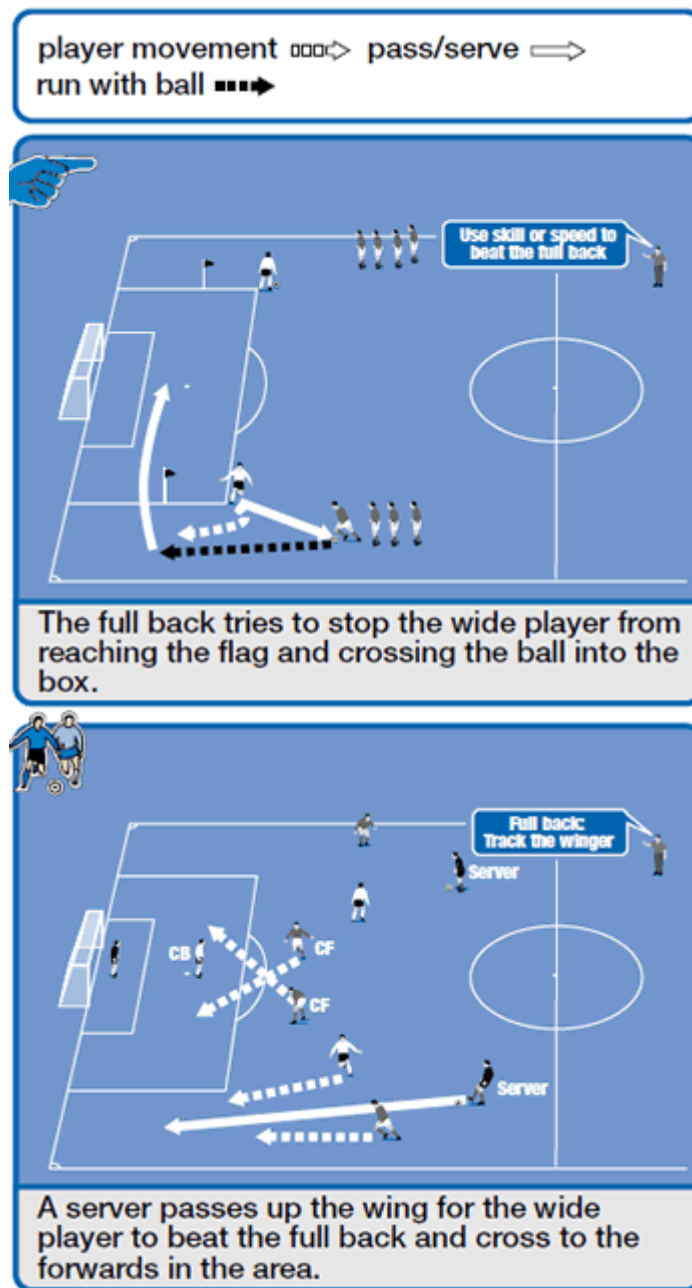


Full back v wide player

By David Clarke

It is crucial to win your 1v1 battles in wide areas of the pitch whether attacking or defending. Developing your full backs and wide players so they can win these clashes in this part of the field could lead to clearing danger or putting in a threatening cross.



Session 15 minutes

Use half of your normal pitch and set up an attacking line on both sides of the area. You will need a full back on both sides and poles/flags to represent the distance attackers need to reach before they can cross, as shown in the top picture.

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 15 minutes

Use the same size area but add two centre forwards (CF), a centre back (CB), a goalkeeper and a server on both sides, as in the middle picture. The practice is started by a server, who makes a pass 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 from the centre back and goalkeeper, to score a goal. The next attack begins on the opposite side of the pitch.