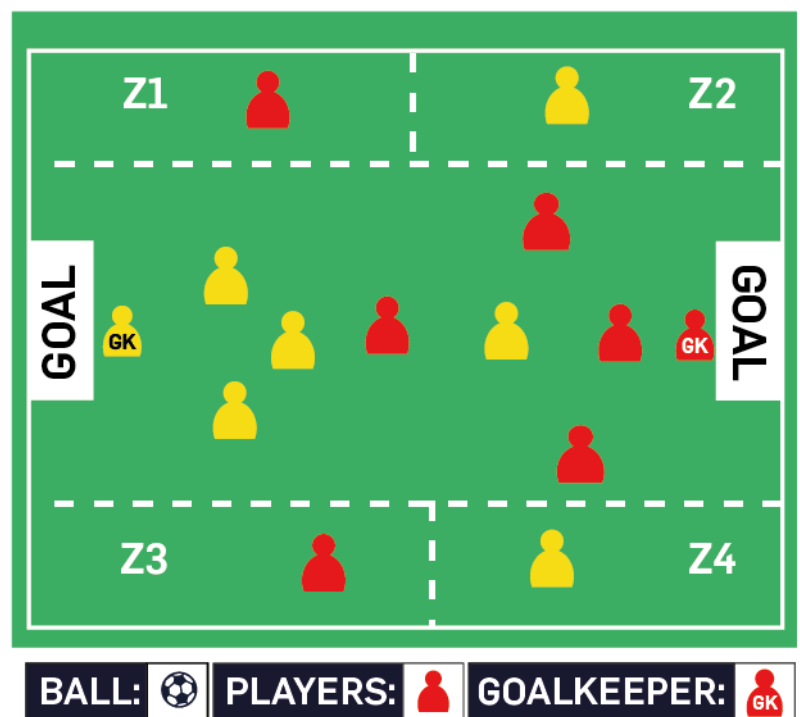




This session will encourage your players to use the width of the pitch.

SET IT UP

- Create two narrow zones, one spanning either wing of your playing area.
- Split these sections in half. You now have four zones. These areas are 'safe'.
- Divide your players into two teams.



GET PLAYING

This is a normal game of football, with a few differences. 'Wing' players must stay in their zones for the length of the game. While in these areas, they can't be tackled – as other players aren't allowed in. This creates the opportunity for both teams to practise wide crosses under less pressure.