

WIDE GATE GAME

STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES

Theme:

- + Defending in pairs and groups.
- + Attacking transition.
- + Passing combinations.

Competencies:

- + Medium to long passing.
- + Receiving using the feet.
- + Mobility on and off the ball.
- + Attacking and defending as an individual.
- + Attacking and defending in pairs and small groups.

WHY USE IT

This activity encourages players to support passes they play forward. It reinforces the importance of width and mobility in the attack..

SET UP

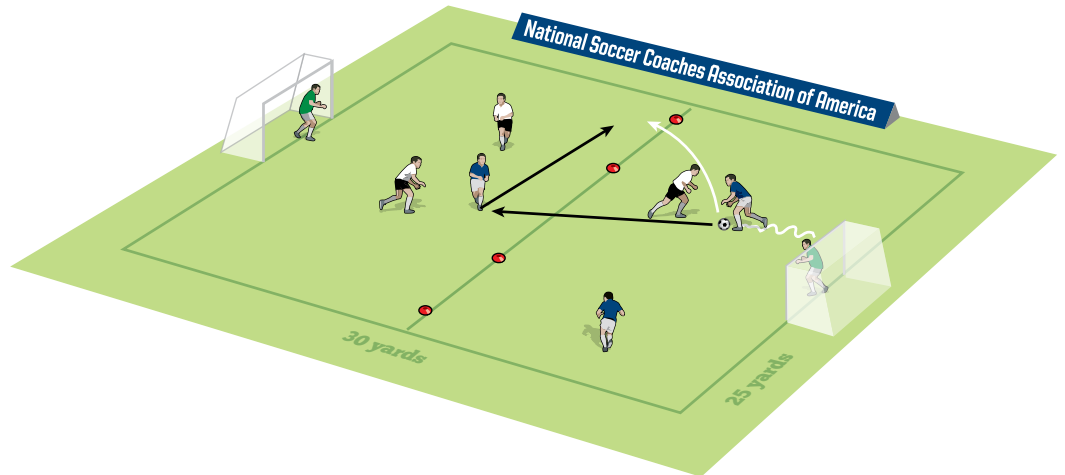
Field is 30x25 with wide gates on the half way line. Two small goals with keepers and 3 vs.3 on the field.

HOW TO PLAY

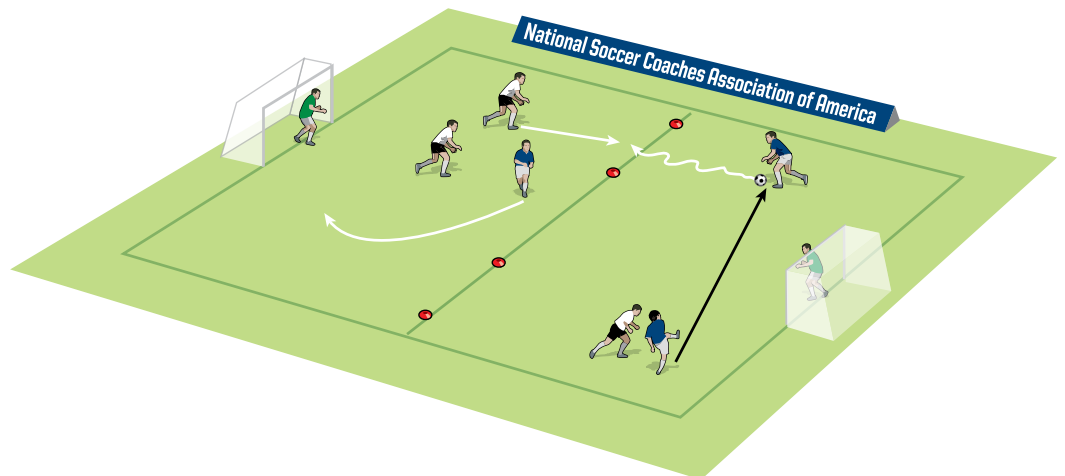
In each half there is a 2 vs. 1 advantage to the team defending that end. When the ball is play forward to the lone target one of the deeper players must support by running forward through the gates.

COACHING NOTES

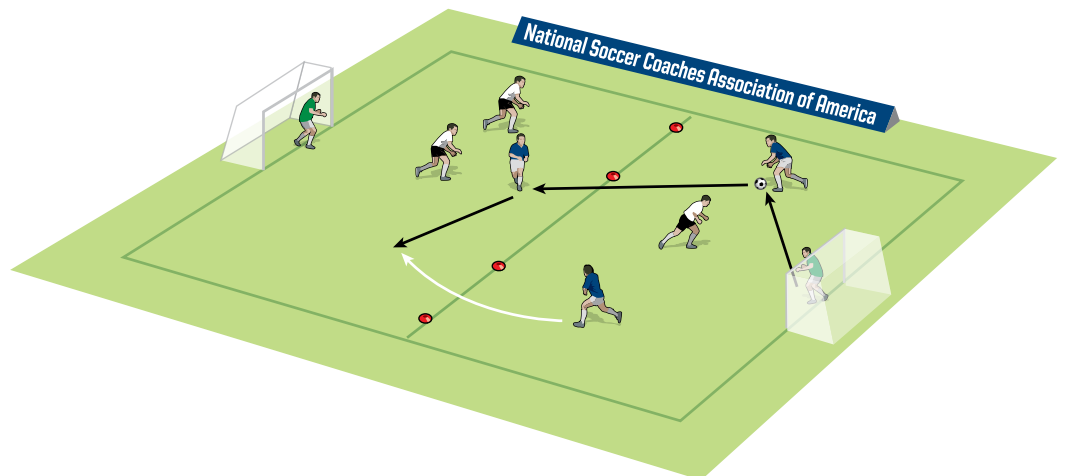
- + Coaching objectives - to have effective defending at the point of the ball to allow for effective team defense.
- + Coaching tip - make sure your vision takes in all members of the defending team and can assess their positions.
- + Adaptations - employ an all-time attacking player to further challenge the defending team.



- + White commits blue on the dribble.
- + The pass forward is followed by a wide run.



- + Blue penetrates on the dribble.
- + The blue target checks to the back post.



- + The ball is played forward to the target.
- + The third player moves off the ball to support.

