

# St. Mary's Youth Soccer Training Series

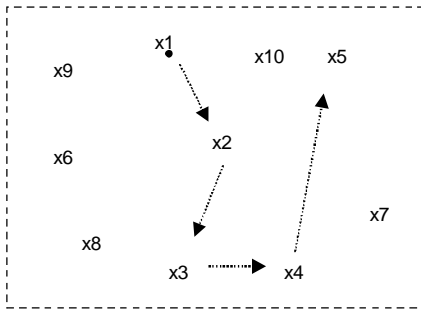
**Topic:** Attack Using Width  
**Age/Level:** ALL  
**Type:**

→ Run    ..... Pass    ●.....▲ Dribble



**NOTES :** This session is designed to give teams a new element of attack, that will breed a new element of success. Using the width in the attack is very important as it provides a definite opportunities to score.

Progression: 1 (Warm-up)  
 Exercise: Numbers drill  
 Time: 10 Minutes

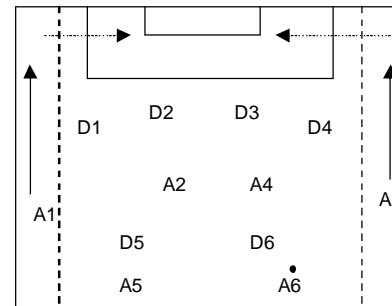


using a 20x20 grid, make sure all the players are numbered from 1 to 10. Give the ball to number one, and as soon as the session starts, number 1 will give to number 2, number 2 will give it to number 3 and so on until it gets to number 10, and the cycle begins again. This will force the players to communicate, open up their bodies, and play a crisp ball into the players feet.

**VARIATIONS TO CONSIDER** – Restrict to one touch passing, incorporate punishment if drill is not executed (Push-ups, sit-ups)

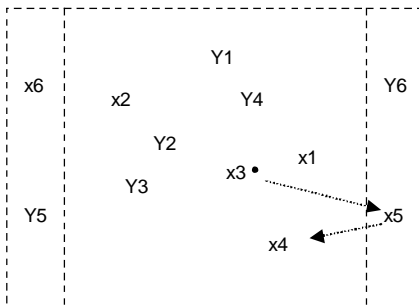
**IMPORTANT** – Everyone must keep on the move, stretch regularly

Progression: 3  
 Exercise: Maintaining width 2  
 Time: 20 Minutes



While using one half of the field, play 6v6. Keeping the channels from the last exercise, make sure that the attacking team has a wide option at all times. The attacking team can only score from a cross, delivered from a wide player. Again the ball must be played to both wide players before the ball can be delivered into the box. This drill will enhance attacking from wide areas, and will also improve attacking runs into the box (see attack in final third 1 or 2)

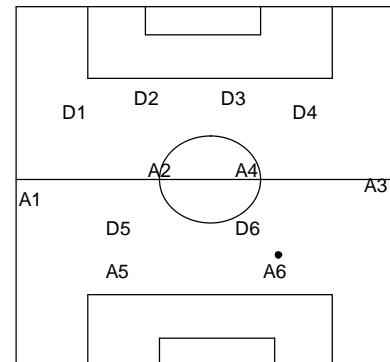
Progression: 2  
 Exercise: Maintaining Width 1  
 Time: 15 Minutes



While using a 20x30, create two channels down both sides. In those channels there will be two wing players, one from each team. The Training session basically consists of possession, however in order to get a goal the ball must touch both wide players in possession.

**IMPORTANT** – Make sure that the players are both switching the ball early and playing through the midfield in order to achieve their goal. Again this is only the second drill, therefore make time to stretch

Progression: 4  
 Exercise: Scrimmage  
 Time: 25 Minutes



In order to apply this tactic in a game like situation, take out the two channels and play a regular scrimmage. However a restriction must be enforced in order to force the wide option. Teams can only score after they successfully pass the ball from one side of the field to the other.

**IMPORTANT** – maintain width, keep focused.