


Lead Coach/Assistant Coach: Mitch Gough/Carl Rhodes

Session Development (Why and Who)	<p>Recently we have enjoyed success in games when we have utilised our wide players. Playing a 1-3-5-2 suits the type of players we have. They been successful in this system and we have benefited from wide play in games and created goalscoring opportunities and key moments. It is important however that we can use both sides as we have been left side reliant. We want to encourage width both sides. It is also important that our wide players understand out of possession where they need to be to support our defensive unit. The Primary Players for this session will be the Wing Backs.</p>	
Player Considerations	Technical/Tactical To understand the in and out of possession function of the Wing Back. When to make the run, when to make the pass. Recovering to support the defensive unit.	Psychological Knowing that sometimes you will make forward runs and not be picked out by a teammate. Losing 1v1 battles out wide but having to recover to support, being resilient enough to keep doing it.
	Physical Understanding when to make the run, when to make the pass, anticipating when to drop to provide support	Social Encourage communication. Guided Discovery learning when explaining the role and functions of the wide players. Explain the difficulties of the role and there will be 1v1 battles out wide for them and they will need support to continue playing if they are not enjoying success.
Objectives	<p>Understanding the role of wing backs in and out of possession</p> <p>Take this forward into games</p> <div data-bbox="2270 1100 2525 1422"></div>	

Arrival Activity – 10 Mins – Ball Mastery, Passing and Movement

Space: Whole 18 Yard Box

Players as they arrive will be instructed to get a ball and dribble inside the 18 Yard Box

Individual Objectives:

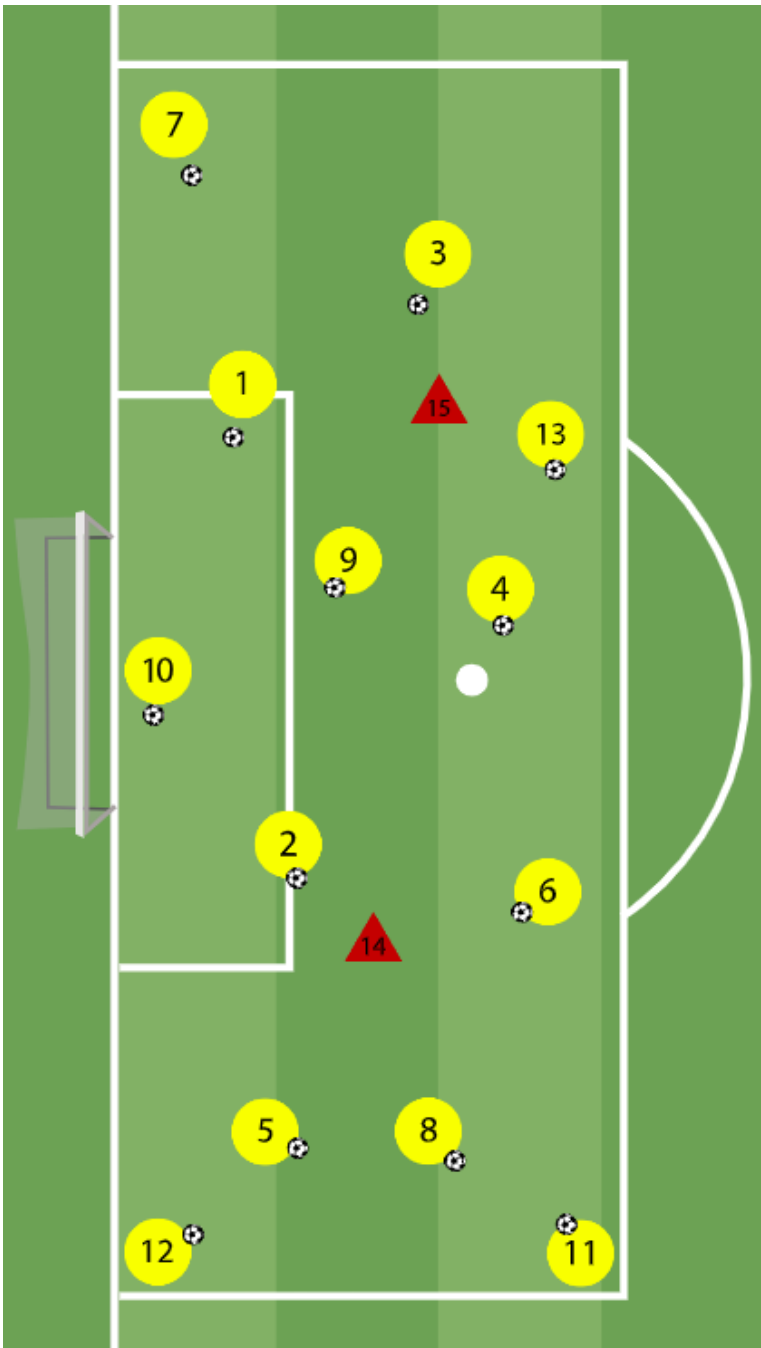
Avoid Other Players (Eyes Up)

