USING WIDTH IN ATTACK TO CREATE CROSSING OPPORTUNITIES

Create width -> release the wide player -> deliver quality service -> attack the box

SESSION OVERVIEW

SESSION AIM

Use width in attack to create crossing opportunities through quick ball circulation, wide-player positioning and aggressive finishing

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Width in Attack	**Agility & Technique**	**Technical Grid**	**10v10 Main Theme**

ACTIVITY 1 | WARM-UP

ORGANISATION

Use one half of the pitch. Split 22 players into two groups and have them jog around the area. Include dynamic mobility exercises, then allow time for a brief period of static stretching. Total time: 10 minutes.

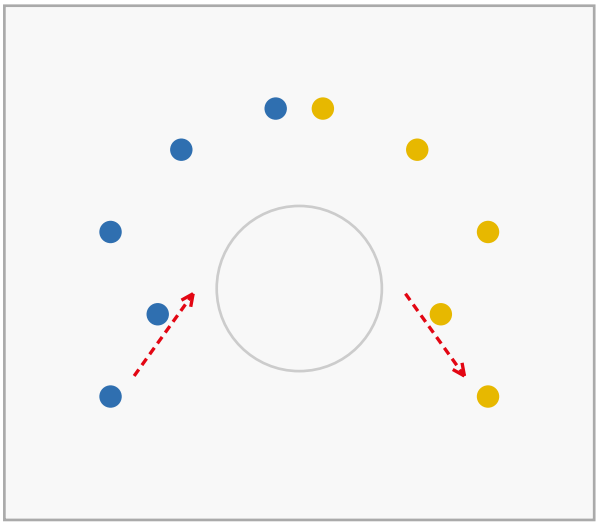
HOW IT WORKS

Players move continuously around the half pitch, preparing physically for the session. Emphasise good movement quality, concentration and a progressive increase in intensity so players are ready for the technical and crossing elements that follow.

COACHING POINTS

- Use dynamic movements to increase range of motion.
- Raise intensity gradually and prepare the body properly.
- Stay focused and move with good posture and rhythm.
- Finish with a short static stretch before the next activity.

DIAGRAM



General warm-up around half a pitch with mobility, movement preparation and stretching.

PROGRESSIONS

1. Increase the intensity of the mobility movements over the final few minutes.
2. Add short accelerations or changes of direction before moving into the ladder work.

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ACTIVITY 1B | AGILITY LADDERS & TECHNICAL END PRODUCT

ORGANISATION

Set up two agility ladders. Position one group behind each ladder. A server stands 3-4 yards beyond the end of each ladder with one ball. Rotate the server after each technique. Total time: 10 minutes.

