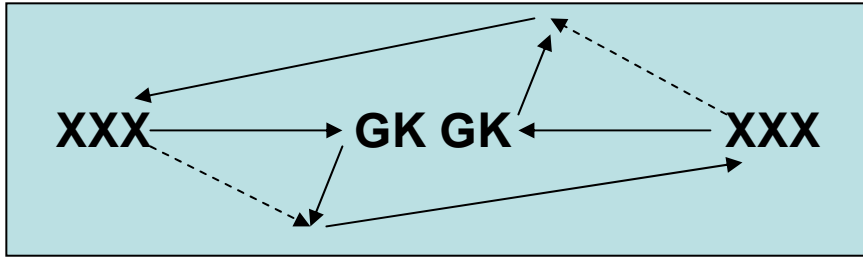
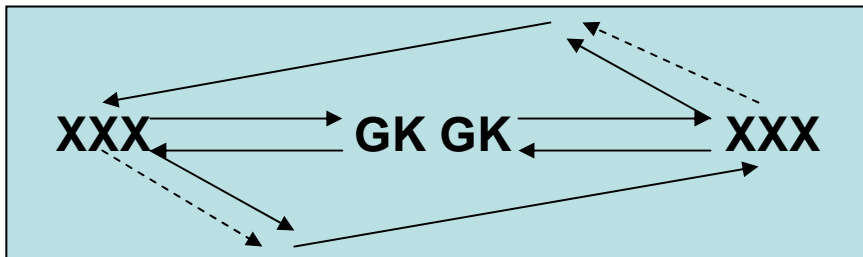


Functional Training for the Flank Players by Anthony Colavecchia, University of Louisville. This session was presented at the Region 2 Symposium, March 05. Session written by John Curtis.

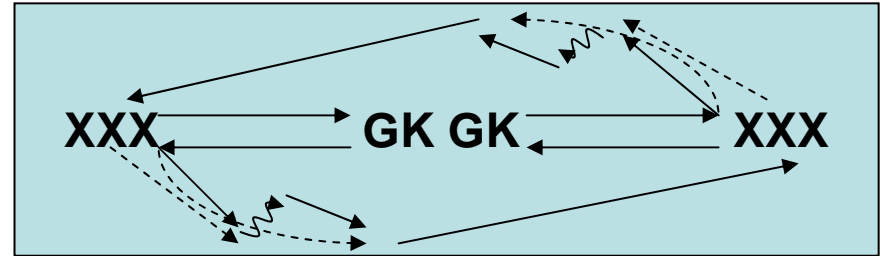


- 1) GK's stand back to back, GK collects the ball and rolls it off to the side
 - Roll ball into the GK
 - Chip the ball into the GK
 - Advance to all one touch



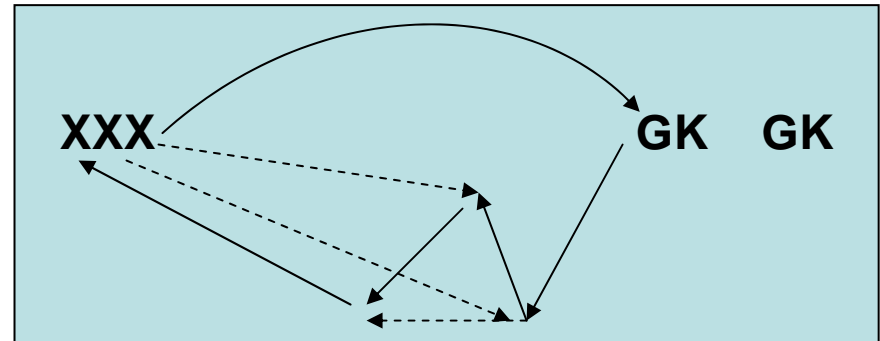
- 2) The ball is played to the GK and rolled straight back to the player. The next player in line makes a bending run and the ball is played into the path of the player running.

- Timing and weight of the pass is important.
- Look to play one touch



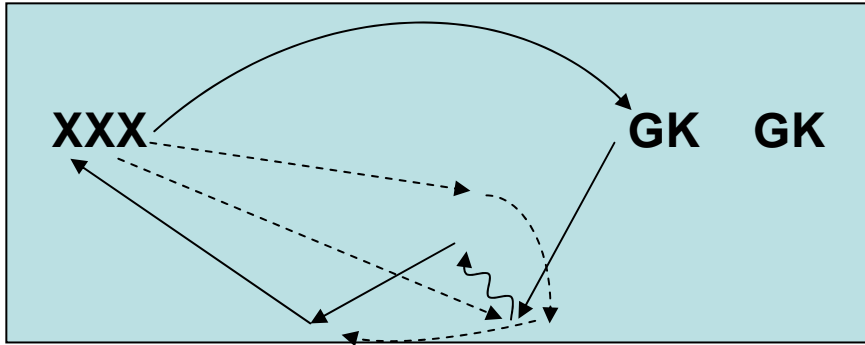
- 3) The ball is played to the GK and rolled straight back to the player. The next player in line moves out wide to receive the ball and dribbles diagonally inside.

