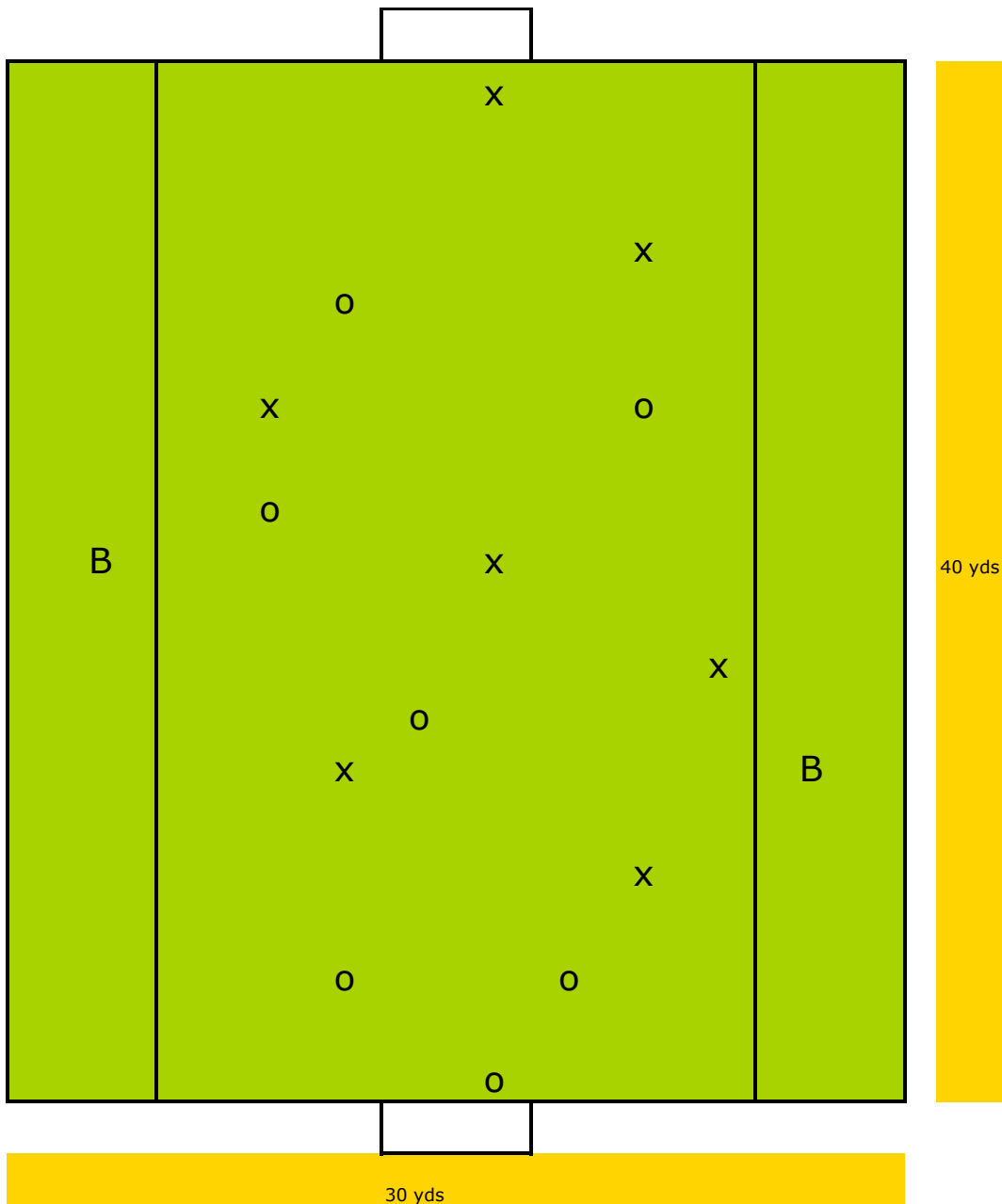


## 7v7 Game with wide support

by Gregor Young



### Set up:

- Make a 40 x 30 yard grid as the diagram above shows using cones to delineate wide channels on each side that are 3-5 yard wide.
- Make two teams of five to seven (depending on how many players you have to work with) and then designate two players as wide players who are on both teams (they are always on the attacking team).
- Position yourself around the halfway point of the grid with all the balls next to you.

**Mechanics:**

- It's a regular scrimmage with one condition. Players must play the ball to one of the wide players before they can attack the goal. The wide players must play the ball back in to the team that gave it to them.
- When a ball goes out of play, throw another ball into the middle quickly to keep play moving.
- Rotate players through the wide positions so they all get a turn.

**Purpose of game:**

- By creating a wide channel that only the wide players can use and compelling teams to play into this channel before they can shoot on goal, you force players to hold an attacking shape that incorporates width and stops player bunching in the middle of the field.
- Specifically, this game facilitates width in attack by creating areas exclusively for wide players and mandating that play must go through them on every attack.

**Coaching points:**

- Encourage players to take a touch that opens them up in the direction they want to play and enables them to see and play to their wide support.
- Encourage switched balls from one side of the field to the other pointing out that they know they have a wide player, unmarked, that they know they can play to at any time.
- Let wide players know that they don't always have to go forward with the ball. They should look for support from defenders and may want to play back to them occasionally.
- Encourage wide players to be active up and down their channels and make easy angles for people to get the ball to them. Just because they can't be marked doesn't mean they don't need to be mobile.

**Progressions:**

- Put two players in each channel (one from each team) and create a 1v1 within that channel so it's more challenging to get the ball to a wide player and for that player to do something with the ball once they have it.
- Keep the wide channels but don't park players in there. Make it a rule that once a team gets possession someone on their team has to move into that channel and receive a ball. Any of the players can go into the wide channel but it is still a condition that the ball must go in there before they can attack a goal.
- If the ball is not getting wide still put a touch restriction on the players who are NOT in the wide channel. If they only have 2 or 3 touches then they no longer have the ability to dribble with the ball and must pass it. If they have wide players that they know are not marked the ball will gravitate to the wide channels with more frequency.