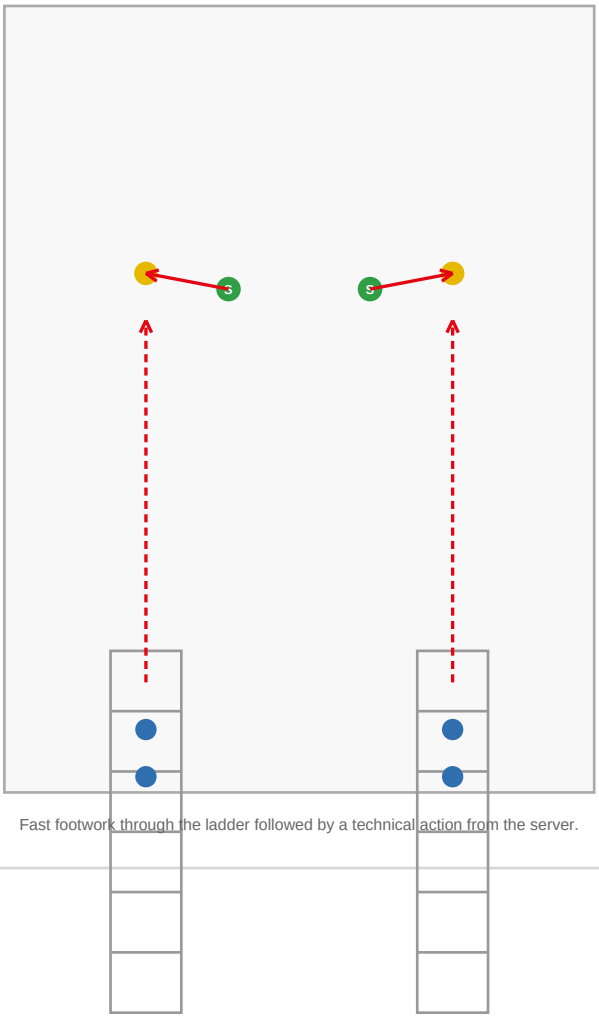
HOW IT WORKS

Players complete fast footwork through the ladder and then perform a technique with the server at the far end. The end actions include: inside-foot volley, header, laces volley, chest and volley, and left-right or right-left control and volley combinations.

COACHING POINTS

- Be quick and light through the ladder.
- Stay balanced so the technical action is clean at the end.
- Focus on timing, body shape and quality of contact.
- Recover and rotate quickly to maintain tempo.

DIAGRAM



Fast footwork through the ladder followed by a technical action from the server.

PROGRESSIONS

1. Progress from simple footwork to more demanding ladder patterns.
2. Alternate the finishing technique after each round to challenge coordination and execution.

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ACTIVITY 2 | TECHNICAL GRID WORK

ORGANISATION

Set up a 20 x 20-yard grid. Position 11 players around the outside with one ball each and 11 players inside the grid. Work in one-minute sets before switching the inside and outside groups. Total time: 20 minutes.

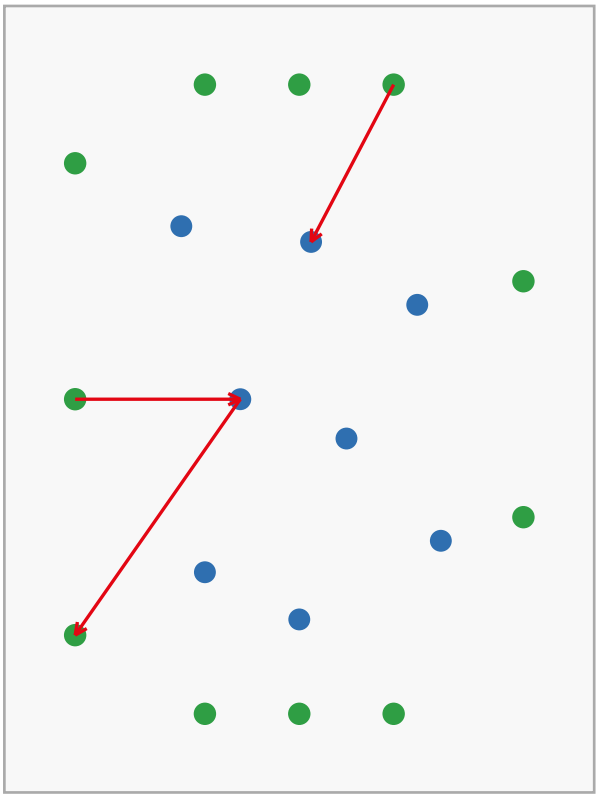
HOW IT WORKS

Players inside the grid move constantly to receive from an outside player and return the ball in one touch before finding a new passer. Use a range of techniques such as inside-foot passing, outside-foot passing, volleys, chest and volley, headers and side volleys.

COACHING POINTS

- Use sharp technical touches and clean one-touch returns.
- Change speed inside the grid rather than moving at one pace.
- Communicate clearly and call for the ball.
- Arrive balanced and ready for each different technique.

DIAGRAM



Inside players work continuously to receive and return passes from the perimeter.

PROGRESSIONS

1. Change the technical demand each minute - passing, volleys, headers and control combinations.
2. Challenge players to receive from a new side every time to increase scanning and movement.

