Whole

Objectives: Wide play
Organization:
Field size: 20m x 25m
Divide players into three teams of four. Two teams will play 3v3 for 5 minutes, while the third team will be on a break. After every 5 minutes switch the teams. Game rules apply.
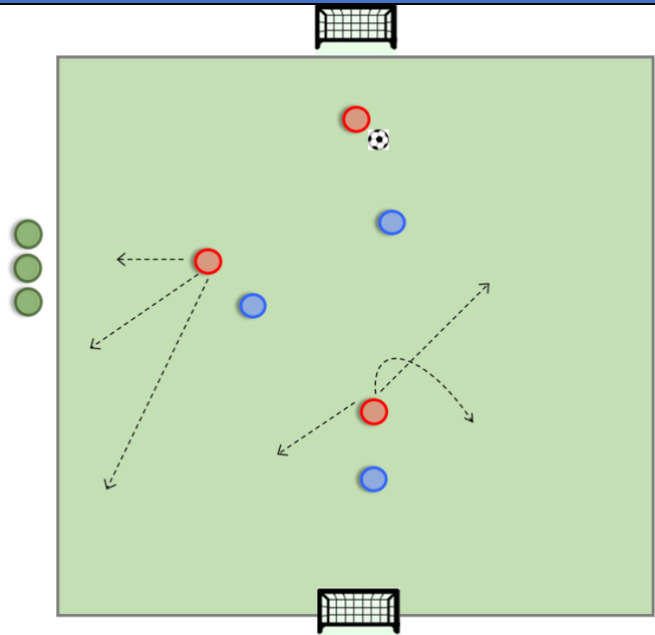**Coaching point:**
- Remind players to play wide (spreading out) during the attack and try to stay away from the defender (don't hide behind defenders)
- Receive the ball with open body position

Reminder!
 Team shape: remind players to adjust their position to keep their team shape (triangle) as moving forward.
Duration: 10-15 min

Part (team base)

Objectives: Wide play
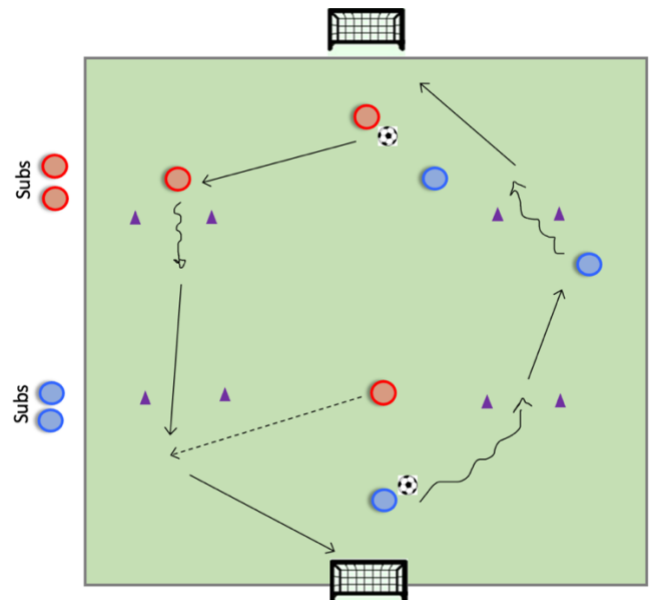Divide players into two teams: blues and reds. 3v3 plus subs.
Put four gates on the wide channel (near the sidelines). Teams will start in opposite directions. Each team has a ball and starts at the same time. The first team who can pass or dribble through two out of four gates and score in the pugs faster will get the point. Encourage players from both teams to spread out and be ready to receive a pass or dribble through gates. After each round, both teams will reset their positions and start with a ball again.
Progression:
Play 3v3; game rules apply. The only exception is that strikers should pass or dribble through one out of four gates before scoring
Duration: 10-15 min

Whole	
Objectives: Wide play **Organization:** Field size: 20m x 25m Play 3v3. Game rules apply. **Coaching points:** • Team shape (i.e., triangle) • Spread out and play wide in attack **Progression**: You can give different tasks to the players of the team on the break to monitor and discuss the performance of a specific team. Tasks should be related to the coaching points. Try to highlight the positive performance of players in the game and discuss it with the players who are not playing at the moment. **Duration**: 15-20 min	