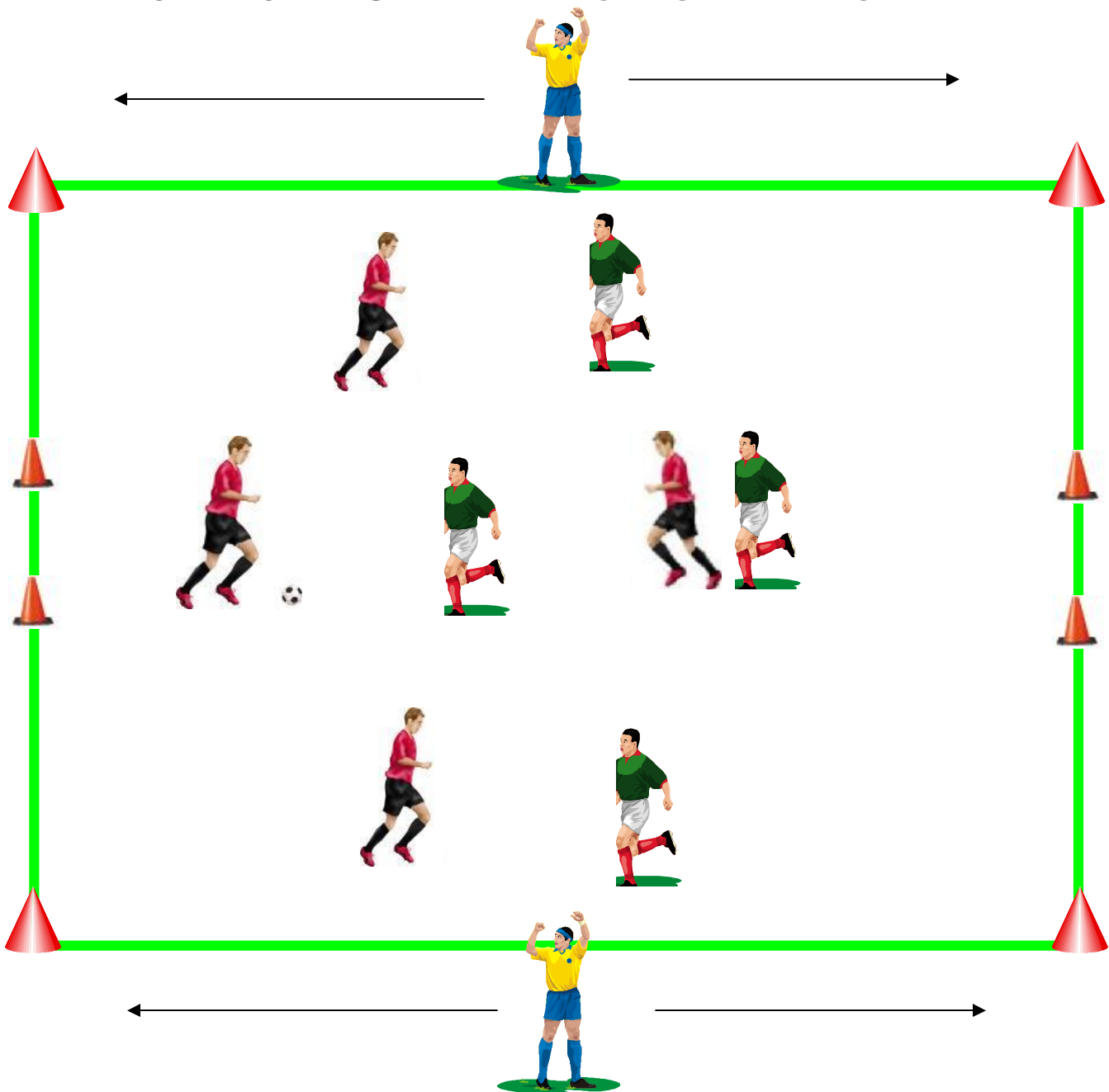


## OPTUS SMALL SIDED FOOTBALL TRAINING EXERCISES

### SMALL SIDED GAME – DEVELOPING WIDTH IN GAME PLAY



Set up playing area and goals (i.e. 30m x 20m - 4v4). Divide players into two teams. Designate two spare players as 'wall players' who work on the outside of the pitch (one on either side). Wall players play for the team in possession. Before teams can score, they need to play the ball out wide to one of the wall players. Coaching points to include: width of play, change of direction in attack, supporting from wide positions. (This game becomes 6v4). Change the wall players regularly. Wall players are not allowed to dribble with the ball.