



03/U15 - Open Up Opponents To Penetrate - Switching point of Attack

Category: Tactical: Attacking principles
Difficulty: Moderate

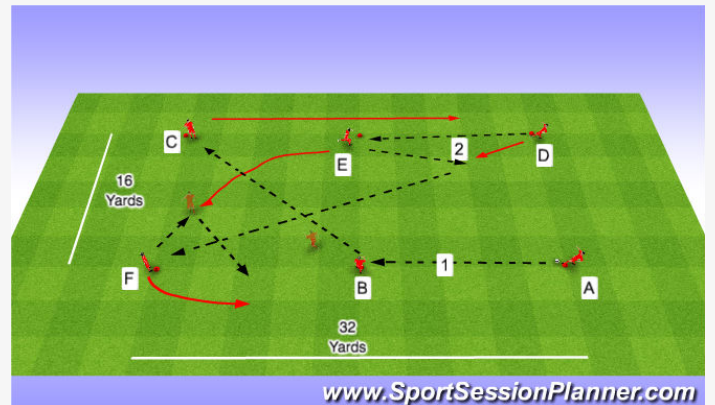
Am-Club: Rio Rapids Soccer Club
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H Exercise - Passing & Receiving (20 mins)

DESCRIPTION/ORGANIZATION:

Pass and follow pass

- 1) A to B, B turns and plays to C. C dribbles back to start at opposite side
- 2) D to E, E sets for D. D plays long pass to F. F sets to E, complete wall pass and F dribbles back to start at opposite side



8v8 + 2 with wide zones (15 mins)

DESCRIPTION/ORGANIZATION:

Blue team must play thru wide players before going to goal
Red team gets ball to coach to score

COACHING POINTS:

- Supporting wide players
- Speed of entry pass out wide
- Recognizing space/open players



3v3 +1 (15 mins)

DESCRIPTION/ORGANIZATION: 30x20yrd

3v3 + 1 magic players

Winner stays on

When new team gets on field bring ball

Team in possession can combine (wall pass or overlap) to get into wide zone

COACHING POINTS:

- Creating numbers up around ball
- Speed of ball movement
- Opportunities for combinations (focus on Wall pass & overlap) out wide and in middle of field



8v8 + 2 with wide zones (15 mins)

DESCRIPTION/ORGANIZATION:

Magic player dribbles/plays inside when receives ball, blue can overlap to create width

Red team gets ball to coach to score

COACHING POINTS:

Supporting wide players/overlapping to create the width

Speed of entry pass out wide

Recognizing space/open players (play thru middle where available)

