



Penetrating passes.

Category: Tactical: Penetration

Difficulty: Moderate

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Individual-Adult Member

Description

Improve players ability when attempting to penetrate the defence

Warm up (15 mins)

Organization 30 x 30 square split into 3 zones have 3 teams of 4 with two player in the center zone.

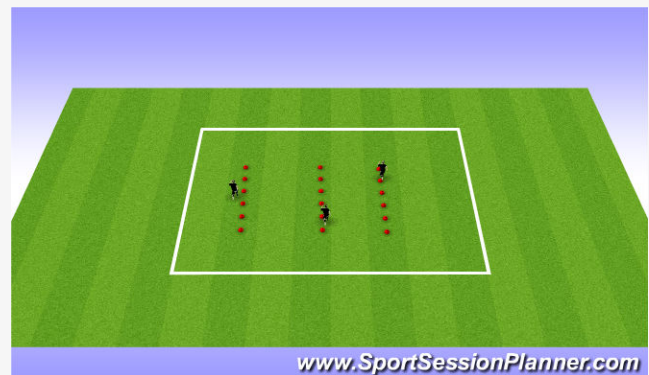
Players pass and move but can only support in their own zone. Let plays create their own combinations and move the ball as they wish.

add dynamic stretches .high knees, heel flicks open the gate kick through and windmills.



SAQ (10 mins)

1. fast feet
2. side to side
3. shuttle run
4. bunny hops



Technical (10 mins)

organization 30 x 30 square split in to 3 zones.players must get the ball from zone 1 to zone 3.

but players must use a player in zone 2 first.this player can play back to zone 1 if needed.

Coaching Points

Angle of support - can the two players in zone find space and good angles to recevie the ball.

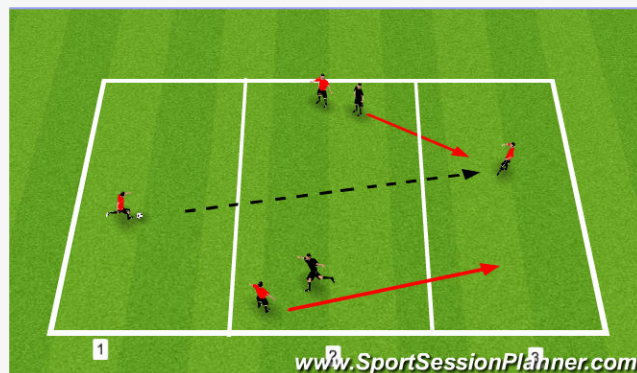
can we open up and take a positive first touch to try and play forward quick.

can player 3 be reading the game and get to a good supportive area.



Technical Adv. (15 mins)

Add an extra defender, so that zone 2 is 2v2.
players in zone 1 can now play directly into zone 3, but 1 attacker and defender can pressure him in their zone.
once they made 3 passes they can make another pass out of the zone



SSG - Penetrating passes (15 mins)

Organization 30 x 30 split into 3 zones. 3 teams of a different colour.

once a team has made 3 passes they can try and play a penetrating pass to the other team, only passing below head height.

1 defender can enter the zone with the ball, to put pressure on the ball.

once the ball is switched another defender can enter their zone also.

Coaching Points.

Speed of play

supporting Angles of both players in their zone and the other.

First touch and ball control.



Game (20 mins)

Game in a 2 1 2 Formation.

Have the field split into 3rds. players must penetrate these areas when possible through passing and movement.

eg player 1 is penetrating with a pass. player 2 is penetrating via dribbling into the third zone.

Coaching Points

Speed of play. can we move the ball quickly.

Supporting angles

combinations 1-2, overlaps.

