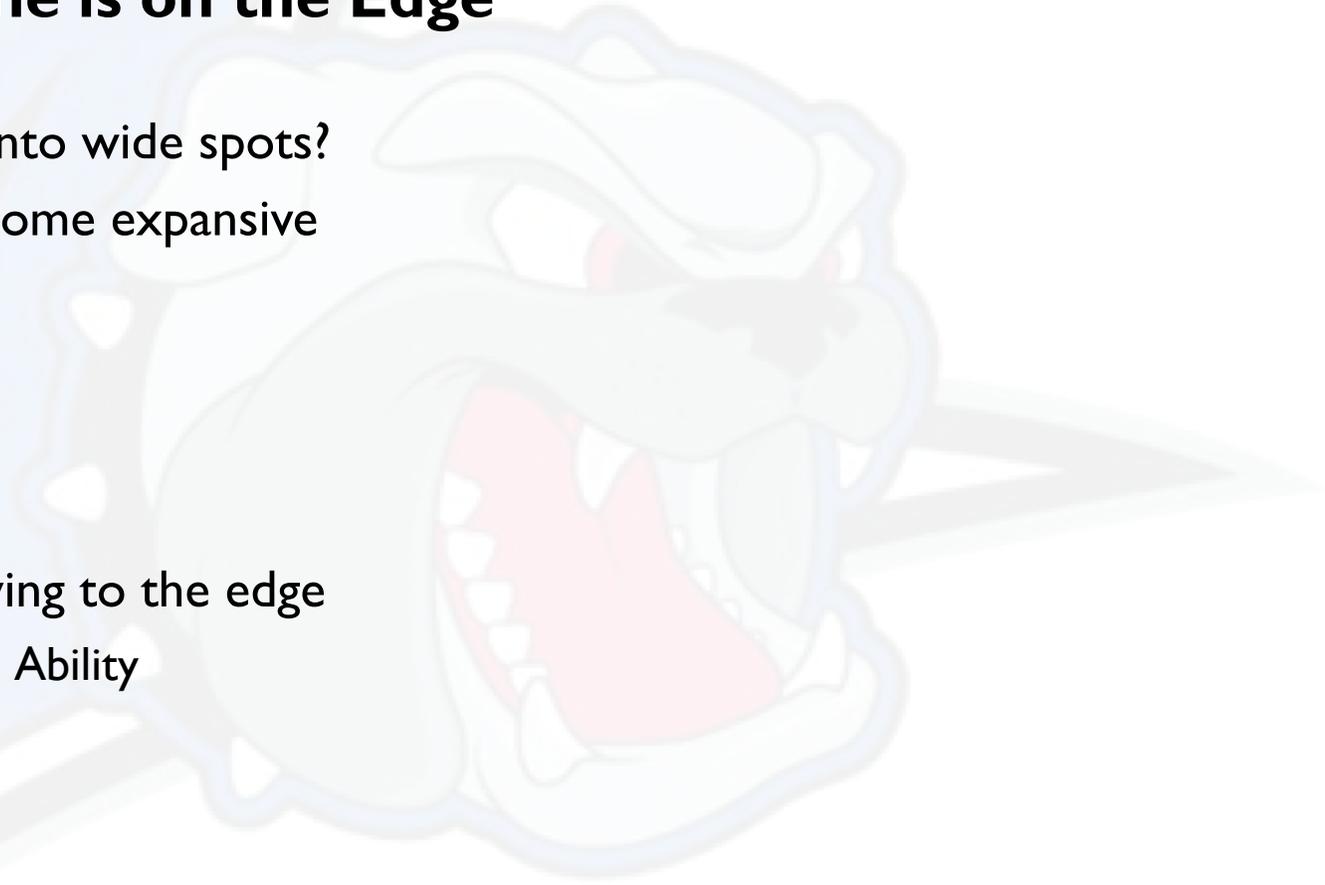


GETTING YOUR TEAM TO THE EDGE
HOW TO FIND AND USE WIDTH WITH YOUR
TEAM

Mathes Mennell Head Coach, Men's Soccer University of North Carolina Asheville

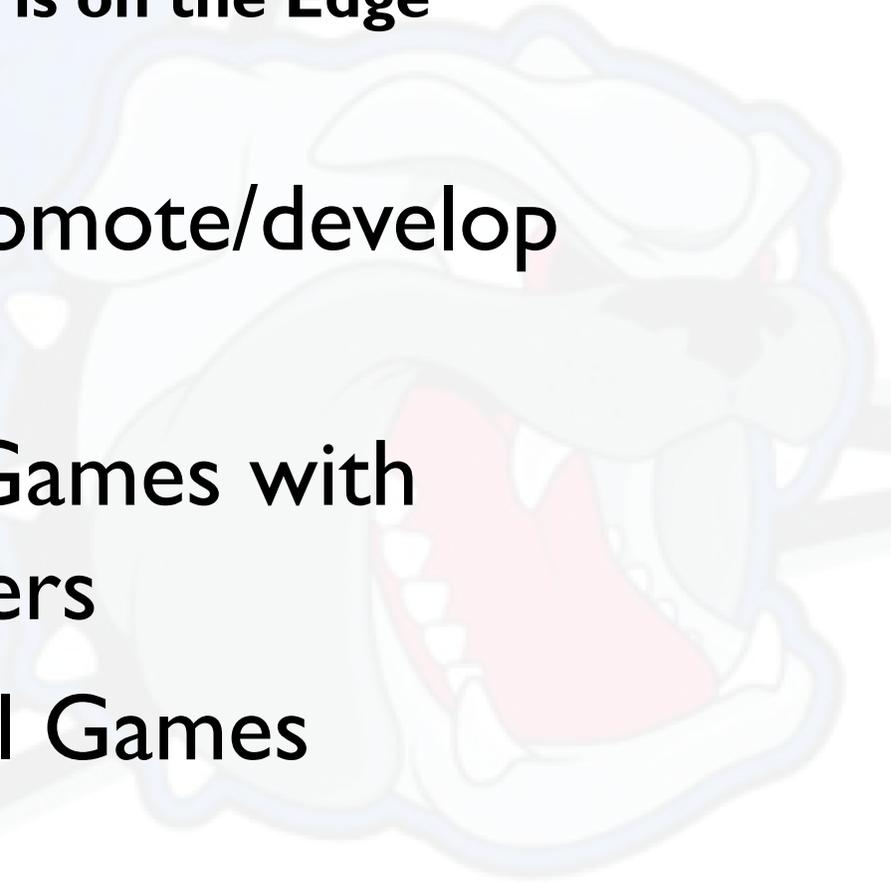
The Game is on the Edge

- How do we get the ball into wide spots?
 - Formations have become expansive
 - 4-3-3
 - 3-5-2
 - Total Football
 - Tactics
 - Best Players are moving to the edge
