



# 03/U15 - Open Up Opponent To Penetrate - Penetrate Opponents Back Line

**Category:** Tactical: Attacking principles  
**Difficulty:** Moderate

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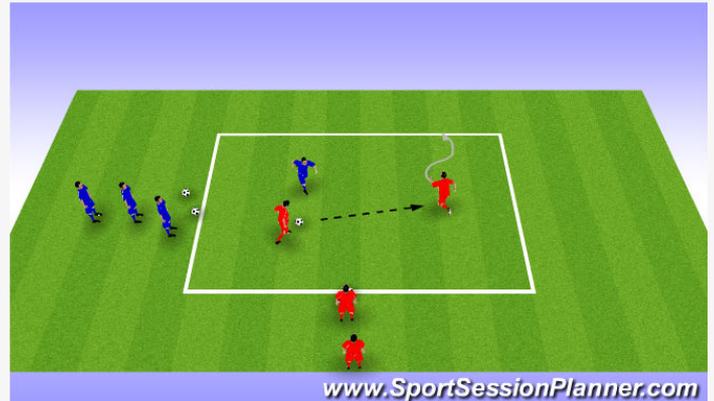
## 2v1 Activity while players turn up (10 mins)

### DESCRIPTION/ORGANIZATION:

Red team has ball 2v1 to end line opposite them.  
Blue team try to win ball and dribble out of area on any side.  
If blue team does this, they become team with 2 players vs 1 red going to line opposite their players.  
If either team scores while they have 2, next red comes on. Player who did not score the point for red stays on to creat 2v1.  
Defender stays on until they win the ball.

### COACHING POINTS:

3 ways to win



## Penetration to Final Third (15 mins)

### Description: PENETRATION TO FINAL THIRD

4v3 and 3v4 game

Unrestricted play

Must play through the zones to arrive in the final third to score.

No defenders in the final third.

Variations:

a) one defender can enter the final third. 1v1

b) in addition to variation "a", one supporting forward can enter the final third. 2v1

### Coaching Points:

1) Play through the lines under controlled possession.

2) Most of the time on the ground, short and to feet to diminish chances of interception.

3) Final third can be a through ball pass, on a different channel (as per the diagram).

4) Defenders must work on pressing the opponents' build up and on concentration at the defensive half (compactness).

5) Midfielders that can face forward are in great positions to play penetrating passes that can generate scoring chances.

6) Maintenance of ball possession with negative passes are encouraged when needed, but if too frequently executed then no penetrating passes and scoring chances are going to be developed.

### Duration:

25 minutes



## Through Pass + Timing of Runs (10 mins)

### Description: WEIGHTED AND ACCURATE PASS + TIMING OF RUNS INTO THE FINAL THIRD

Forward pass exercise

Forward runs

Execute the activity from the left to the right side and vice versa.

Both forwards can crash the box simultaneously or one at a time - coaches' choice.

Rotate players A-B-C-A

### Coaching Points:

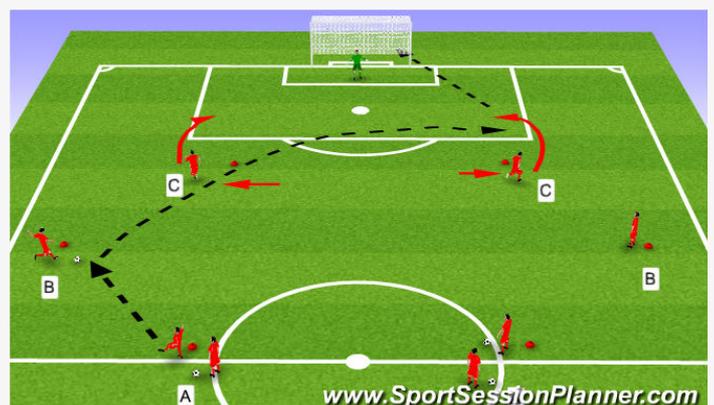
1) Weighted and accurated through pass into the space behind the defenders.

2) Well timed curved runs in the space in behind the defenders

3) Finish the play with mandatory 02 touches and then progress to addition of 01 touch finishes.

### Duration:

25 minutes



## Cutting off the defender (10 mins)

### Description: ENTICE + SLIP + PENETRATE IN BEHIND

Midfielder entices the defender and slips a through pass to a wider forward that penetrates in behind + final shot.

Rotate players

### Coaching Points:

- 1) Fast progress towards the defender and assistance to a penetrating player in the space created in behind.
- 2) Timed actions to avoid off side.
- 3) Penetrating player's first touch goes across the defender's back to deny him any possibility of recovery. Go to goal.
- 4) Quick action. Pace and attitude taking the defender on.

### Duration:

10 minutes



## Penetration to final 3rd - 7v7 (15 mins)

### **DESCRIPTION/ORGANIZATION:**

7v7 open play.

Must play into final 3rd to score

No defenders in the final third.

Variations:

- a) one defender can enter the final third. 1v1
- b) in addition to variation "a", one supporting forward can enter the final third. 2v1

Coaching Points:

- 1) Play through the lines under controlled possession.
- 2) Most of the time on the ground, short and to feet to diminish chances of interception.
- 3) Final third can be a through ball pass, on a different channel (as per the diagram).
- 4) Defenders must work on pressing the opponents' build up and on concentration at the defensive half (compactness).
- 5) Midfielders that can face forward are in great positions to play penetrating passes that can generate scoring chances.
- 6) Maintenance of ball possession with negative passes are encouraged when needed, but if too frequently executed then no penetrating passes and scoring chances are going to be developed.

