

U11-U14 Coaches Clinic - Possession to Penetrate

Date : 29/Sep/2013

Duration : N/A

Session

Possession to penetrate or unbalance/

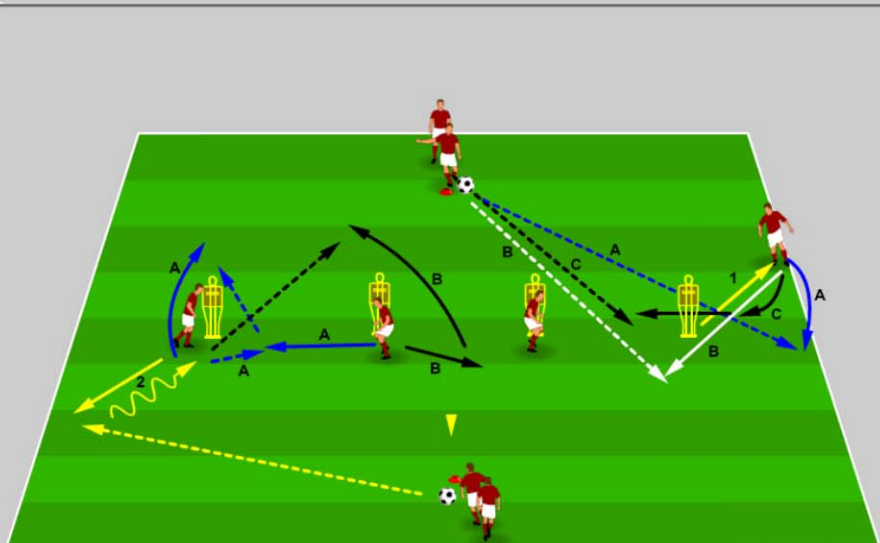
Time : N/A

Age/Level : U11 - U18

Objective:

overload defenses

Penetrating Runs and Passes with Mannequins



Description :

Pass to your right or left and follow pass.

1A - attacker fades off defender and played in outside and behind defenders

1B - attacker fades off defender, makes diagonal run and played in behind between defenders

1C - attacker fades off defender, makes flat run and played in behind between defenders

2A - attacker fades and then drives at defender on dribble, F shows for wall pass in behind

2B - attacker fades and then drives at defender, F fades and makes diagonal run in behind

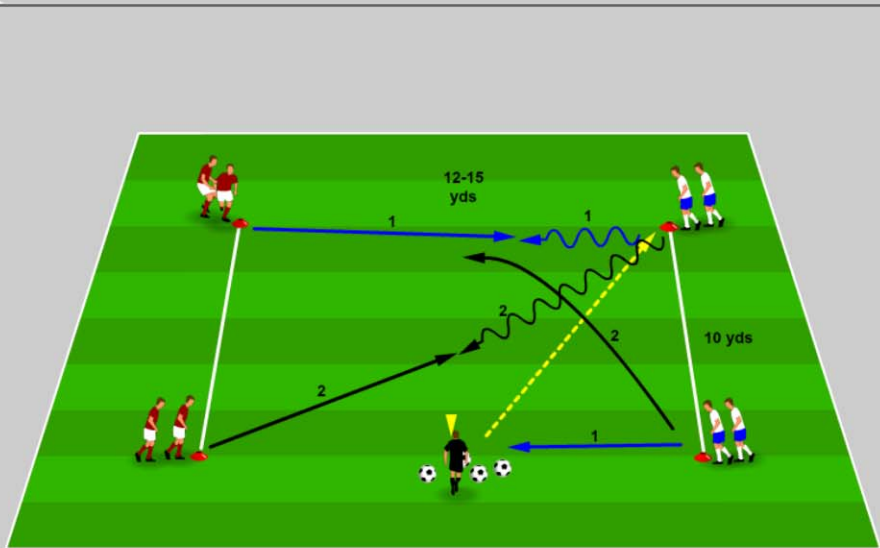
Coaching Points :

Introduce Penetrating Runs *fade away from offside line so that you can make forward run

*open body shape as you fade *several peeks over shoulder as high player/peripheral or swivel vision

*timing of run to stay on sides *timing, weight and accuracy of passes - don't slow down attacker or play too far into space

2v1 to Lines



Description :

*Players equally split between 4 corners of 10 x 12-15 yard grid

*Coach plays ball into one player and that team attacks 2v1

*Score by dribbling ball across opposite endline under control

*If defender wins the ball they can counter-attack to score at opposite endline

Variations: 1) defender comes from corner directly across from player receiving the ball

2) defender comes from corner diagonally across from player receiving the ball

Coaching Points :

*Positive decision making on the ball - drive at defender on the dribble with speed and threaten to score - make the defender commit

*2nd attacker moves based on decision of player on the ball - player on ball dribbles in and they go around to overlap, player on the ball dribbles out and they fade away from them to get forward *weight and accuracy of passes *overall speed of play

