



## **UNIT-SPECIFIC SESSION: FORWARDS & WINGERS**

### **SESSION OVERVIEW**

#### **OBJECTIVE**

The primary goal of this training session is to develop the attacking attributes required for forwards and wingers to excel in the final third of the pitch. Participants will focus on honing their crossing, finishing, 1v1 skills, and combinations to create effective goalscoring opportunities.

#### **PART 1: CROSSING AND FINISHING IN WIDE AREAS.**

This phase involves an unopposed practice where players work in small groups to explore various techniques for combining in wide areas and executing precise finishes. The emphasis is on improving crossing abilities and developing clinical finishing skills to capitalise on wide attacking positions.

#### **PART 2: ATTACK VS DEFENCE**

In this dynamic attack-against-defence phase, players engage in attacking lanes while facing opposition defenders. The objective is to experiment with different methods of combination play to unlock defences and create scoring chances. Participants will focus on enhancing their understanding of movement patterns and exploiting defensive vulnerabilities.

#### **PART 3: ATTACKING CAROUSEL**

The attacking carousel is designed to elevate players' 1v1 skills and their ability to combine effectively in and around the box. The practice caters to wide players, forwards, and midfielders, providing ample opportunities for repetition. Participants will work on their individual attacking prowess and learn how to link up cohesively with teammates in tight spaces.

Throughout the session, players will receive targeted coaching and feedback to help them refine their attacking attributes. By the end of the training, forwards and wingers will have gained valuable insights and practical experience, better equipping them for success in the critical final third of the field.

**Note:** The session can be tailored to cater to the specific needs and abilities of the players, ensuring a progressive and rewarding learning experience for everyone involved.

### **CROSSING AND FINISHING IN WIDE AREAS (PART 1)**

Set up a playing area measuring 50m x 30m, divided into thirds vertically, with a goal and goalkeeper at one end. Place one mannequin just outside the edge of the penalty area, and position one more mannequin in each of the wide areas, as indicated in the diagram.

Players are divided into two groups, each situated on one side of the area. Team A attacks from the left, while Team B attacks from the right. Two attackers from each group start in the far corner of the pitch, with a third player positioned on the central mannequin.



The objective is to encourage creativity among players as they collaborate between the midfielder, winger, and striker to create scoring opportunities for the latter. Both teams will work on executing pre-planned attacking patterns.

For instance, in the example pictured from Team A, the midfielder plays a pass to the winger, who cuts inside with the ball. The winger then plays the ball outside the mannequin for the overlapping midfielder, who delivers a cross for the striker to score at the far post.

After a goal is scored or the ball goes out of play, Team A resets to their starting positions, and Team B takes its turn to combine and attack from the right-hand side.

Players are encouraged to explore a variety of patterns, including:

1. Midfielder playing into the winger and overlapping/underlapping before crossing the ball.
2. "Up, back, through" combination where the midfielder plays into the forward, who lays it off for the midfielder to play wide to the winger, setting up a cross or a shot.
3. Forward playing a "around the corner" pass for the wide player to run onto.

To ensure a comprehensive learning experience, both teams will have the opportunity to execute attacking patterns on both flanks, providing a well-rounded understanding of creative attacking play.

The session emphasises teamwork, intelligent movement, and precise execution, contributing to the development of the players' attacking prowess and their ability to break down defences effectively.

### **COACHING PROCESS**

#### **MOVEMENT:**

- Players should be empowered to express their creativity through movement. Encourage them to explore various ways of positioning themselves to create space for themselves or their teammates. Movements can be ahead of, behind, or in line with the ball, depending on the situation.

#### **PASSING DETAIL:**

- Based on the specific movement and type of combination being executed, players should be encouraged to use the appropriate weight of pass to facilitate successful combinations. This may involve using slower or faster passes, depending on the pattern and the positioning of players involved.