Tight Control in tight space – burst into open space with a bigger touch

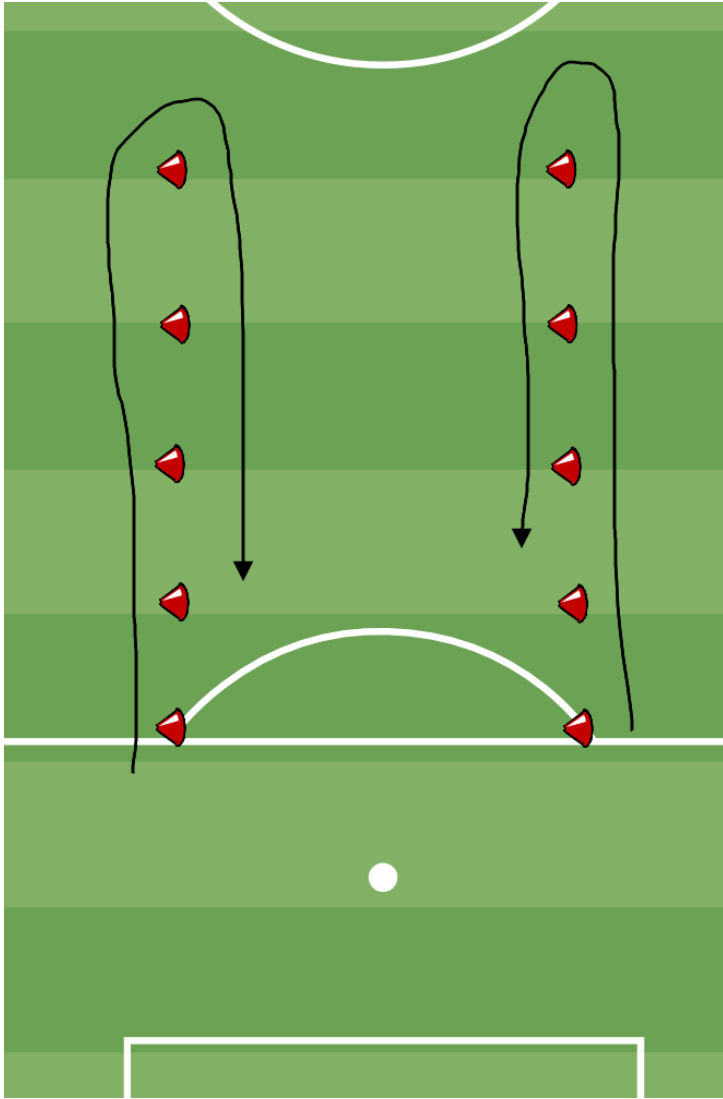
Dribble with the ball – what part of the foot are we using to move the ball?

Progression:

Take the football away from 2 players. These 2 players must now complete as many 1-2 (or Bounce passes) with a player with a ball - keeping score. They must move to a different player each time and keep score. Scan for space, keep the ball in the 18 yard box. If the ball leaves the 18 yard box the score they have resets to zero. They cant move on until the player they received the ball from has the ball back at their feet. Each week change 2 players who receive the passes and keep scores, and each player gets a chance to beat their score and become the “pass master”



Activation Warm Up – 5 Mins



Assistant Coach will set up 5 coned areas as per the diagram of approx. 20 feet in length spaced out.

Individual Objectives:

Ensure we are ready to play through effective dynamic movement. This can be player led helping them develop socially and govern themselves.

2 lines of players behind cones, activity outside of the cones jog back inside.

