

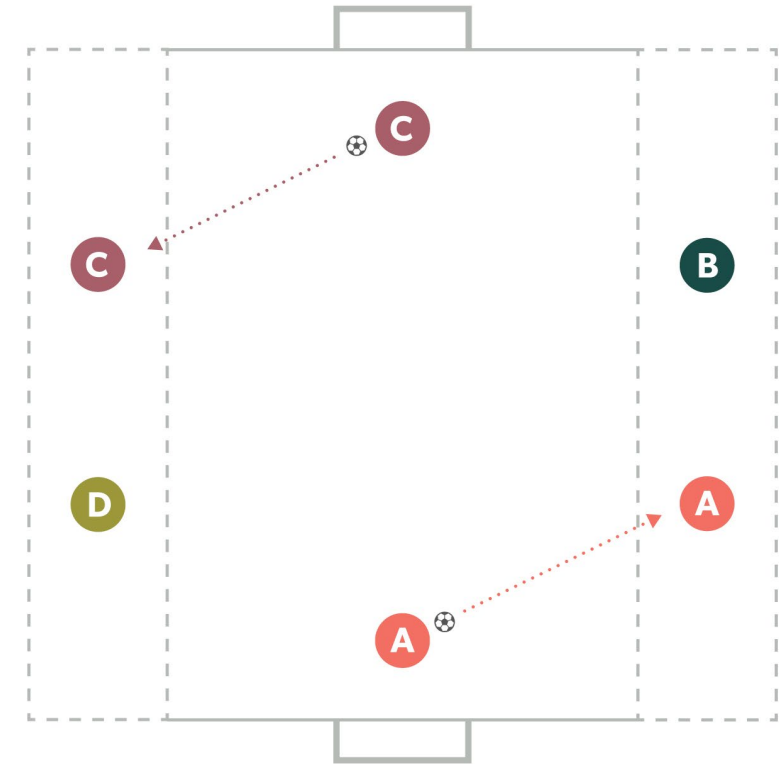
SKILL INTRO

15 Minutes

1 v 1

ATTACKING IN WIDE AREAS

- 2 areas (20m x 30m)
- 2 wide channels
- A starts by passing the ball into A in the wide area
- On his touch B presses and a 1 v 1 occurs in the wide area
- Player A scores by getting past B within the channel, then cutting into the middle and scoring
- If B wins the ball they can cut into middle and score at opposite end
- Rotate players with new starter in the middle
- Take a positive first touch forward
- Aim to attack the defenders front foot
- Use deception to commit the defender



NEWCASTLE PERMANENT SKILL OF THE WEEK



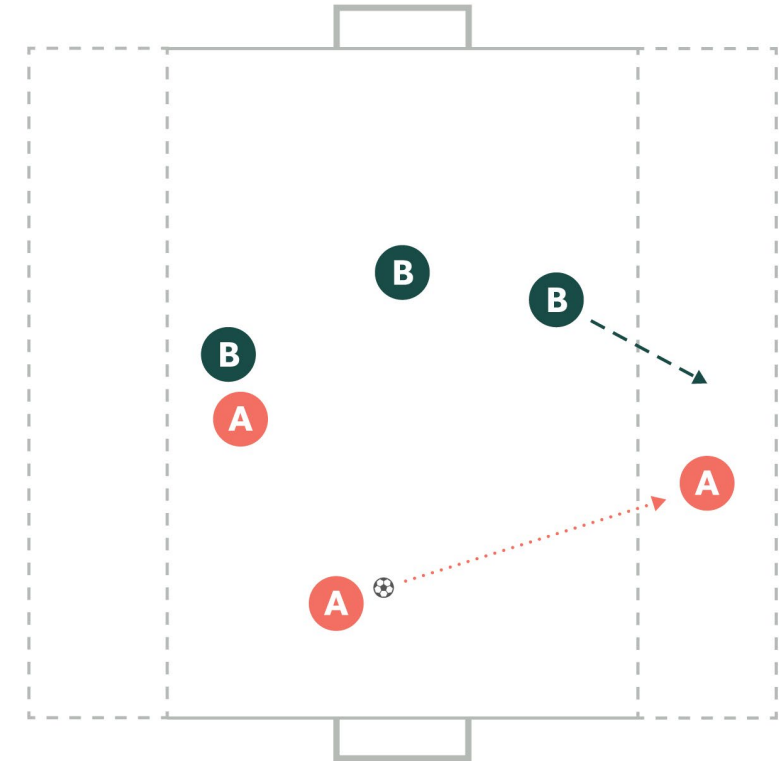
SKILL TRAINING

20 Minutes

1 v 1

ATTACKING IN WIDE AREAS

- 2 areas (20m x 30m)
- 2 wide channels
- 4 teams of 3
- 3 x 6 minute games
- Simple 3v3
- You must get an attacking player into the wide channel and beat a defender 1 v 1 before you can score
- If an attacker receives the ball or dribbles into the wide channel, 1 defender must enter and press
- Include points from Skill Intro
- Draw the defender in by moving slow with the ball
- After using deception accelerate away either to goal or goal line



NEWCASTLE PERMANENT SKILL OF THE WEEK



SKILL GAME

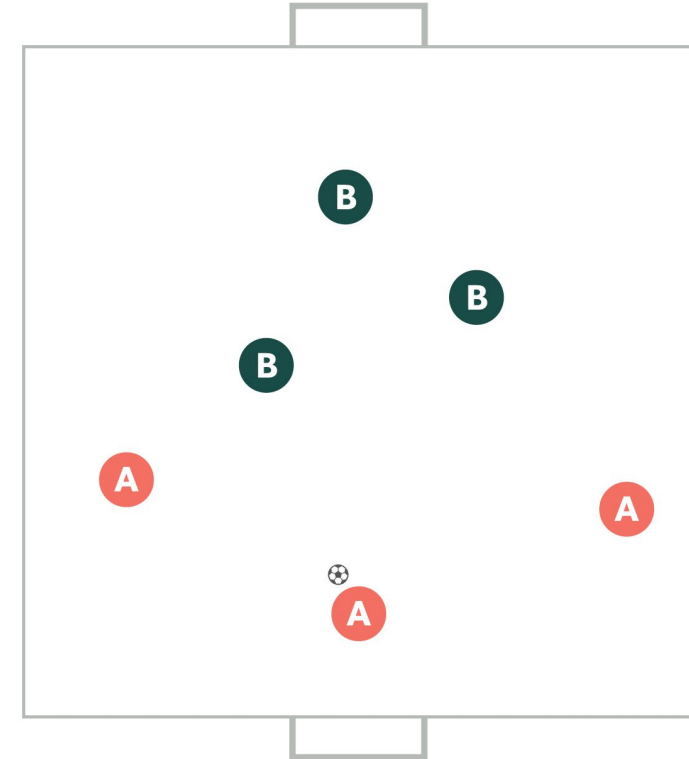
25 Minutes

1 v 1

ATTACKING IN WIDE AREAS

- 2 areas (20m x 30m)
- 4 teams of 3
- 3 x 8 minute games
- Simple 3v3
- Team with the highest score at the end of 8 mins wins

- Can we see a change in behaviour when we attack 1 v 1?
- Highlight coaching points 'on the run' if you see examples from the players during the game
- If no behaviour change, set bonus points e.g. if you beat a defender in a wide area



NEWCASTLE PERMANENT SKILL OF THE WEEK

