



January 22<sup>nd</sup> - 28<sup>th</sup>

First Kicks: U7/8 # 5

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Category: Technical: Wide play

## Whole

**Objectives:** Wide play

**Organization:**

Field size: 25m x 30m

Divide players into three teams of four. Two teams will play 4v4 for 5 minutes, while the third team will be on a break. After every 5 minutes switch the teams. Game rules apply.

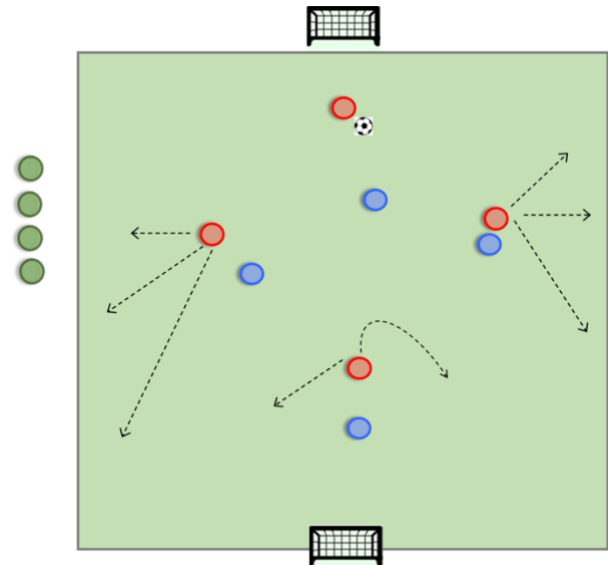
**Coaching point:**

- 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 (diamond) as moving forward.

**Duration:** 10-15 min



## Part (individual base)

**Objectives:** Wide play

Divide players into two teams: blues and reds.

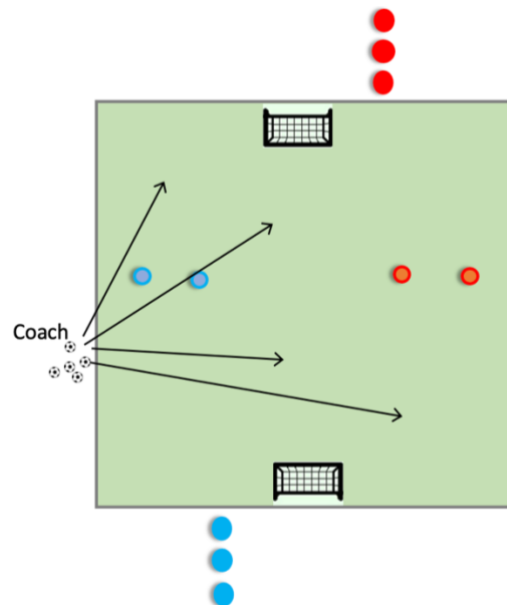
Put one blue and one red gate in the middle for each team. Teams will line up in opposite directions. The coach will play a ball to the center or one of the corners.

The first players from each line will try to get the ball first and become a striker. The striker should dribble through the gate with the same colour and score on the pug, while the defender will try to close the gate and deny the ball. If the defenders win the ball, they can score on the pug without dribbling through the gate.

**Progression:**

- Strikers can dribble through either gate (practice to find the free gate)
- Two players from each team will play and make a 2v2 situation.

**Duration:** 10-15 min



## Whole

**Objectives:** Wide play

**Organization:**

Field size: 25m x 30m

Play 4v4. Game rules apply.

**Coaching points:**

- Team shape (i.e., diamond)
- 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

