



04 / U16G - Open Up Opponent to Penetrate - Penetrate the Opponent's Back Line

Category: Tactical: Penetration

Difficulty: Moderate | Start Time: 12-Nov-2019 16:15h

Am-Club: Rio Rapids Soccer Club
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Description

Phase: Open Up Opponent to Penetrate

Principle: Penetrate the Opponent's Back Line

Focus: Playing Rules, Zipping Pass, Player Movement off the Ball

7v7+2 to End Zones - WHOLE (20 mins)

DESCRIPTION/ORGANIZATION:

7v7+2

Score by dribbling/passing into end zone.

COACHING POINTS:

*Focus on rapid transition - try to exploit the defense to by getting forward and penetrating their back line when they are not organized.

*Players that receive to face forward are in great positions to play penetrating passes behind the defense to score

*Recognizing what the defense is taking away and what they are giving you: compact defense requiring you to exploit wide areas to penetrate or open the defense up or spread defenders allowing you to play through gaps?

Once the defense is organized, recognizing ways to create gaps/spaces in opponent to penetrate:

*Movement of ball: passing to draw defender to one area and attack another or dribble drive into one area to draw defenders with the intention of attacking elsewhere

*Movement of players: movement off the ball to drag defenders out of an area that can then be exploited by a teammate

*Disguise/deception: using eyes, body shape and passing feints to move defenders



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.

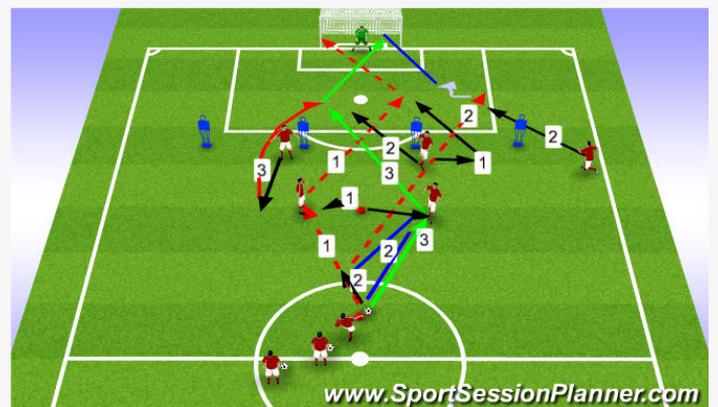
Progressions:

1. Red dotted line passing - 8 fades off defender on left to receive pass facing forward, 9/10 fades off defender and makes diagonal run behind them to receive pass in gap between center backs

2. Green line passing - 8 fades off defender on right and bounces ball to initial passer, 9/10 makes penetrating diagonal run to draw center back, 7 makes diagonal run in behind to receive pass between OD and CD

3. Blue line passing - 8 fades off defender on right to receive pass facing forward, 9/10 shows opposite of 8 for ball in pocket and then makes penetrating run as 8 receives ball to get pass behind defense between the center backs

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



3v2 Transition (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

- *Burgundy team has ball 3v2 to end line opposite them.
- *White team try to win ball and dribble out of area on any side.
- *If defending team does this, they become team with 3 players vs 2 going to line opposite their players (all new players enter field)
- *If numbers up team scores, a new attacker from that team immediately joins with a ball to create 3v2 with their teammates that did not score against the same defenders.

COACHING POINTS:

- *Focus on rapid transition - try to exploit the defense to penetrate in gaps/spaces when they are not organized.
- *Players that receive to face forward are in great positions to play penetrating passes that can generate scoring chances
- *Recognizing what the defense is taking away and what they are giving you: compact defense requiring you to exploit wide areas to penetrate or open the defense up or spread defenders allowing you to play through gaps?

Once the defense is organized, recognizing ways to create gaps/spaces in opponent to penetrate:

- *Movement of ball: passing to draw defender to one area and attack another or dribble drive into one area to draw defenders with the intention of attacking elsewhere
- *Movement of players: movement off the ball to drag defenders out of an area that can then be exploited by a teammate
- *Disguise/deception: using eyes, body shape and passing feints to move defenders



8v8 Phase of Play (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- 8 burgundy in 3-3-2 looking to penetrate opposing back line and score on full size goal
- 7 white + GK in 1-4-3 defending full size goal and scoring on 2 counter goals

COACHING POINTS:

Burgundy team-

- *Recognize when to quickly penetrate in transition and when you need to keep the ball to move the defense before penetrating
- *Movement of players and the ball to create space to penetrate the opponents back line - player interchange
- *Pass and run go through different windows
- *Properly weighting and texturing passes in behind the defense

White team-

- *Recognize when to quickly break lines in transition and when to possess to move defenders
- *Movement of players and the ball to create gaps to break lines and advance the ball