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ACTIVITY 3 | MAIN THEME - WIDTH TO CREATE CROSSES

ORGANISATION

Set up the area with a central zone, wide channels and end zones. Organise 10v10 plus goalkeepers: 3v3 in the middle area, 1v1 in each wide area, and 3v2 in each end-zone area. All players remain in their assigned zones. Total time: 30 minutes plus 10 minutes of free play at the end.

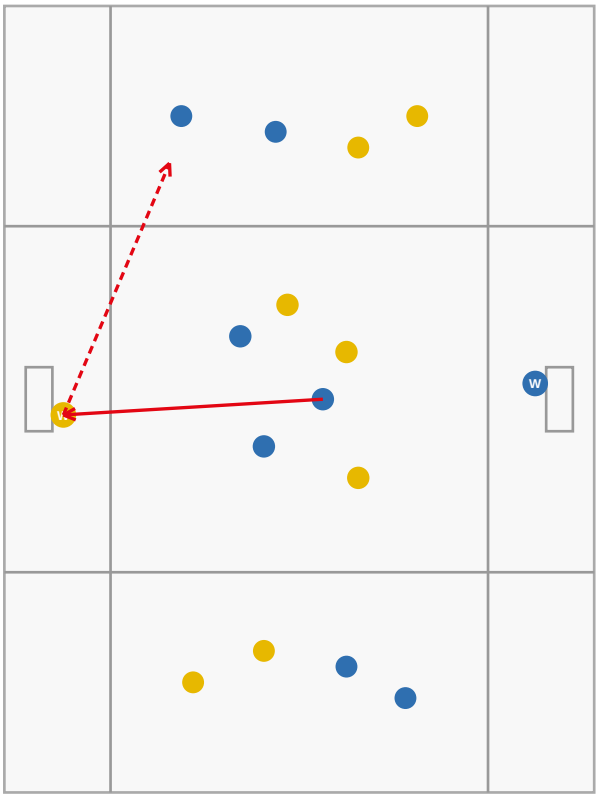
HOW IT WORKS

Teams compete for possession and attempt to score. Wide players must stay in their channels but may dribble forward into the attacking third to deliver crosses. The opposing wide player cannot track back into the defensive third to prevent the cross. Encourage the central players to move the ball quickly and release the wide players into advanced areas so quality service can be delivered into the box.

COACHING POINTS

- Wide players must provide maximum width at all times.
- Hold the wide shape until the moment to advance appears.
- Central players must circulate the ball quickly to find the wide areas.
- Crosses should be delivered with quality for the forwards to attack.

DIAGRAM



Use wide channels and quick circulation to release the wide player into crossing positions.

PROGRESSIONS

1. Finish with 10 minutes of freer play while still encouraging width and crossing opportunities.
2. Award bonus goals for attacks that go through a wide player before the cross.

ACTIVITY 4 | LADDERS WITH SPRINT RECOVERY

ORGANISATION

Set up two ladders with a cone placed 5 yards from the end of each ladder. Position a group behind each ladder. Total time: 10 minutes.

