



04/U16G - Open Up the Opponent to Penetrate - Penetrate the Back Line - Part - Notion of Choice

Category: Tactical: Penetration

Difficulty: Moderate | Start Time: 23-Jan-2020 16:15h

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

Description

Phase: Open Up Opponent to Penetrate

Principle: Penetrate the Opponents Back Line

PEM-Technical Part of Session - Notion of Choice

Penetrating Back Line - Technical Pattern 1 (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*attacking patterns/movement of players and ball to open up opponent to penetrate back line to goal

*5 plays 2, 4 supports under 2, 10 shows to 2, 2 plays 8 then:

*includes notion of choice with decision of 8 as she receives the ball

A: 8 faces up - 9 shows for ball, 11 bends run wide and makes run behind defense, 7 fades and makes diagonal run behind defense, 8 plays penetrating pass to either 7 or 11

B: 8 sets/bounces ball to 6, 10 shows inside, 7 comes inside to receive pass, 2 overlaps 7 as ball travels, 9 shows for ball and 8 overlaps 9 to get behind defense as 7 faces up

*2 appropriate runners in penalty box choosing between near, far and slot to finish

*play opposite side starting with 4

COACHING POINTS:

*discussion of penetrating movement: fade/run and go, fade and diagonal, diagonal/go adjusted to flat run to stay onside, show and diagonal/go

*Properly timed movement by attackers to create or receive ball in open space

*Properly timed movement by attackers to received ball behind the back line from an onside position

*Location of pass through same or different window as player run - avoid defenders

*Pace of passes, body shape and prep touch to play as quickly and cleanly as possible

*Pace of pass to get teammate behind back line in stride (pass doesn't slow them down) and without it being intercepted/too close to the goalkeeper

*Score goals



Penetrating Back Line - Technical Pattern 2 (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*attacking patterns/movement of players and ball to open up opponent to penetrate back line to goal

*7 shows down line, 4 plays 7, 2 supports underneath 7:

*includes notion of choice with decision of 7 as she receives the ball

A: 7 faces up, 10 shows, 9 makes flat run and looks to receive penetrating pass wide, 8 overlaps 9 to penetrate back line, 7 passes to either 9 or 8, 11 makes diagonal run into penalty box (red passes)

B: 7 dribbles inside, 2 overlaps 7 to get in behind defense, 10 makes direct penetrating run, 9 fades away from ball against grain to drag defenders, 11 makes diagonal run behind defense, 7 plays either 2, 10 or 11 behind back line (white passes)

C: 7 sets ball to 2, 10 moves away from ball to drag defender and replace 8, 9 shows to receive ball to feet and replaces 10, 8 overlaps to get behind defense and replaces 9, 2 can play 8 behind defense or to the feet of 10/9, adjust movement accordingly to get ball behind defense (green passes)

*2 or 3 appropriate runners in penalty box choosing between near, far and slot to finish

*play opposite side starting with 5

COACHING POINTS:

*discussion of penetrating movement: fade/run and go, fade and diagonal, diagonal/go adjusted to flat run to stay onside, show and diagonal/go

*Properly timed movement by attackers to create or receive ball in open space

*Properly timed movement by attackers to received ball behind the back line from an onside position

*Location of pass through same or different window as player run - avoid defenders

*Pace of passes, body shape and prep touch to play as quickly and cleanly as possible

*Pace of pass to get teammate behind back line in stride (pass doesn't slow them down) and without it being intercepted/too close to the goalkeeper

*Score goals



