



04 / U15G - Open Up Opponent to Penetrate - Create Gaps/Space in the Opponent

Category: Tactical: Penetration

Difficulty: Moderate | Start Time: 16-Jan-2019 16:30h

Am-Club: Rio Rapids Soccer Club
Ray Nause, Albuquerque, NM, United States of America

Description

Phase: Open Up the Opponent to Penetrate

Principle: Create Gaps/Space in the Opponent

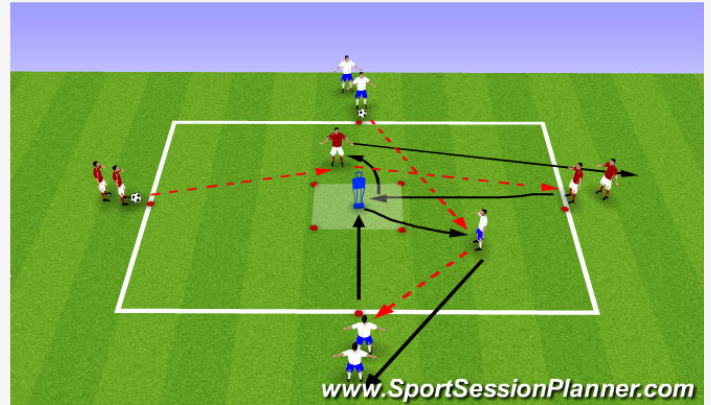
Pass-Receive through Gaps (WARMUP) (15 mins)

DESCRIPTION/ORGANIZATION:

- *Passing and receiving activity with fade off of defender to get open
- *20x20 yard grid including 4x4 yard center square with mannequin/pole at the center
- *players in lines facing each other play together - 1 ball per line
- *player opposite of ball runs and touches defender and then fades outside of square with an open body shape to receive ball across the body and pass to the line they came from - then player returns to the end of the same line
- *activity repeats from opposite side with passer now getting open to receive the ball in the center
- *both lines play simultaneously and must be aware of other group to find gaps to receive and pass the ball around them and the central defender
- *be sure players play with both favorite and non-favorite foot & open up to different sides of defender

COACHING POINTS:

- ***Move to find gaps to receive and make next pass through traffic
- ***Passing technique:
 - Fundamentals: positive step to side of ball, bend non-kicking leg into the pass, body balanced centrally, ankle locked, firm contact with middle of ball, follow through to target, pass becomes first step in next movement
 - Weight/pace of pass – deliver crisp passes
 - Passes played smoothly on the ground
 - Inside of foot for accuracy - pass to proper foot of teammate to open them up to face teammate
- ***Receiving technique:
 - Moving towards ball or holding ground depending on pace and angle of pass
 - Receiving across body
 - Moving at an angle with an open body shape – getting half turned
 - Peeking/checking shoulder before/during/after pass to find pressure and identify options
 - Bend/sink at the knees and hips to maintain balance and cushion first touch through solid contact with the middle of the ball
 - Quick flowing movement into the ball, first touch is the first step of pass



4v3 to Goal (WHOLE) (25 mins)

DESCRIPTON/ORGANIZATION:

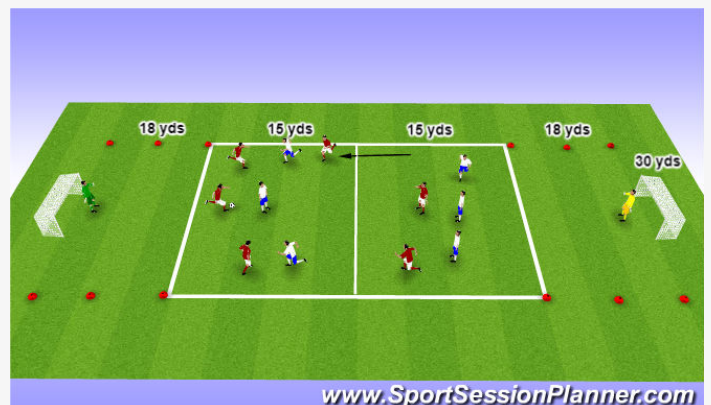
- *End Zone Game with GK's in goal or supporting play underneath depending on who has possession
 - *Start 3v3 in each half. One attacking player (burgundy) moves from attacking half into defensive half to make a 4v3.
 - *Attacking team must play across half way line into attacking half by passing or dribbling.
 - *Two attacking players go into attacking half to make a 4v3.
 - *Score by dribbling/passing to break line and go to goal.
 - *Defenders are restricted to defending in their own half.
- Defenders counter into opposite end zone when they win possession. One defender can move into their attacking half once in possession (to make 4). One attacker can recover into defending half (to make 3) making 4v3.
- Variations: no defenders may follow penetrating player as they go to goal, 1 defender may pursue attacker going to goal

COACHING POINTS:

- *Play through the lines under controlled possession - always looking for opportunities to penetrate mid-line or line to goal.
- *Players that receive to face forward are in great positions to play penetrating passes that can generate scoring chances
- *Recognizing what the defense is taking away and what they are giving you: compact defense requiring you to exploit wide areas to penetrate or open the defense up or spread defenders allowing you to play through gaps?

Ways to create gaps/space in opponent to penetrate-

- *Movement of ball: passing to draw defender to one area and attack another or dribble drive into one area to draw defenders with the intention of attacking elsewhere
- *Movement of players: movement off the ball to drag defenders out of an area that can then be exploited by a teammate



*Disguise/deception: using eyes, body shape and passing feints to move defenders

3v2 Transition (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

- *Burgundy team has ball 3v2 to end line opposite them.
- *White team try to win ball and dribble out of area on any side.
- *If defending team does this, they become team with 3 players vs 2 going to line opposite their players (all new players enter field)
- *If numbers up team scores, a new attacker from that team immediately joins with a ball to create 3v2 with their teammates that did not score against the same defenders.

COACHING POINTS:

- *Focus on rapid transition - try to exploit the defense to penetrate in gaps/spaces when they are not organized.
- *Players that receive to face forward are in great positions to play penetrating passes that can generate scoring chances
- *Recognizing what the defense is taking away and what they are giving you: compact defense requiring you to exploit wide areas to penetrate or open the defense up or spread defenders allowing you to play through gaps?

Once the defense is organized, recognizing ways to create gaps/spaces in opponent to penetrate:

- *Movement of ball: passing to draw defender to one area and attack another or dribble drive into one area to draw defenders with the intention of attacking elsewhere
- *Movement of players: movement off the ball to drag defenders out of an area that can then be exploited by a teammate
- *Disguise/deception: using eyes, body shape and passing feints to move defenders



6v6 + GK Phase of Play (WHOLE) (25 mins)

DESCRIPTION/ORGANIZATION:

6v6 with 4 defenders + 2 CM's scoring to target GK (hands or feet) and 4 M's + 2 F's attacking full size goal

*any goals scored or corner kicks start with ball at target GK

COACHING POINTS:

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