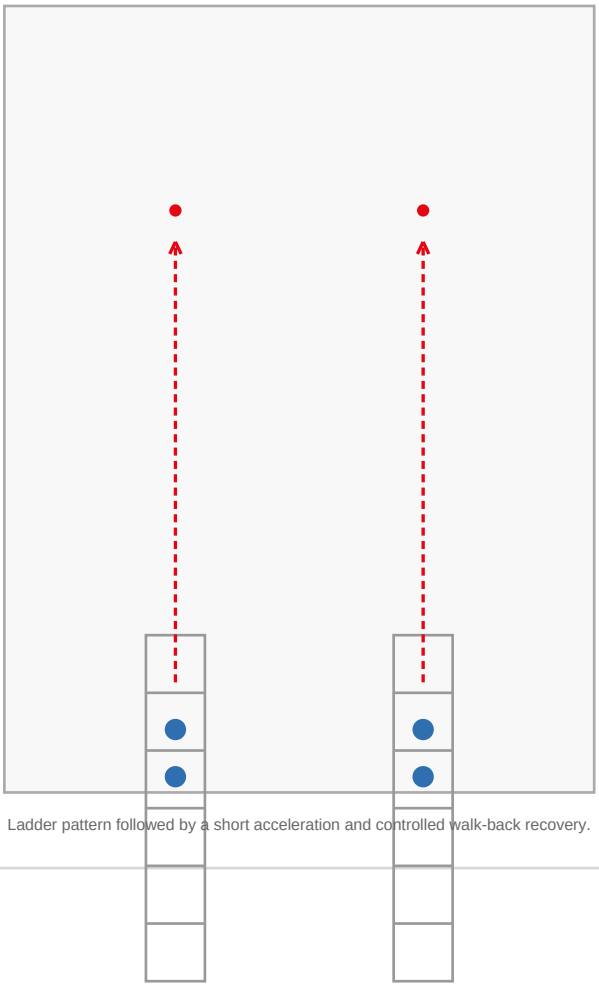
HOW IT WORKS

Players perform the following patterns: side shuffle with sprint, left-foot lateral shuffle with sprint, right-foot lateral shuffle with sprint, two-foot hops with sprint, and double-feet forward with sprint. After each repetition the player walks back from the cone to allow recovery.

COACHING POINTS

- Move quickly and accurately through each ladder pattern.
- Explode into the sprint with good body angle.
- Walk back for recovery so the next repetition stays sharp.
- Maintain coordination and balance throughout.

DIAGRAM



Ladder pattern followed by a short acceleration and controlled walk-back recovery.

PROGRESSIONS

1. Increase the speed of execution once players master the pattern.
2. Alternate the ladder pattern each round to develop different movement qualities.

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ACTIVITY 5 | WARM DOWN

ORGANISATION

All players jog slowly around the perimeter of the pitch before returning for a series of static stretches.

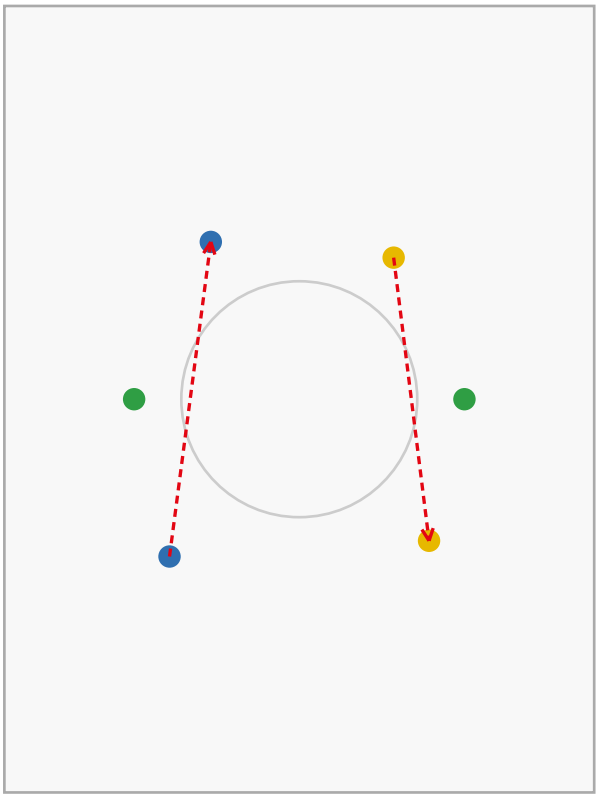
HOW IT WORKS

Use the warm down to lower intensity gradually, relax the players and review the key themes from the session: width in attack, quick ball movement and quality crossing opportunities.

COACHING POINTS

- Reduce intensity gradually.
- Recover with light jogging and controlled breathing.
- Perform static stretching calmly and correctly.
- Recap the key coaching points from the session.

DIAGRAM



Light jog and static stretching to finish the session and reinforce the learning.

PROGRESSIONS

1. Keep the jog light and steady before stretching.
2. Use the cooldown period to reinforce the session learning.