



07 Rampage / U13B - Open Up the Opponent to Penetrate - Penetrate the Opponents Back Line

Category: Tactical: Penetration

Difficulty: Moderate | Start Time: 17-Sep-2019 18:00h

Am-Club: Rio Rapids Soccer Club
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Description

Phase: Open Up the Opponent to Penetrate

Principle: Penetrate the Opponent's Back Line

6v6+2 to Break Back Line to Goal (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

6v6+2 (#10 & #8)

*Must penetrate line into attacking 3rd to score

*Defend in two blocks of 3

*No defenders may enter the attacking 3rd

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:

*Always looking first for an opportunity to penetrate

*Player movement demanding the ball dictates the pass - not the pass demands the run

*Attackers that can face forward are in great positions to play penetrating passes that can generate scoring chances.

*Keeping possession of the ball with sideways and backwards passes are encouraged when needed, but if too frequently executed then no penetrating passes and scoring chances are going to be developed.

*How can players move to create passing lanes to penetrate?

*Should the ball and the run be played through the same or different windows?



Penetrating Back Line to Score (PART) (20 mins)

DESCRIPTION/ORGANIZATION:

*set up 2 fields

*Line of attackers start at cone about 25 yards away from mannequin back line

*Midfielder sets up on cone about 10 yards from mannequin back line

*One attacker sets up tight to the outside shoulder of both the 2 & 3

*Midfielder opens up off cone and towards ball to receive it faced up

*Option 1 - attacker fades off the defender and away from the offside line and the defender stays - run is made and pass is played to penetrate the back line outside of the defender and get to goal

*Option 2 - attacker fades off the defender and away from the offside line and the defender follows them to mark tightly - a diagonal run is made to get the ball behind the back line and the pass is made between the center and outside back

COACHING POINTS:

*Properly timed movement by attacker to receive ball behind back line from an onside position

*Location of pass through the same or different window as player run - avoid defenders

*Pace of pass to get teammate behind back line in stride (pass doesn't slow them down) and without it being intercepted/too close to the goalkeeper

*Take touch/dribble drive to center of goal so that you can finish to either side



4v4+6 to Break Line to Goal (PART) (20 mins)

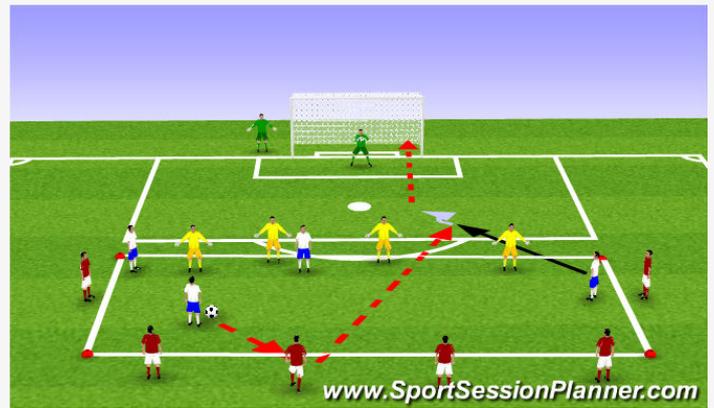
DESCRIPTION/ORGANIZATION:

- *44 yd wide x 15 yd long grid
- *2 teams of 4 inside the grid - one team attacking to penetrate to goal and the other defending
- *one team of 6 supports and plays with the attackers at the top/sides of the grid
- *White attackers look to move the ball and players to break the line and get behind the back line with a penetrating pass (they may not break the line on the dribble and the edge of the grid is the offside line) with that player going to goal on a breakaway alone
- *defenders may not leave the grid
- *They can pass to any of the six top players to help get them penetrate the back line
- *Outside players restricted to 2-touch
- *Yellow defenders score by successfully passing to burgundy group at top of grid
- *rotate the role of field players every 4 minutes

Variations: closest defender may chase penetrating attacker

COACHING POINTS:

- *How can players move to get the ball behind the opponents back line and to goal?
- *How do you or your teammate need to have received the ball in order for us to play a pass behind the back line?
- *How can you use the six support players at the edge of the grid to help you get behind the back line?
- *What do you do if you can't play a pass behind the back line?



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

DESCRIPTION/ORGANIZATION:

- 8v8 on full width and 65 yards long
- *GK+7 field players score to either small goal
- *7 field players+GK supporting underneath score to full size goal (coaching this team)
- *rotate outside defenders and midfielders halfway through

COACHING POINTS:

- *Recognize moments/opportunities where you can penetrate the opponents back line
- *Receive the ball facing forward whenever possible so that we can play a penetrating pass
- *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