Activity 1 – Jog up, Jog Back

Activity 2 – High Knees Up, Jog Back

Activity 3 – Alternate Foot to hand Up, Jog Back

Activity 4 – Open Gate Up, Jog Back

Activity 5 – Close Gate Up, Jog Back

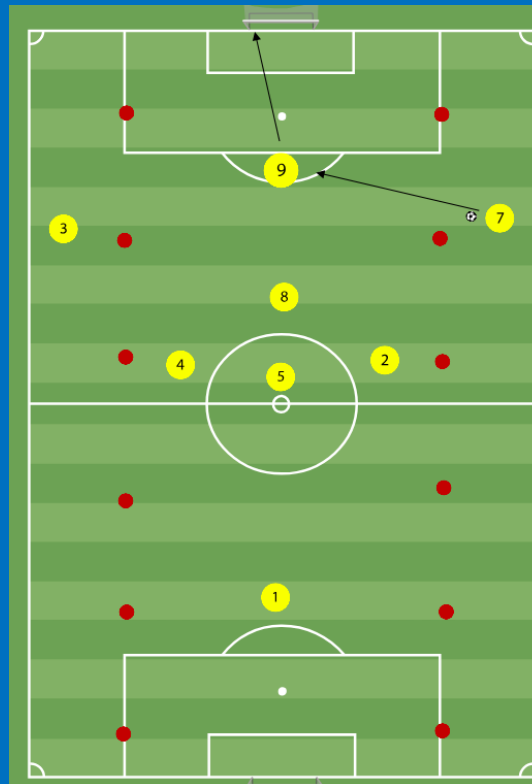
Activity 6 – Touch Cones Up, Jog back

Activity 7 – Zig Zag Up, Sprint Back

Unopposed Wide Play – 5 Mins

Starting unopposed and in shape our wing backs will be in wide channels. 3 Defenders Infront of the keeper, a number 8 in Midfield and a Number 9 upfront.

Asking the players to make 2 connections centrally after the ball out from the keeper the Wing Backs will track the movement of the ball accordingly so getting higher as the ball progresses into Midfield and dropping when either the 2,4, or 5 have the ball out from the keeper.



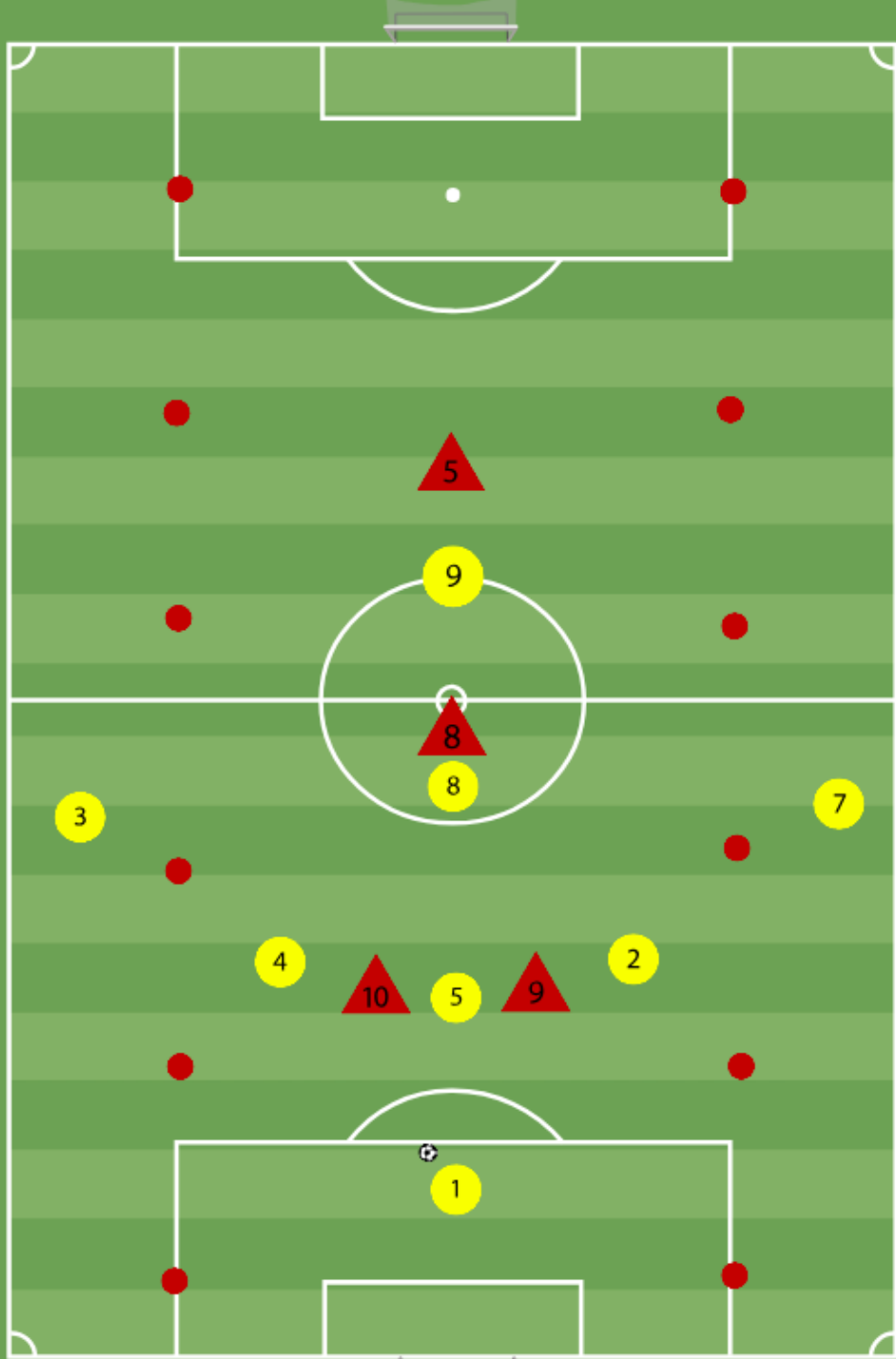
After 2 connections have been made from the keeper (in the example here 2 to the 5 then to the 8) the ball must be played to one of the wing backs in either channel.

