

# 2010 NSCAA Convention Clinic Outline Book

## Principles Of The Game: Width and Compactness



NSCAA  
Academy

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**LEARNING OBJECTIVE:** The purpose of this session is to develop a better understanding of how Width in Attack can create more opportunities to penetrate towards goal and on the opposite side how staying Compact when defending can help prevent goals being scored.

For an expanded version of the outline for this session, please visit <http://www.nscAA.com/educatingcoaches.php>

Please note - the number of players being used are fewer than would be used for the Advanced National level due to the demonstration space available at the Convention. The principles involved and coaching points are still the same and would apply to the larger numbers in an 8 v. 8 or 9 v. 9 format.

### Part 1 - Width in Attack (using Coaching In The Game methodology)

#### Warm-up (4 v. 4 + 2 - 40x40 yd area)

- Support players have 2 touches to help keep possession.
- Support players can move along the sideline to receive the ball
- Emphasize using the outside support players to stretch the defenders and thereby open up opportunities to pass.
- Progress to 2 touches for all players

#### 6v6 Game

Focus on playing out of the back third and into the middle third

Key points

- When possession is gained, outside players should play as wide as possible
- Create space to receive the ball by bending a run towards the sideline facing forward or moving toward goal and then checking back.
- Stance half turned and back to the sideline to maximize options
- Pulling the defender wide also allows space to be able to penetrate with a pass
- If the defender does not commit then penetrate on a dribble - this is often seen when the ball is switched to the opposite flank and the defense does not shift across

#### 6v6 Game

Focus on the attacking third

Key points

- Width in Attack in the final third stretches the back players enough to create penetration with a shot on goal
- Attacker on the opposite flank must stay wide also to influence the outside back

### Part 2 – Compactness On Defense (using Coaching In The Game methodology)

#### Introductory Activity (4 v. 2 + 2 - 30x30 yd area)

- 1st defender tries to make play predictable
- Supporting defender covers space and marks players to cut out options for the attacker with the ball
- Emphasize good communication to take away options
- Make space smaller to defend by keeping distance between defenders shorter
- Angles and distance for the support player are very important
- When possession is lost play through to two waiting players in other half
- Use two-touch if defenders are not winning possession often enough to show players transition

#### 6v6 Game

Focus on defending in the attacking and middle third

Key points

- When possession is lost, defenders should quickly retreat to a position behind the ball
- As the ball is travelling, the closest defender applies pressure to Deny Penetration - try to make play predictable
- Angles and speed of approach are very important to take passing options away quickly
- Covering defenders shift across quickly to take away opportunities to penetrate
- Defenders are concentrated towards one side of the field effectively making the field narrower.
- Defenders should step up also to make the field shorter

#### 6v6 Game

Focus on defending in the back third

Key points

- If the outside back shows the attacker the line then he/she has no option other than a dribble down the line. if the 1st defender takes the angle of approach to Deny Penetration down the flank then the only option is to pass backwards
- Covering defenders are Compact and taking away space around the goal
- When the ball is passed backwards all defenders push up to once again close down space available.

**The session ends with a 6 v. 6 game, allowing players to play with the theme in mind and with a brief review to follow**