



## ATTACKING THE END LINE

### Emphasis:

This game focuses on attacking the end line from the flanks and serving a ball in. Receiving, passing, dribbling, crossing, heading and finishing can be developed. Defending and attacking principles can also be developed.

### Game Info:

This is for ages U10-U14. It is best run with at least 14 players but no more than 16 players. The game should be run approximately 25 minutes on a small field.

The coach will also make sure they have the following equipment: cones, goals, alternate jerseys

### Setup:

Using half of a field, move the goal to the midfield line facing a goal on the end line. Using 4-5 cones on each side create a 10-yard wide channel along each touchline. Two teams of 4 will play in the middle. Each team has one player in the channel, and the goals should have a goalkeeper in both nets. One team will start with the ball, and the remaining balls should be placed behind the goal.

### Instructions:

Instruct the players to play 4v4 in the middle area and 1v1 on the flanks in either channel. The ball must be served from a channel to score a goal. When the ball is in the channel, the channel players should play 1v1 until one of the player's breaks into the offensive end of the channel. At this point, the defender should allow the cross. The four middle players become near post, far post, trail and supporting runs. Play is continued.

### Progression:

- Increase or decrease the number of players in the middle
- Use wall passes, takeovers or overlaps.
- Rotate channel players
- Limit the number of touches.

### Coaching Points:

- Proper service of crosses from flanks into dangerous areas
- When to serve on the ground, when to knock back, when to drive hard and when to chip.
- Make sure attackers are making proper runs.
- Good preparation out of the feet for passing options