 - Dynamic/Pace/|v| Ability
 - Mbappe
 - Ronaldo
 - Rashford
 - Messi
- Why get it wide?
 - Creates Isolation in Space



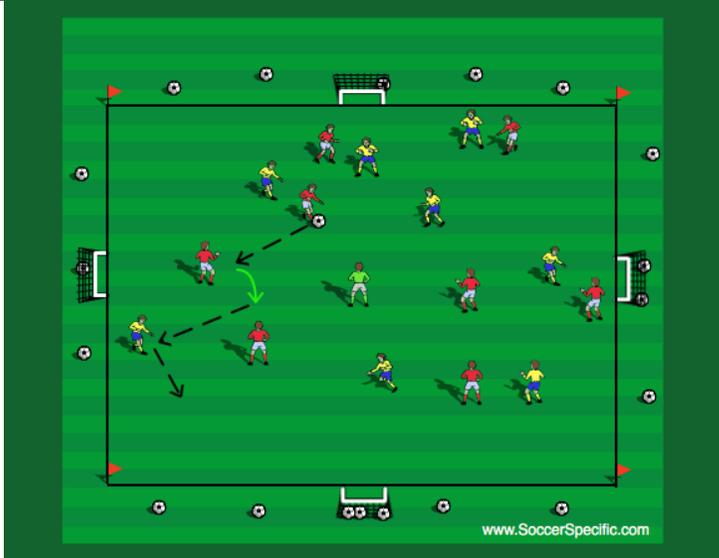
The Game is on the Edge

- Activities to promote/develop wide play
 - Small Sided Games with Outside Players
 - Multiple Goal Games
 - Examples





4 Goal Game (8v8 version)



⌚ 4x3 Min ↗ 60x60

Setup

8V8+1 4 goal game, 60X60 yard field, 17 field players. Two teams of eight.

