

# Mixed Bag

## Objectives

To place field players and goalkeepers in decision-making situations with attacks developed from the flanks.

## Organization

- Use half of a full-sized field. Mark out a 6-yard channel each side of field.
- Use cones/flags at the half if you don't have a portable goal.
- Mark in a center line.
- The one or two players in each "flank channel" have no allegiance they play for both teams. 3 vs. 2, plus a goalkeeper, in each half.
- When the goalkeeper has the ball, the practice is always re-started by goalkeeper throwing to flank players.
- Flank players can pass to one another, overlap, cross the ball or pass the ball into the 3 attackers.
- If on their own, take it and cross it.
- Change the players' positions periodically to give everyone experience in different roles (except goalkeepers).
- Offside rule in each zone should be applied by coach.

## Coaching Points

- Goalkeepers must work on good quality throws to wide players, and be encouraged to "switch" play.
- Goalkeepers must communicate their requirements, organize the defence and adjust to changing situations.
- Quality of cross from wing players critical for successful attacking play.
- Three attackers in each half need to communicate and work "off" one another, with particular attention to "near-post" and "far-post" runs.

- The two defenders in each half have to work skillfully because they are outnumbered.

## Challenge

- For the "wingers" to deliver quality crosses; for the rest to outmaneuver the opposition.