They will then progress and find the number 9 who will finish.

Run this through as speed, 3 touches on the ball and encourage fluid quick transition.

Keeping match realistic encourage defensive unit to move higher up the pitch with the progression of the ball in the wide areas (as per smaller picture left)

Repeat this emphasising speed and quality of passing.

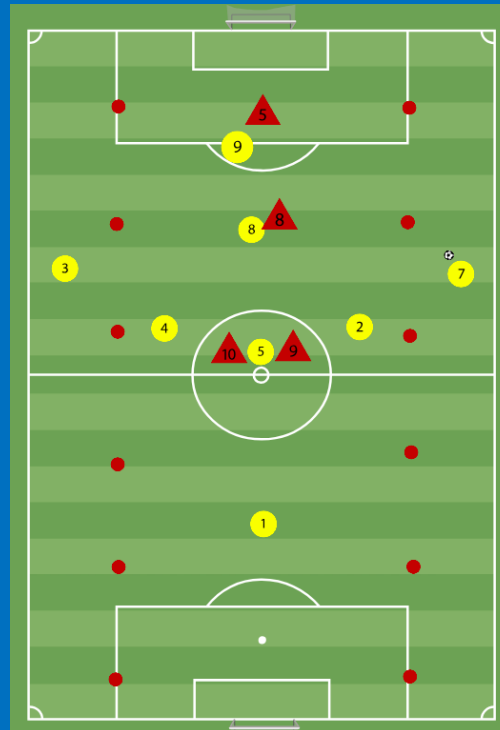


Progression 1 – 15 Mins

Introduce an opposing 10, 9, 8 and 5. These players (Red) can't enter the wide channel where the wing backs are working in, however they will apply pressure on the ball to the central players and ultimately try and stop the Yellow 9 scoring.

