provide central target.
- 4 and 8 to alternatively support wide play and provide cover against the counter
- Recognise when to retain and build and switch play
- 2, 8 and 7 combine to create crossing opportunity or space to RWTB in to penalty area
  - Option 1: 7/11 crosses from wide
  - Option 2: 2/3 over laps and crosses
  - Option 3: 2/3 under laps and RWTB
  - Option 4: 7/11 RWTB against opposite FB
  - Option 5: 2/3 crosses early from deep
  - Option 6: 4/8 plays ball between CB & FB to half space for 7/11 to run on to and cut back



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## Reflections

### What went well?

The session design lead to lots of repetition for the primary players. They were engaged with the session and quickly picked up the coaching points.

### What can be improved?

The secondary players and opposition need to be given more objectives. Too much time was spent with the primary players that engagement and learning from the other players dropped off.

### Changes for next time

Plan for the secondary players and opposition. What can I do to keep them engaged? How can they 'win' in this session and what is their prize?