#### **TIMING OF RUNS:**

- Timing is crucial for successful attacking play. Players must learn to time their runs effectively, anticipating the next pass and positioning themselves accordingly. Being prepared for the next pass and understanding how it impacts their movement will lead to cohesive attacking play.
- After making a pass, players should immediately consider how and where they can support the teammate in possession of the ball. Intelligent supporting runs create passing options and enhance the team's ability to maintain possession and progress the attack.



### COMBINATION PLAY:

- Encourage players to engage in quick combinations, with an emphasis on one or two-touch play. Swift passing and receiving will elevate the speed of the attack, catch opponents off guard, and create more opportunities in the final third.

### CROSSING & FINISHING:

- When delivering crosses, players should be mindful of whether they are aiming for a specific space or targeting a teammate. Precise and well-timed crosses increase the likelihood of successful attacking plays.
- For forwards, the focus should be on hitting the target when finishing and attempting to do so with as few touches as possible. Instinctive and efficient finishing skills will increase goal-scoring opportunities and put greater pressure on the opposition defence.

By implementing this coaching process, players will develop a deeper understanding of possession play, movement, and combination skills. With creativity in movement and strategic passing, they will unlock defensive lines more effectively. Swift combinations and efficient finishing will enhance attacking proficiency, leading to more successful and dynamic play in the final third.

## ATTACK VS DEFENCE (PART 2)

Set up a dynamic playing area measuring 50m x 30m, divided into thirds vertically, with a goal and goalkeeper at one end. Create two teams of five players each, and include a neutral player (N) positioned on the outside of the area.

The attacking team, Team A, consists of two midfielders, two wide players, and one forward. Both wide players should begin in the wide channels. The defending team, Team B, comprises two midfielders and three defenders.

The objective for Team A is to combine effectively, utilising at least one of the wide players to create goalscoring opportunities. An example of this attacking combination is shown. On the other hand, Team B aims to win possession and then must play the ball into the neutral player to score.

### PROGRESSION

- To advance the session and further challenge the players, the coach can introduce target goals for the defending team to score in when they regain possession. This addition motivates defenders to counter-attack effectively and encourages strategic decision-making in transition.
- Additionally, in this progressed version, the neutral player can actively support the team in possession. This involves offering passing options and providing support behind the ball, enhancing the attacking team's numerical advantage.

Through this session, players will have the opportunity to refine their attacking and defensive combinations. The focus on wide play ensures that players understand the importance of utilising the flanks effectively to create scoring chances. Moreover, the inclusion of a neutral player



and target goals enhances decision-making and teamwork in both attacking and defensive scenarios.

As players practice in this dynamic setting, they will develop their tactical awareness, communication, and coordination, ultimately strengthening their ability to execute successful attacking and defensive plays in match situations.

## **COACHING PROCESS**

### **IN POSSESSION**

#### **MOVEMENT**

- Players should be encouraged to showcase creativity in their movement to create space for themselves and their teammates. Utilising various movements, whether ahead, behind, or in line with the ball, can also draw defenders out of position, opening up space for attacking opportunities.

#### **EYES UP**

- Players must lift their eyes up when in possession to identify exploitable spaces and make informed decisions that lead to scoring opportunities. Improved vision and decision-making are vital for effective attacking play.

#### **DECISION MAKING**

- In possession, players must make sound decisions quickly. They need to determine whether to attack rapidly through combinations or dribbling or retain possession wisely when building the play.

#### **COMBINATION PLAY.**

- Encourage quick and precise combinations between players, enabling them to navigate around opposition defenders and progress the attack fluidly.

#### **1V1**

- In this session, players will face 1v1 situations that challenge them to beat defenders while also using changes of direction to create space for themselves or their teammates.

### **OUT OF POSSESSION:**

#### **1V1 DEFENDING**

- Defenders should adopt a low body shape and aim to prevent attackers from combining by positioning themselves between the attackers and the goal. Winning possession of the ball and initiating counter-attacks should be emphasised.