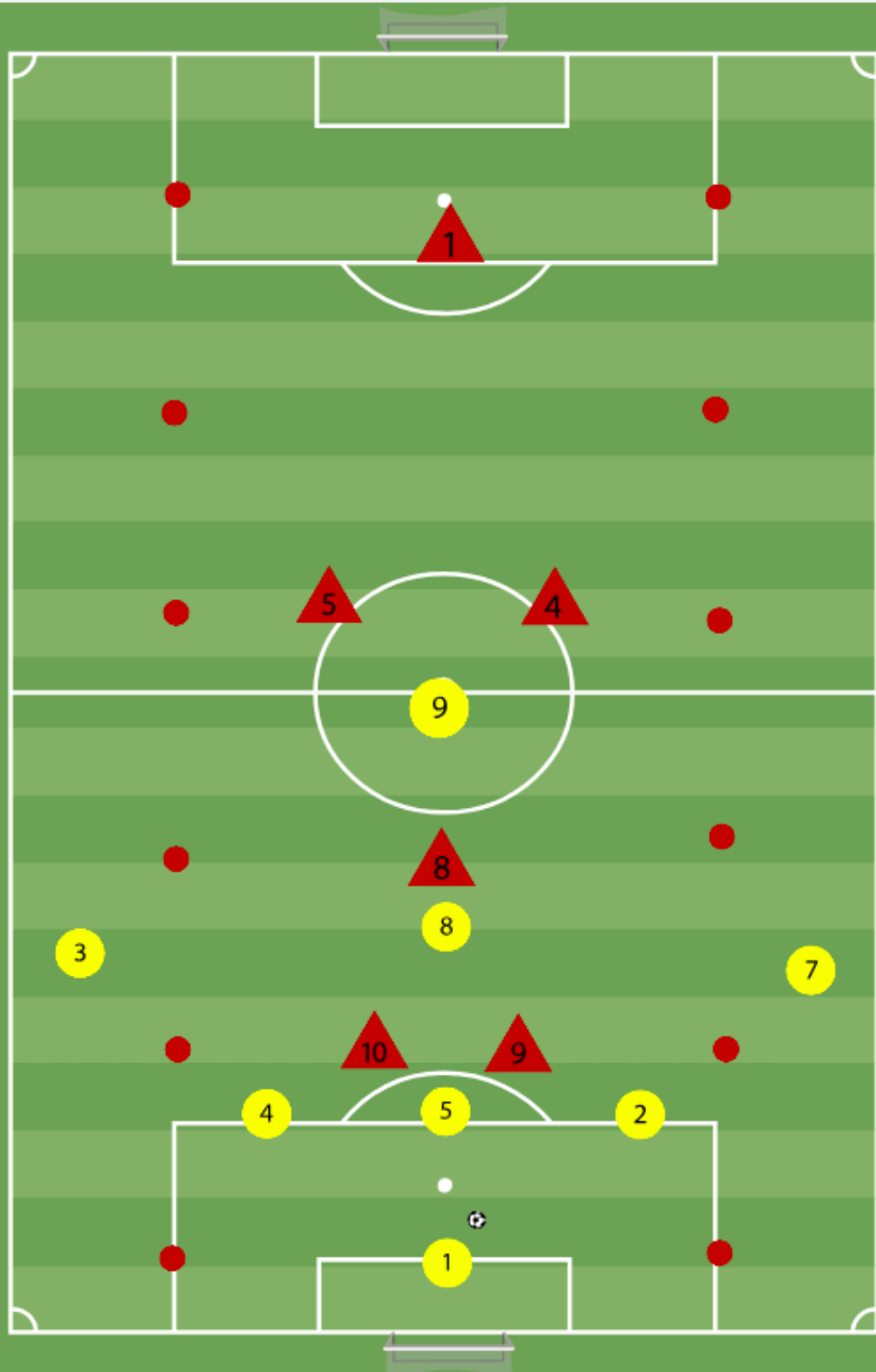
Yellow 9 can only score with a first time finish in the box, so we are beginning to think about his movement too in an attacking capacity.

The practice will always start from the Yellow 1, however there is no constraint on the number of connections centrally before the ball is fed out wide – however the ball must be firstly played to a central player from the Keeper.



If the Red Team overturn possession they can try and Score also. The practice always restarts from the Keeper.

When the yellow team are advanced up the pitch encourage them to keep the ball moving to maintain possession and utilise the wide areas to create goal scoring opportunities. Move centrally to create space to support play and the number 9 look for forward runs



Progression 2 – 25 Mins

Final progression in this practice is to introduce a 4 and a 1 for the Red team. This creates a 5v5 in the middle of the pitch and encourages the Yellow team to utilise the primary players for the focus of the practice – the Wing Backs.

No constraints in this final progression. Wide players can leave the wide channel as marked out by red markers, and other players can enter to challenge them.

Play starts from the Yellow 1 every time.

Coaching Points

In Possession we are looking for the key principles of play Movement, Support, Create Space, Penetration and in a 1v1 situation Creativity. How Is their combination play with the central players and how accurate is their cut backs and/or crossing into the box.

Out of Possession We are looking for them to drop back to be an option for the back 3 and to support them. We are looking for them to be alert to transition quickly into attack when we overturn possession. Applying the out of possession principles of Cover and Balance, Delaying, and Control and Restraint

In terms of coach intervention, I will explain the practice at the start each time from the central location giving a clear instruction. As the Wing Backs are my Primary Players for this practice I will as my assistant to be placed on one side and myself on the other side giving “driveby” coaching points to the primary players.

Reflections

When reviewing a session I like to use WWW.EBI.COM This is a method I was introduced to on course and is an acronym for:-
What Went Well Even Better If Changes Or Modifications

WWW = The session objective was to help the players gain an understanding of the Wing Back Role when in and Out Of possession. I feel that through really focussing on that role not only the primary players gained a better understanding, but other units of players did too.

EBI = It wasn't until that final progression that we began to see the wing backs engage in 1v1s. Being Creative is one of our in possession principles of play and pressing one of our out of possession ones. This didn't offer a lot of changes for the Wing Backs to do that so we could repeat this further along the block and start at the first progression then a final progression is a matched up exercise.

COM = As per the above there wasn't a lot of opportunities for the wing backs to engage in 1v1s so I will modify this plan further down the block of learning to give them the chance to do that. I also have to consider the impact of the wing backs becoming tired constantly going up and down the pitch. Also, I can switch them to encourage the wingback to come inside when attacking but also challenge them both in and out of possession.