



Imbalance to Penetrate - Rio Rapids U17 Boys

Category: Tactical: Penetration

Skill: Mixed age

Pro-Club: Colorado Rapids Soccer Club
Danny Stone, Las Vegas, United States of America

WARM UP

Passing and receiving ball movement. Different types of player movement. Varying range of passing. Different types of passing. Dynamic stretching.



WHOLE

8v8+2N to targets in end zones. 75x80 yards.

- Switch point of attack using width. Draw defending team one way, players on team in possession play against the flow of the game, recognition of when to play away from crowd, tempo and speed of ball movement when switching play, forward pass if possible, dribble into gaps when they open up.



PART

5v4 to end zone with transition N targets. 35x40 w/ 5 yard end zone. Reds must pass to teammate or dribble into end zone.

Blues defend end zone and counter to N targets.

- Movement to threaten in behind defence. Stretch the 4 defenders, out number defence, dribble into gaps.

Progression - allow one N to move in to field to receive ball when blues win possession.



PART PROGRESSION

5v5 to end zone with transition N target. 35x40 w/ 5 yard end zone.
Reds must pass to teammate or dribble into end zone.
Blues defend end zone and counter to N target.
- Draw defenders out to run and play in behind defence.



WHOLE

9v9+2N to end zones. 75x80.

Score by passing or dribbling into end zone. End zone line is offside line.

- Vertical thinking.
- Stretch defenders using width in order to switch ball and play forward, or dribble/pass through gaps.
- Short, sharp, quick ball movement to draw defenders towards the ball in order to play in behind.
- Threaten to play longer, behind defence to be able to play in more space in front/through.



GAME

10v10+2Ns game to goals. 75x80 yard field.