#### **DEFENDING AS A UNIT**

- Defenders should consistently look to force attackers away from the goal, redirecting their advances into wide areas or backward, limiting scoring opportunities.
- Defenders must work collaboratively to provide pressure and support when defending. The covering defender should be ready to defend against opponents on their side of the pitch after a switch of play.



- Defenders need to make decisions on when to apply pressing or dropping back. When pressing, players should coordinate to apply pressure as a cohesive unit.
- Emphasise the importance of defensive compactness. By staying close together, defenders can regain possession and initiate attacks through the central part of the pitch efficiently.

By focusing on these coaching details, players will enhance their tactical understanding, decision-making, and execution both in possession and out of possession. Encouraging creative movement, precise combination play, and effective 1v1 defending will lead to more dynamic and successful performances on the field. Additionally, improved awareness and strategic positioning will enable players to transition seamlessly between attacking and defensive phases of play.

### **ATTACKING CAROUSEL (PART 3)**

This exciting attacking carousel that focuses on developing wide players' 1v1 skills and crossing abilities, while also honing the combination play of midfielders and forwards. The session is set up in a playing area measuring 60m x 50m, divided into three vertical channels.

In the top half of the pitch, two 1v1 scenarios are arranged in each wide channel, with target goals strategically placed as shown in the diagram. A player or coach (C) initiates the play by passing to an attacking wide player (A), who aims to beat their defender (B) in a 1v1 battle and score into the target goal positioned near the central channel, simulating delivering a cross in a game situation. If the defender wins possession, they should promptly look to play into the other target goal or back to the target player (C).

On the bottom half of the pitch, a 3v3 setup engages an attacking team (Team B) in their quest to combine and score past the goalkeeper. Meanwhile, the defending team (Team A) seeks to win possession and play into another target player (C) positioned on the halfway line.

To ensure equal participation and a comprehensive learning experience, players rotate at regular intervals. This allows all players to have opportunities to engage in attacking and defensive situations, experiencing both 1v1 duels and 3v3 combinations.

The session aims to develop the following key skills:

- **Wide Players' 1v1 Skills:**
- Wide players will enhance their 1v1 abilities, learning to take on defenders effectively and deliver precise crosses, replicating real-game scenarios.
- **Combination Play for Midfielders and Forwards:**
- Midfielders and forwards will work on their combination play, developing a strong understanding of how to link up cohesively to create scoring opportunities.

The attacking carousel provides a dynamic and challenging environment for players to improve their attacking prowess and decision-making while experiencing the thrill of taking on defenders and executing well-crafted combinations. Get ready for an action-packed session filled with creativity and teamwork!



## COACHING PROCESS

### IN POSSESSION:

#### 1V1

- Work closely with the wide players to enhance their skills in receiving the ball and engaging in 1v1 duels with defenders. Focus on their movement to receive the ball effectively and teach them various techniques to beat the defender in one-on-one situations. This game-style practice will challenge players individually and develop their confidence and creativity in taking on defenders.

#### COMBINATION PLAY

- For midfielders and forwards, emphasise the importance of effective combination play to create scoring opportunities in and around the opponent's box. Encourage players to communicate and coordinate their movements to form cohesive attacking patterns that break down the defence.

### OUT OF POSSESSION:

#### 1V1 DEFENDING

- Defenders should concentrate on improving their 1v1 defending technique when facing attacking wide players. Teach them proper body positioning, timing, and decision-making to successfully thwart their opponents' advances.
- In the 3v3 setup, stress the significance of defensive compactness. Encourage defenders to stay close together, forming a solid defensive unit that can quickly transition into an attacking position once they regain possession of the ball.

By focusing on these coaching details, players will sharpen their attacking and defensive skills. Developing players' confidence and ability in 1v1 situations will make them more formidable attackers and defenders. Furthermore, honing combination play will elevate the team's attacking prowess and create more scoring opportunities in and around the box. Emphasising compactness in defence ensures quick and efficient transitions and maximises counter-attacking potential. Through this coaching process, players will become more well-rounded and adept in both possession and defensive phases of play.