Instructions

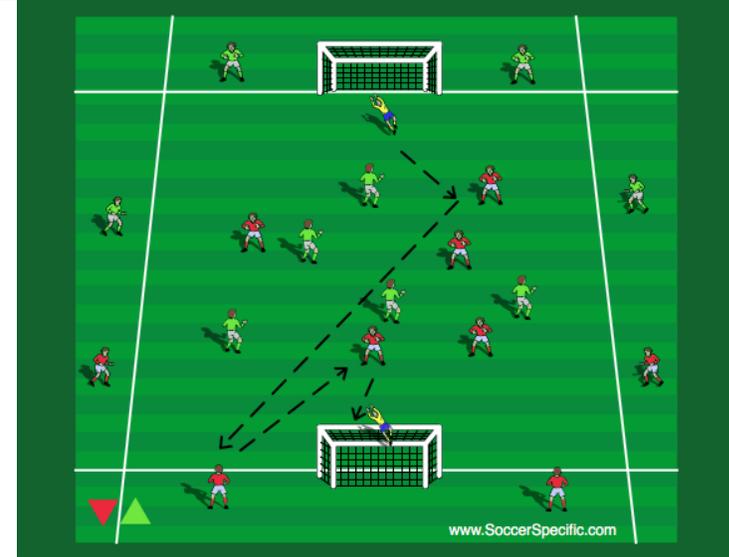
Each team is responsible for defending two goals and attacking the other two. If the ball is played out of bounds then it is the other teams kick in, if a goal is scored then the opposing team can quickly play out of either of the two goals they are defending. 3 games, 4 minute games. Keep track of the score, wins, and losses.

Coaching Points

Create numbers up situations, switch the point of attack quickly, penetrate open space on the dribble, pass or shot. All previous attacking principles. Defend higher up the field away from your own goals, hunt in packs, win the ball back immediately, surround the ball with numbers, 1V1 defending technique.



UNCA MSOC Goals In Tight"ish"



Setup

50x40 pitch
Game to 11 or 25 minutes

Instructions

2 mins or 2 goals; end-line players are 1/2 touch (Ball must be moving)
Wide player Restrictions:

- 1 touch pass or;
- 1 touch inside to join; then recover after pass/shot or;
- 2+ touch but 2+ touch must be flighted
- *Wide outside players can defend each other (outside only)

Coaching Points

CP: Create attacking chances
 CP: Attacking mode balance
 T1: NM, JL, DB19, BM, ML, CD, EW, DD, KA, TD
 T2: DB32, FM, LD, BK, CP, LM, BO, JP, EL



Clint Peay Create and Exploit Wide Areas

Date: Jan 23, 2018 | Duration: 75 Min | Team: United States U-14 BNT

Intensity: ● (7/10) | Category: Tech / Tact



Setup: 6V6+2 switch the point of attack with locked defenders.
Instructions: Teams of 6 players and 2 neutrals in wide areas. Each team places one player in each of the six zones. Offensively, attackers may enter any zone they wish to create 2v1's or 3v1's. Attacking team tries to dribble through wide gates. Defensive team players are locked to their zone and may not cross into another zone to help defend.
Coaching Points: Finding space, recognizing when to change the point, angles to support, playing on different lines.

1 ⌚ 3X4 Min ↗ 21X14



Setup: 5V5+1 in a 44X40 playing area and 8X8 grids organized as shown. Two identical set ups.
Instructions: The red and white teams maintain possession in the playing area with the objective of finding the right moment to penetrate the four zones in the corners of the field. Variations include: 8 passes is a goal, directional, multi-directional.
Coaching Points: Encourage your teams to create overloads by switching the point of attack and by utilizing the neutral player. Create 1V1 and 2V1 scenarios in wide areas. Make sure your teams have good spacing and team shape with proper height and width. Be aggressive on the dribble, take players on 1V1 and penetrate lines with dribble, pass, and well timed runs.

