



01 / U18G - Open Up the Opponent to Penetrate - Outnumber the Opponent Around the Ball and Combine

Category: Tactical: Penetration

Difficulty: Moderate | Start Time: 20-Jan-2019 12:30h

Am-Club: Rio Rapids Soccer Club
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Description

Phase: Open Up the Opponent to Penetrate

Principle: Outnumber the Opponent Around the Ball and Combine with Teammates

Penetrating Pass Triangle (WARMUP) (25 mins)

DESCRIPTION/ORGANIZATION:

Play each variation in both directions

*Variation 1: B fades off cone and A passes to B, C fades off cone and B passes to C, as B passes to C they make a bent penetrating run to get a ball behind the white line, C plays crisp penetrating pass on the ground to B, rotation: A to C to B to A

*Variation 2: All 1-touch with the exception of the penetration pass which should be 2-touch - A passes to B and follows to support underneath as if B were defended, B sets ball to A and then moves to support underneath C as if they were defended, A passes to C, C sets ball to B and then bends a penetrating run to get behind the white line, B plays crisp penetrating pass on the ground to C, rotation: A to B to C to A

COACHING POINTS:

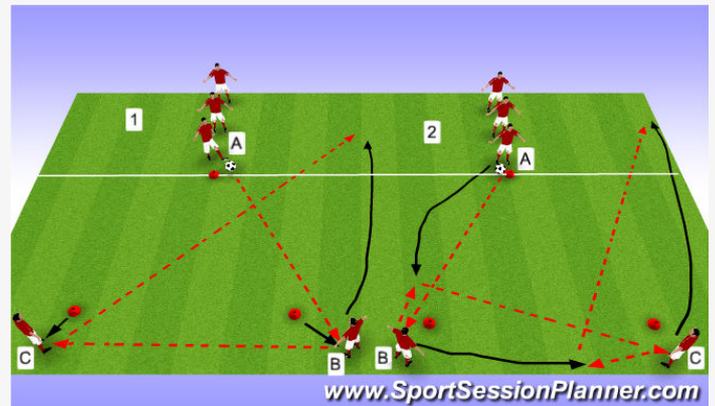
*Quick bursts to fade off cone(defender) to receive ball with an open body shape and peaking

*Zip fast and smooth passes

*Bend penetrating runs out to create diagonal passing angle (runs towards A close penetrating gaps and lead to straighter passes)

*Time penetrating runs such that you break the line on a sprint - recognize quality of first touch and when teammates head comes up

*Penetrating passes should be delivered with pace such that your teammate receives the ball in stride at a spring behind the white/back line - get them behind and don't slow down their run



6v6+1 Vertical Zones to End Zone (WHOLE) (30 mins)

DESCRIPTION/ORGANIZATION:

6v6+GK - each team scores by penetrating into the end zone

*players in possession of the ball may move freely within all 3 vertical zones

*GK/neutral player can move freely between all 3 vertical zones and use hands or feet - may only score using feet

*defending team is restricted to 2 defenders in each vertical zone at all times

*endzones are offside space - no defenders may enter them

*when ball goes out on a side - coach plays in a new ball

*when goal is scored - opposing team grabs that ball and counter attacks

Variations: 1) score by penetrating into end zone with dribble or pass 2) must pass into end zone

COACHING POINTS:

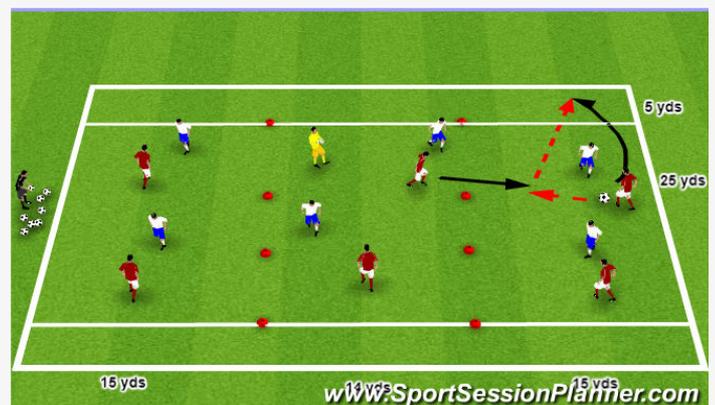
*Attacking team looks to create numbers up in the vertical zone with the ball in order to penetrate

*If pressure on the ball - bring numbers to the ball to solve pressure and eliminate that defender

*If limited pressure on the ball - get numbers involved in a way that allows for getting behind that defender and penetrating into the end zone - dribble drive at defenders to create 2v1 or passes to runners through open gaps into end zone

*Receive the ball faced up whenever possible and be peaking at all times so that you can find read the defenders, teammates to combine with and gaps to penetrate

*Recognize when and where to penetrate at speed in the transition moment because the opponent doesn't have 2 defenders in certain vertical zones



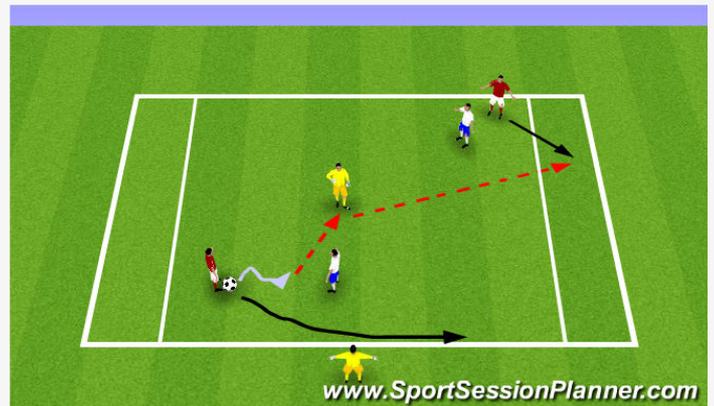
2v2+1 to End Zones (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

- *3 groups of 2 players
 - *2v2+1 to score in end zones
 - *End zones are offside space - no defenders allowed in end zones
 - *Play for 2 minutes and rotate team with neutral/resting player with one of the attacking teams
- Variations: 1) score by penetrating into end zone with dribble or pass 2) must pass into end zone

COACHING POINTS:

- *receive ball facing forward whenever possible while peeking to read defenders, teammates and spaces to penetrate
- *player and ball movement looking to isolate defenders and create a 2v1
- *when you isolate a defender dribble drive at the defender - if the defender commits to stop the dribble pass to teammate for a 1-2 or other method of penetrating to end zone - if the defender commits to prevent the pass explode by them on the dribble



6v6 + GK Phase of Play (WHOLE) (30 mins)

DESCRIPTION/ORGANIZATION:

- 6v6 with 4 defenders + 2 CM's scoring to target GK between the cones (hands or feet) and 7-9-11-10-8-6 attacking full size goal
- *any goals scored or corner kicks start with ball at target

COACHING POINTS:

- *Attacking team looks to create numbers up with the ball in order to penetrate the opposing back line and get to goal
- *If pressure on the ball - bring numbers to the ball to solve pressure and eliminate that defender
- *If limited pressure on the ball - get numbers involved in a way that allows for getting behind that defender and penetrating into the end zone - dribble drive at defenders to create 2v1 or passes to runners through open gaps into end zones
- *Receive the ball faced up whenever possible and be peeking at all times so that you can find read the defenders, teammates to combine with and gaps to penetrate
- *Recognize when and where to penetrate at speed in the transition moment because the attack has numbers up in an area to goal

