



# Wide Areas

## Warm Up

**Setup** Half Pitch  
Two balls in play

**Instructions** Players work round a circuit following their pass as shown in the diagram. Green starts in the corners and pass to red. Red lays the ball off to yellow. Yellow plays into the channel for white who runs onto the ball and crosses into the goalkeeper. Start with ball on the ground to keeper, then lofted. You can then add a striker and attack the goal.



## Drill

**Setup** Half Pitch  
Players in two groups organised as shown.

**Instructions** The full back passes to the wide player and then runs to add pressure. The wide player tries to beat the full back and then cross into the box from past the pole. The full back tries to stop this happening. After each attack, the wide player becomes the new full back and the full back joins the back of the opposite line of attackers.



## Development

**Setup** Half Pitch  
3 defenders, 4 attackers, 1 goalkeeper & 2 servers

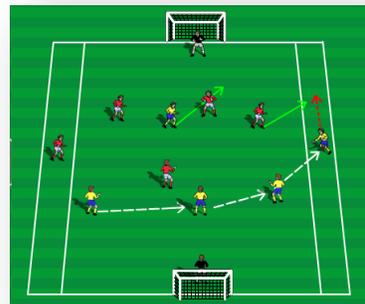
**Instructions** Ball is passed into the space behind the full back and into the path of the running wide player. The full back must react quickly by turning and running to apply pressure and try to block the cross. The wide player's task is to get to the ball and cross accurately towards the two forwards, who face opposition to score a goal.



## Game Related Practice

**Setup** 50x30 yard pitch. With 5x30 yard channels  
Players in two teams

**Instructions** The wide player must stay in the channel and is the only player on the team that can go into the channel when the team is in possession. When defending, one player is allowed into the channel to create 1v1 situations. This rule will see the teams switching play quickly to the wide player who will dribble down the channel and cross the ball.



## Cool Down

Conduct a light cool down consisting of light jogging and stretching.