2 ⌚ 3X4 Min ↗ 44X40



Setup: 10V10 game in a 60X70 playing area set up as shown. No GKs and small goals used for this activity. Both teams are organized in a 4-3-3.
Instructions: Switch the point of attack and dribble through the gates or simply score on the central small goal through the run of play. The team in possession (white) looks to draw the defending team over with short combination play. At the right moment they try and switch the point quickly. The defending team (red) is compacted into 2/3 of the field and try to press the attacking team to one side. 2X6 minutes.
Coaching Points: Awareness and perception to see the switch, body shape to change point, creating space in wide areas.

3 ⌚ 2X6 Min ↗ 60X70



Clint Peay Create and Exploit Wide Areas

Date: Jan 23, 2018 | Duration: 75 Min | Team: United States U-14 BNT

Intensity: ● (7/10) | Category: Tech / Tact



Setup: 11V11 game to two big goals organized as shown.
Instructions: Two teams of 11 players. Team in possession tries to create a numerical advantage in wide areas to penetrate the defense through either wide gate. Once passing or dribbling through the gate the team must look to cross the ball. Team in possession may shoot centrally as well from inside the main playing area. Defending team must shift into the middle and wide zones where the ball is located, leaving the weak-side zone open. 2X8 minutes.
Coaching Points: Awareness and perception to see the switch, combination play, attack defender.

4 ⌚ 2X8 Min ↗ 60X70



Setup: 11V11 box to box. Both teams organized in a 4-3-3.
Instructions: Reduce length to 18 to 18 yard box but keep full width to increase moments of attacking principles. 2X8 minutes.
Coaching Points: All previous coaching points.

5 ⌚ 2X8 Min ↗ 18 To 18



Attacking through WMF and 9's

Date: **Apr 03, 2018** | Duration: **90 Min** | Team: **UNC Asheville MSOC**
Intensity: ● (6/10) | Category: **Tech / Tact**



Setup: 10 cones; 20 x 20 space; 15 minutes duration for Warm-up/5 minutes for technical passing
Instructions: Standard Bulldog Warm-up then Technical Section with 2-3 Balls Passing Routine
Coaching Points: Passing Directions:
1. L/R
2. R/L
3. 2 R
4. 2 L
5. Free Pass

1 ⌚ 20 mins 📏 20 x 20



Setup: Two identical set ups as shown. Add tracking defensive midfielder and center back as necessary.
Instructions: Find rhythm and possession in a 3V1, as the play develops the two center forwards change positions in order to receive the ball. Once they receive the ball they turn tightly and finish on a small goal for accuracy. After a given amount of time, switch the defenders and switch the forwards.
Coaching Points: Make sure the two forwards are not in the same plane by working off each others movements. Midfielders must maintain possession and also recognize the right moment to play an entry ball into the forwards feet based on the timing of their runs, angle of runs, and weight of the pass. The timing of movement to create space for teammate or to get onto the ball; receiving the ball on a "half turn".

2 ⌚ 12 Min 📏 30X30



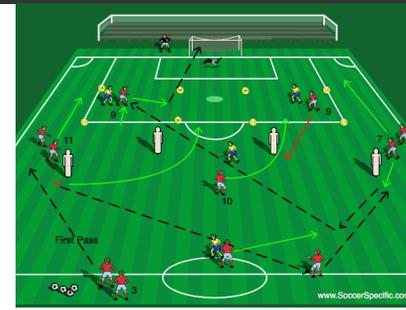
Setup: 6V6 possession, the "dampening zones" are 4X35 areas where players can receive their first touch uncontested, after the initial touch the defender can enter the area.
Instructions: The coach plays a ball into either team, the team that gains possession must connect three passes before they find either of the two strikers with a penetrating entry pass to feet. The forward must find a way to receive the ball and play it to the other forward either directly or via a supporting midfielder. The defender is free to go anywhere but cannot enter the "dampening zone" until a touch has been made. If the defending team wins possession they can immediately link with their forwards.
Coaching Points: The two forwards should never be on the same plane. The forwards can connect directly with each other or combine through the midfield. Quality of finish on goal, weight and timing of pass, timing of movement to create space for teammate or to get onto the ball, receiving the ball on a "half turn", and adjust the speed of play according to the runs available and areas of the field as the picture of the opportunities develop.

