



Functional Training of the Wing Midfielders

Objectives: To help improve wing midfielder play in the attack.

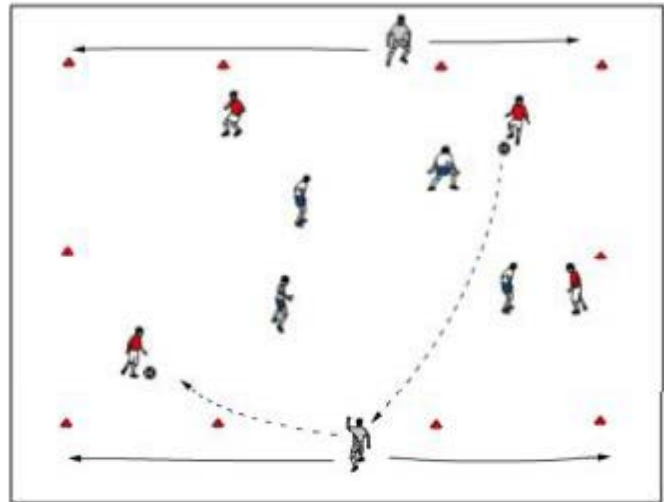
1) 4 v 4 + 2 Outside Players (Warm-up – 20-25 minutes):

Version 1: Two teams of four players play in a grid approximately 25x40 yards. Outside players are positioned on the longer sides of the field and are available to the team that is in possession.

Version 2: Outside players must play the ball to a player other than the one they received it from.

Coaching points:

- Encourage the outside players to be active up and down the sideline.
- Remind outside players to look around before they receive the ball!
- Change outside players every 2-3 minutes.
- Eventually try “two touch” restriction on all players.



2) 7 v 6 + 2 Outside Players (25-30 minutes):

One team plays with a goalkeeper and 6 field players and attempts to score on two small goals. The other team plays with 6 field players and attempts to score on a regulation goal. Field is 45x 60 yards. Each team can use the outside players when in possession. A goal resulting from a direct assist from an outside player counts as two points.

Coaching Points:

- Encourage wide players to be very active up and down the sidelines.
- Remind wide players that they must demand the ball – communicate!
- Wide players should look for quick combinations on the ground as well as crossing balls to change the point of attack.
- Wide players must use the time without the ball to decide what they will do when the ball comes to them – think one step ahead!



3) **11v11 scrimmage (30-45 minutes):** Depending upon numbers, space will change. Ideally, finish with the number you normally play with in games. Play a regular game with goalkeepers.

Coaching Points:

- Reinforce coaching points made throughout session.
- Goals resulting from crosses from any wide players count as two points.

4) **Cool-down (10 minutes):** Juggling and finishing cool-down with static stretching of major muscle groups.