



# 01G & 04G: Open Up the Opponent to Penetrate - Penetrate the Opponents Back Line

Category: Tactical: Penetration

Difficulty: Moderate | Start Time: 07-Feb-2018 16:15h

Am-Club: Rio Rapids Soccer Club  
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## WHOLE: 4v4+4N Two Zone Game (20 mins)

### Possession with switch of play to space and supporting movement:

Teams play 4v4 + 4N with a free N in the opposite half. Teams must play 4 passes then look to find opposite N and move to support play. All players except neutrals move with the ball.

#### Coaching Points:

1) Vision and first touch to be able to penetrate quickly

\*peek before receiving ball to assess defender locations and ability to penetrate

\*receive ball faced up whenever possible

\*if you don't receive the ball faced up, play the way you face in 1-touch to a teammate who is

2) Movement of ball and players to create and find gaps to penetrate defense

\*player movement to make defenders decide between marking you or denying direct path (fade, show into pocket, flat, etc.)

\*player movement to drag a defender out of a space and create a lane to penetrate

\*dribbling or passing to draw defenders to one area with the ball to open up another area to penetrate

\*using disguise/deception to create

\*recognizing when it is on to penetrate the opponent to the other grid and when you need to possess and move the ball to draw out defenders/create space



## PART/TECH: Y drill (20 mins)

**DESCRIPTION/ORGANIZATION:** Y-drill. 4 cones in a Y with a line behind first cone and one player behind the other three cones. Players complete passing sequence and follow pass. Keeper can not cut out pass.

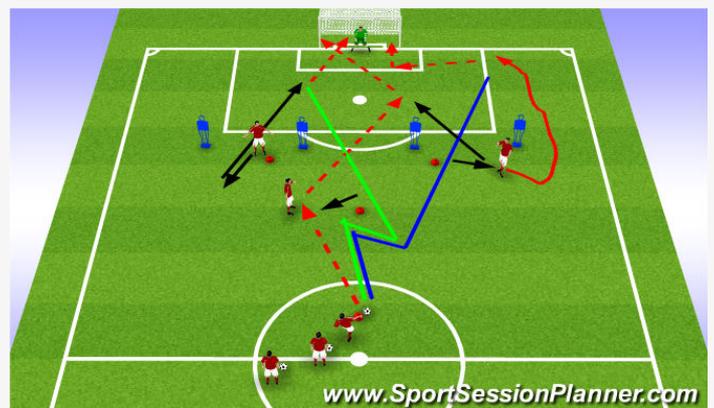
#### Progressions:

1. Dotted line - Play straight ahead, center player opens up and plays pass to wide player through the gap. Run of wide player is out and through. Wide player finishes.

2. Green Line - Play straight ahead, bounce back, ball through to wide player for finish. Run of wide player is back and through.

3. Blue Line - play straight ahead, bounce back, Run of wide player spin out into wide channel, ball through, wide player serves. central player in for service.

**COACHING POINTS:**Weight of pass. Direction of pass. Run through a different gap than ball. Run is in behind defender. Types, timing, and speed of runs



## PART/TACT: penetrate through center of field (20 mins)

**DESCRIPTION/ORGANIZATION:** 3v2+N (outside box) in first box, 2v2 with a forward to rotate in for forward who was played in on goal. Possession to break a line to a forward. Mid whose pass broke the line plus one player can join in forward box. Look to penetrate to score. No pressure when on goal. Progression:

**COACHING POINTS:** COACHING POINTS: Weight of pass. Direction of pass. Run through a different gap than ball. Run is in behind defender. Types, timing, and speed of runs. First look to penetrate. Creativity in combination and movement.



## GAME: 11v11 (30 mins)

### DESCRIPTION/ORGANIZATION:

11v11 game with 01G in burgundy in 4-3-3 and 04G in white in 4-4-2

\*play is between cones to start which serve as offside lines - once cone line is penetrated from an onside position, all players may go to goal

Variation: remove cone line restriction

### COACHING POINTS:

\*Movement of players and the ball to create space to penetrate the opponents back line

\*Pass and run go through different windows

\*Properly weighting and texturing passes in behind the defense