3 ⌚ 20 Min 📏 60X35



Attacking through WMF and 9's

Date: **Apr 03, 2018** | Duration: **90 Min** | Team: **UNC Asheville MSOC**
Intensity: ● (6/10) | Category: **Tech / Tact**



Setup: 16-18 field players plus two GKs, add defenders as quality play within the exercise is proven. Build up to 4 defenders
Instructions: Play is initiated by the 2/3 playing into same side winger taking a touch beyond the mannequin and switching the point of attack to the defender, the 3/2 bounces it off the other winger into the 6/8 who drives a ball in the (ground or air) to the 9. The forward must control the ball properly and go to goal. Pattern the other side with the same sequence, but as shown the #10 has taken a high starting position and then checks underneath to receive the ball and combine with the midfielders to release either the wide player or link with the center forward.
Coaching Points: Starting position of the forwards are very high, focus on quality of runs into the hole or stretching the defense by sitting in behind. Ball movement and speed of play through the midfield, timing of runs, angle of runs, weight of pass, and execution in the final third.

4 ⌚ 20 Min 📏 Half Field



Setup: 9V9 to goal, three zones (3V2, 3V3+1, 3V2). As shown, the two "dampening zones" are placed in two different areas of the field. 2X7 minute games and teams must switch sides thus changing the tactical approach to the game.
Instructions: Normal soccer rules apply but players can use the field markings as guidelines. The dampening zones can be used for building from the back allowing the fullbacks to receive the ball, or defensive midfielder dropping in to link with the defensive line, or during attacking final third play by the center forward dropping into the gap between the oppositions defensive and midfield lines.
Coaching Points: The main objective remains to play between the lines and link with the center forwards to create goal scoring opportunities in the final third. Weight and timing of pass, timing of movement to create space for teammate or to get onto the ball, receiving on a "half turn", and adjust the speed of play according to the runs available and areas of the field as the picture of the opportunities develop.

5 ⌚ 2x7 Min 📏 55X45



UNCA Attacking through WMF

Date: **Apr 05, 2018** | Duration: **90 mins** | Team: **UNC Asheville**

Intensity: ● (6/10) |



Setup: 8-10 cones for dynamic warmup; Technical: 10 cones; 20 x 20 space; 15 minutes duration for Warm-up/5 minutes for technical passing

Instructions: Standard Bulldog Warm-up then Technical Section with 2-3 Balls Passing Routine

Coaching Points: Passing Directions:

1. L/R
2. R/L
3. 2 R
4. 2 L
5. Free Pass

1 ⌚ 20 mins 📏 20x20/30x7



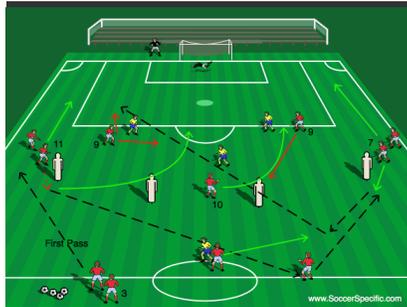
Setup: 50 x 50 Grid; 10 players per team; 6 v 6 inside; 90 second periods, change outside players.

- G1: Left footed Finish
- G2: Right footed Finish
- G3: 1st time Finish

Instructions: Players on the outside are 1/2 touch and can be defended. Teams play until one team has knocked over 4 of 7 cones.

Coaching Points: Movement of football to find attacking moments (cones). Emphasize immediate pressure on the ball.

2 ⌚ 15 mins 📏 50 x 50



Setup: 16-18 field players plus two GKs, add defenders as quality play within the exercise is proven. Build up to 4 defenders

Instructions: Play is initiated by the 2/3 playing into same side winger taking a touch beyond the mannequin and switching the point of attack to the defender, the 3/2 bounces it off the other winger into the 6/8 who drives a ball in the (ground or air) to the 9. The forward must control the ball properly and go to goal. Pattern the other side with the same sequence, but as shown the #10 has taken a high starting position and then checks underneath to receive the ball and combine with the midfielders to release either the wide player or link with the center forward.

Coaching Points: Starting position of the forwards are very high, focus on quality of runs into the hole or stretching the defense by sitting in behind. Ball movement and speed of play through the midfield, timing of runs, angle of runs, weight of pass, and execution in the final third.

OFFSIDES must be watched for/called

3 ⌚ 20 mins 📏 As Shown



UNCA Attacking through WMF

Date: **Apr 05, 2018** | Duration: **90 mins** | Team: **UNC Asheville**

Intensity: ● (6/10) |



Setup: 11 v 9; normal match rules/restrictions.

