



03 / U16G - open up opponent to penetrate - create gaps/space in opponent

Category: Tactical: Penetration

Difficulty: Difficult

Am-Club: Rio Rapids Soccer Club

Chris Brennan, Albuquerque, United States of America

3 ways to score game (20 mins)

DESCRIPTION/ORGANIZATION: 5v5 with 3 ways to score

Teams play 5v5 including keepers

Can score by (1) dribbling through middle gate, (2) scoring in small goals or (3) passing to a team mate in shaded end zone

All restarts from coach

GK's can protect their small goals

COACHING POINTS:

Head up early in possession (head on swivel before receiving a pass)

Receive and face forward whenever possible

Movement off ball to create space/angles

Positive in possession but also play backwards/keep ball when needed



opening up / receiving (20 mins)

DESCRIPTION/ORGANIZATION: Receiving to face forward

On end players 1st touch players in middle open up wide as quickly as possible to receive a pass

Ball is then played to opposite end and all players follow passes

1. Middle players receive on back foot, hips turned 90 degrees.

Ball is then passed to opposite end line

2. Middle players receive with outside of back foot and help ball on and dribble to opposite line

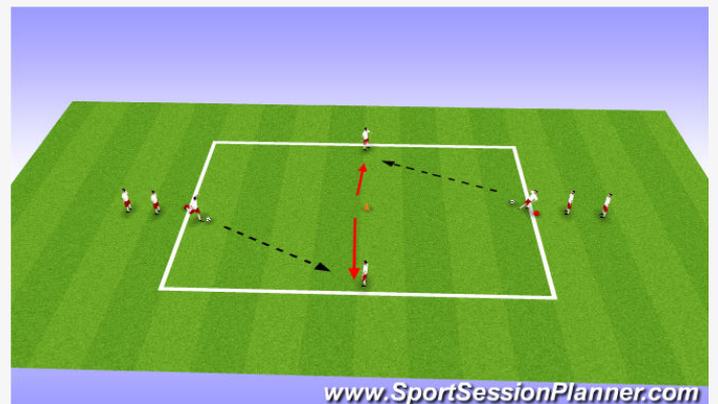
3. Middle player receives (with back to opposite line), sets ball back for team mate to run on to and play pass down the line.

COACHING POINTS:

Work hard to get wide and get body/hips turned

1st touch - set yourself up for next action (pass, dribble or set)

Speed of play - movement of ball and players



2v2+1 to goals (20 mins)

DESCRIPTION/ORGANIZATION: 2v2 (+1) to goals with support players on outside

90 sec games with all restarts coming from coach

Outside players restricted to 1 touch

COACHING POINTS:

Create open space to take shots

Face forward/be positive whenever possible

If cant go forward then play backwards to keep possession before finding new spot to receive

Follow up all shots

Crash 6 yard box if ball is being played to support players

