

Wide Play

Utilizing the width of the field to win games

By Fran Kulas

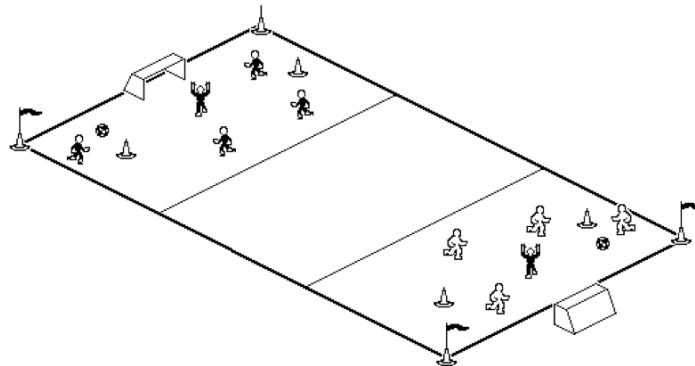
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Warm – Up

Players in groups of 4 or 5 (3 groups) passing and moving in marked out area. Goalkeepers in goal. When a player in the group decides, they dribble outside and around a designated cone in one of the 4 designated wide positions. Once this has been executed, this is the visual cue for the other players in the group to begin the timing of their runs into the goal area to finish a ball served from a wide position.

- The same person cannot serve twice until all players have served once
- Alternate goals
- Players must go around each wide cone once before going around the same one twice
- Players should coordinate so as not to interfere with the other groups



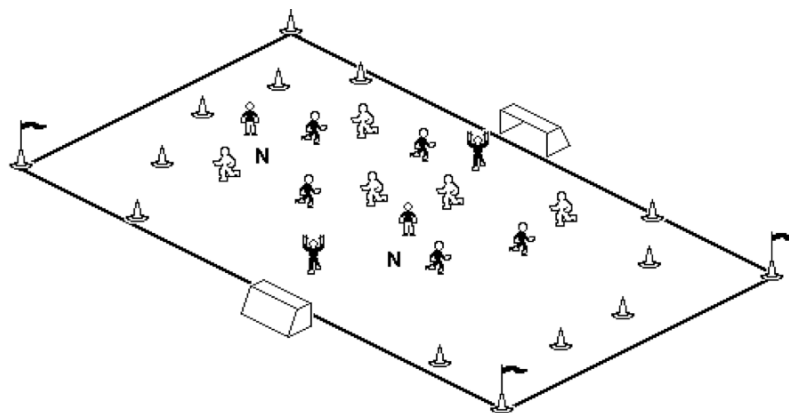
Activity 1

Players play 5 vs. 5 + 2 with a goalkeeper in each goal. Bent channels. Ball must enter channel in same possession in order to score.

Stage #1 – channel is free zone (no defenders can enter)

Stage #2 – channel is part of play but still a restriction

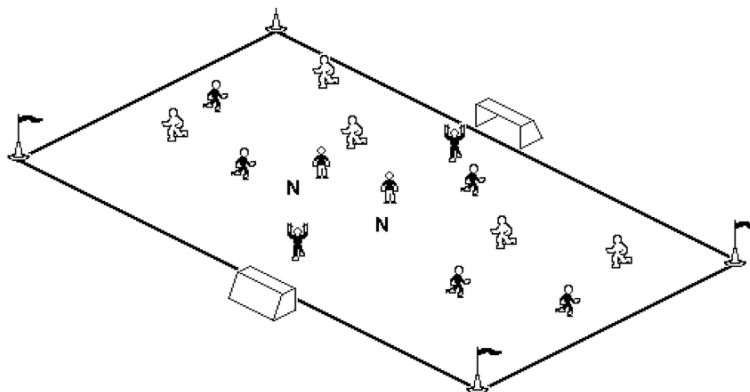
*once player has entered channel they may leave but the same player may not return



Activity 2

Players play 5 vs. 5 + 2 with a goalkeeper in each goal. Field is short and wide.

Coach what we see – can the players use the width and when they do, are their decisions for service and the timing of their runs adequate?



Coaching Points

1. Take goalkeeper out of equation
2. Service in the following areas relative to the goalkeeper
 - in front of
 - across
 - over/behind
3. Find the goalkeeper and the defenders then find free-runners
4. Recycle runs once they have expired
5. Arrive in space vs. vacating it
6. Do not serve a ball to a player who is outside of the goal-frame (can these players dummy?)
7. Can you play to someone who is in a position to finish first time?
8. Keep the space alive – don't kill it
9. We play wide to come back central again
10. Two ways to use the width 1- dribble out(individual player decision) 2- pass out(supporting player options)
11. Can we utilize the overlap to get width – if a player is in a wide position with the ball and there is no one else wide to pass to, can a central player overlap?