- The player then follows his pass and makes an overlapping run.
- Communication and timing of run.



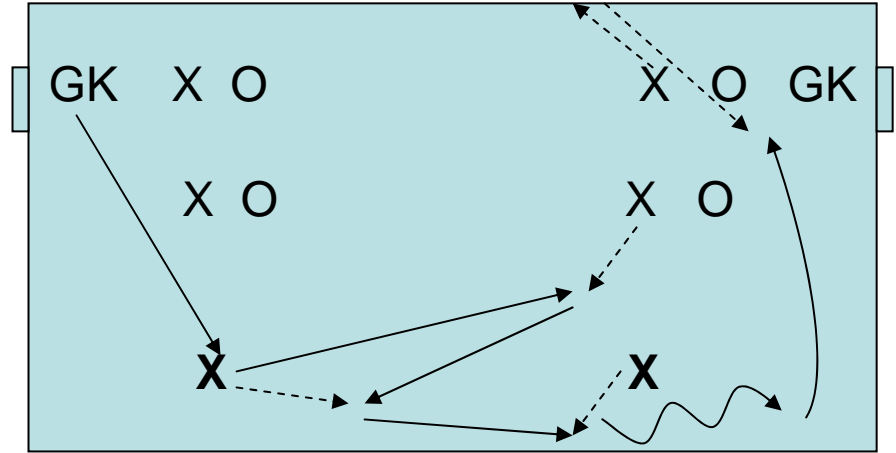
- 4)The ball is chipped or driven into the GK, he then distributes to the second player who moves out to a wide position. The player that chipped the ball moves to do a give-n-go with the wide player. The ball is then played to the next player in line and repeated.

If you have a second GK he can stand behind the first just in case the ball is hit over the first GK.



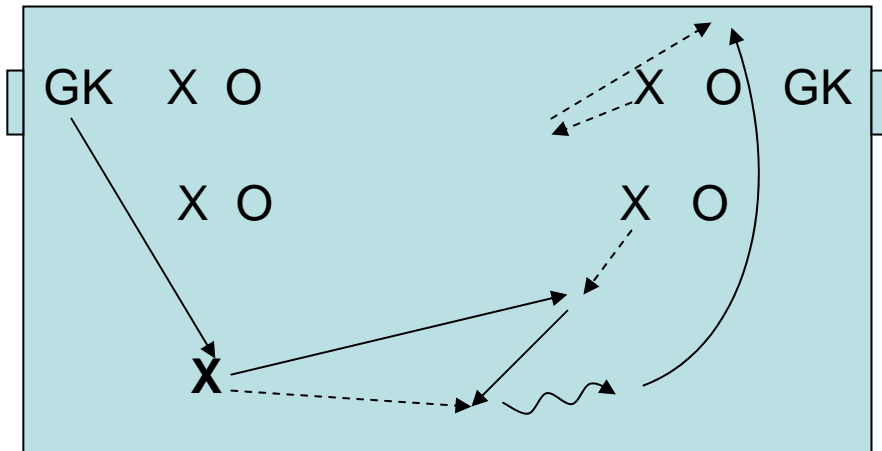
5) Overlap

- First touch inside by wide player
- Communication



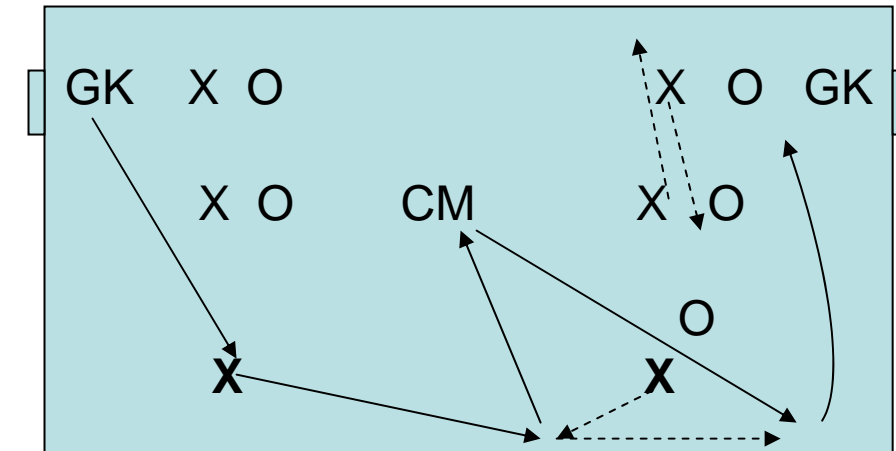
7) 6 O's & 6 X's plus GK's

- Wide Mid's start even with Forwards
- Ball should be driven between central defenders



6) 5 O's & 5 X's plus GK's

- Training the wide backs (start with no opposition for wide players)
- Do the same with the O's going the other way.



8) Add a CM always on offense & defender

- Add a defender on the wing (2v1)
- Forwards switch to create space between CB's
- Wide Def can overlap also