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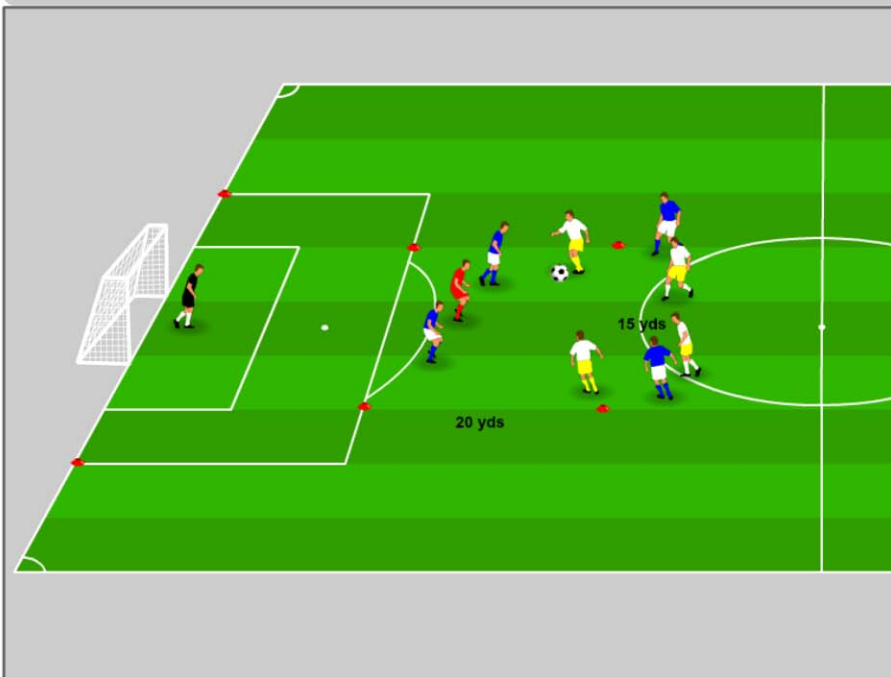
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2v2+1 to Penetrate Line and then Go to Goal



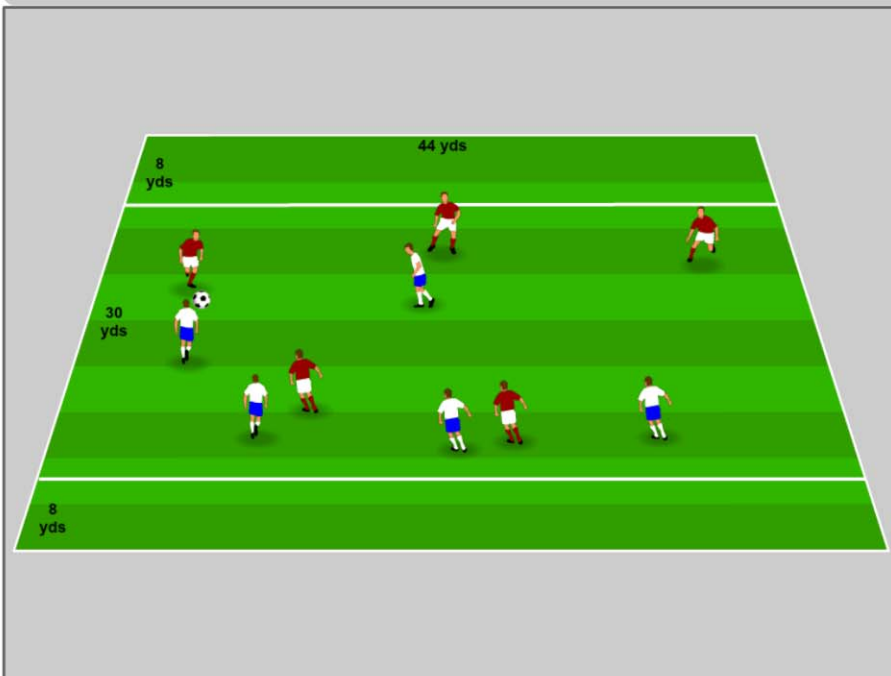
Description :

2v2+1 in a 15 yard wide x 20 yard long grid
If attacking team can penetrate offside line at top of penalty box, they can go to goal
Attacking team scores and then stay on attack - defenders win ball and teams switch roles
Variations: 1) when line is penetrated that attacker goes to goal undefended 2) when attacker penetrates line all attackers and defenders continue to play 3) when defenders win ball they have to pass to teammates outside of grid to change roles

Coaching Points :

*Positive decision making on the ball - drive at defender on the dribble with speed and threaten to score - make the defender commit *other attackers move based on decision of player on the ball - player on ball dribbles in and they go around to overlap, player on the ball dribbles out and they fade away from them to get forward *runs to unbalance/overload the defense *weight and accuracy of passes *overall speed of play

5v5 to End Zones - Numbers Up and Down



Description :

5v5 in 30 x 45 yard field
*Score by dribbling or passing a teammate into end zone from outside position
*When a goal is scored the defending team loses one player or if your team has players off the field you can return one of your players into the game

Coaching Points :

*Positive decision making on the ball - drive at defender on the dribble with speed and threaten to score - make the defender commit *other attackers move based on decision of player on the ball - player on ball dribbles in and they go around to overlap, player on the ball dribbles out and they fade away from them to get forward *runs to unbalance/overload the defense *weight and accuracy of passes *overall speed of play