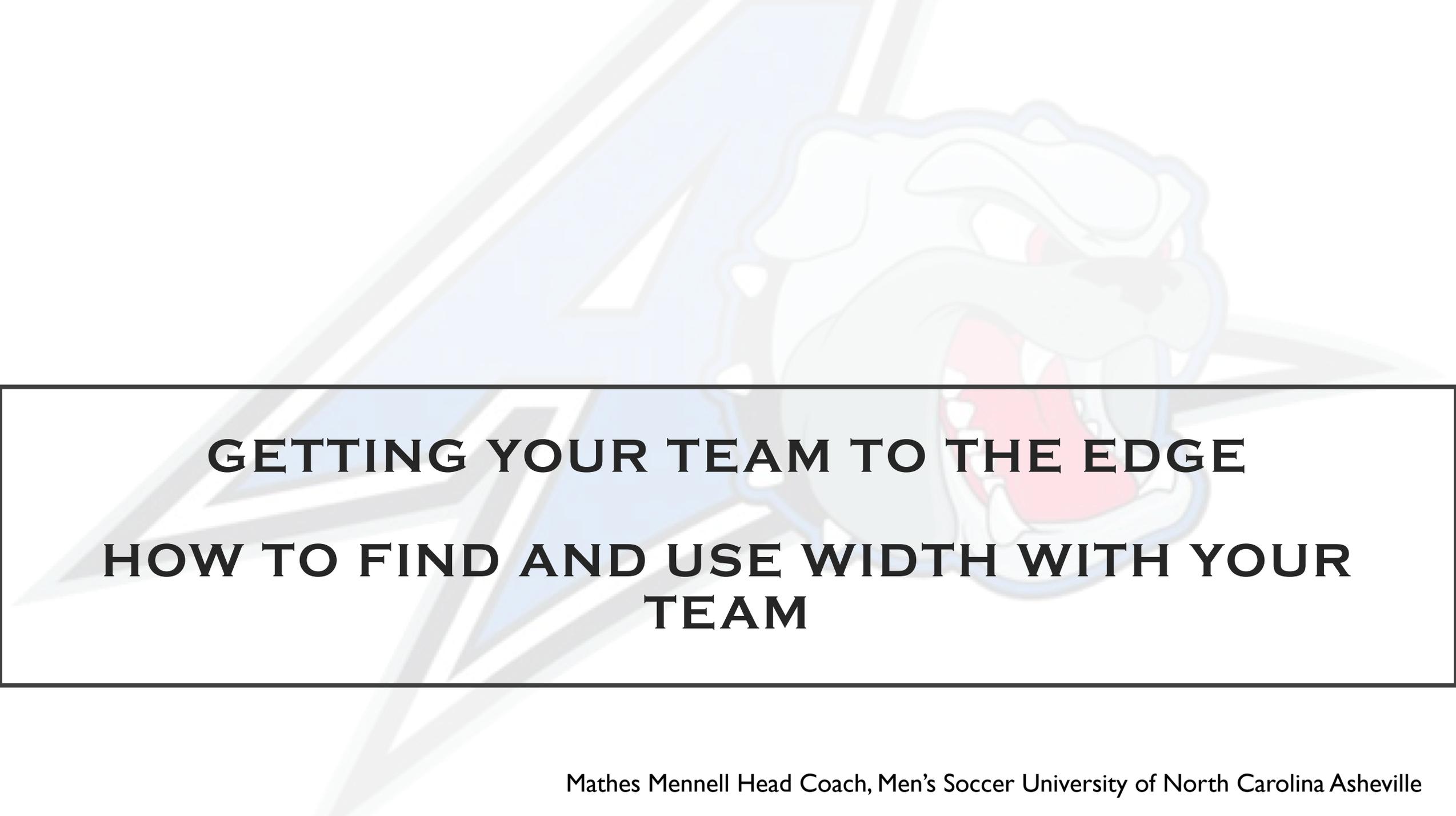
Instructions: Game begins with the score as 1-0 for the team of 11.

Coaching Points: CP: Game management

CP: Urgency for 11 to equalize/win game

CP: Match winning decisions; balance risk vs reward

4 ⌚ 3 x 10 mins 📏 As Shown



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