

Argentina Channel Game



The Set-up: (as pictured). Create two long corridors (7 to 10 yards from the sideline) along the side of the field. Use the midfield line to separate the attacking and defending channels. *You can run this exercise over a smaller area, but need to adjust the zones accordingly.*

The Game: 5 red players play vs. 5 white players in the central area of the field. Red has an additional player at the back in the right zone and up front in the left zone. White has an additional player at the back in the left zone and up front in the right zone. **No player can leave their zone!** The game is a normal scrimmage to goal, but should help players recognize free spaces along the flank.

Focus:

- Quick ball movement
- Attacking along the flank
- Serving the Diagonal Ball

Progress to:



The Game: The exercise is the same as before, but now the player in the channel is allowed to enter the field of play.

Note: They don't have to enter the field and should only do so when it is to their teams' advantage. If the player does leave the channel a new player from that team must enter the channel to keep the team balanced. (Pictured above)

There is still no defending in the channel