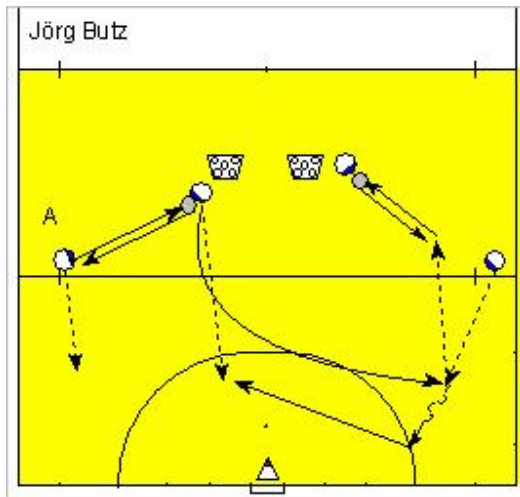


Tactical training

Setting up plays and types of play



Goal of the exercise

2 attackers and 2 wide midfielders begin from the positions shown in front of a goal with keeper. Each attacker has a ball.

Considerations in pre-season preparation

Teaching wing play

The first attacker passes to wide player A who plays the ball straight back.

The attacker shifts play by scooping the ball to wide player B and runs towards goal.

Wide player B crosses across the goal from which the first attacker must score.

Immediately following this, the other attacker starts his move by passing to B, he passes straight back, etc. (double involvement from B who both gives the cross and offers himself for a 1-2 with the second attacker).

Extending the exercise:

Instead of just one attacker there could also be a two attackers running in to score, whereby they agree between themselves how to move and who runs to the near and far posts.