



## [Rio Rapids Coach Ed - Open Up Opponent to Penetrate; GP: Create Gaps and Space in the Opponent]

**Category:** Tactical: Attacking principles  
**Difficulty:** Academy Sessions

Pro-Club: Colorado Rapids Soccer Club  
Andrew Kewley, Commerce City, United States of America

### Description

#### PSAM - 9v9 to Big Goals (80 mins)

##### Set up

**Game Length** - 3 x 6 minute rounds

**Team Formation** - 18 players (9v9 including goalkeepers); 16 players (8v8)

Attacking team - 2-3-3 (2-3-2)

Defending team - 3-3-2 (3-2-2)

Game always starts (or restarts) with the goalkeeper in possession. The defending team is 'fixed' to the line for the 1st phase of the game. Once their line has been broken, defenders are 'free' players and can move anywhere in the playing except beyond the next 'fixed' line in the game. Once all lines are broken the game is free. A line can only be broken with a pass. Zones cannot be skipped. The attacking team has freedom to move anywhere in the game. A line of restriction exists on the last defending line until the ball has broken the line. Once the last line is broken, the Offside Law will follow the 2nd to last player in the defending team.

If possession changes teams, this is Phase 2, the game remains 'free.' The game will only become fixed again upon a restart (Goal, ball goes out of bounds or a foul is committed).

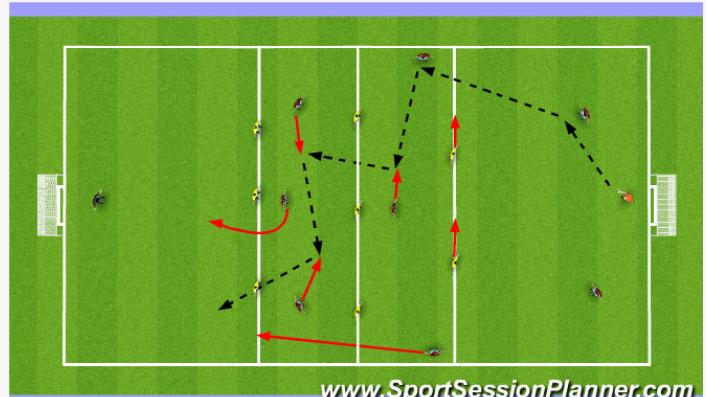
**Scoring** - Score by putting the ball in the goal. Each goal is worth 1 pt. Possession changes after each goal.

**Progressions**

Team in possession can break lines on dribble or pass.

Team in possession can skip zones with a pass.

Team out of possession can have 1 player leave the line to press the ball.



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#### PTDM - 4v3 (4) to two mini-goals

##### Set Up

4 attackers versus 3 defenders with 1 recovering defender.

Phase 1 of the game starts with the goalkeeper playing a ball in the front zone to an attacking player. The recovering defender can then start their recovery run upon the 1st pass. The attacking player can break the line with a pass or on the dribble. Defenders are 'fixed' to the line until their line is broken.

Phase 2, if defending team wins the ball they can counter to the goal. Only 1 counter attack is allowed. If defending team scores, loses possession or the ball goes out, the round is done.

##### **Scoring**

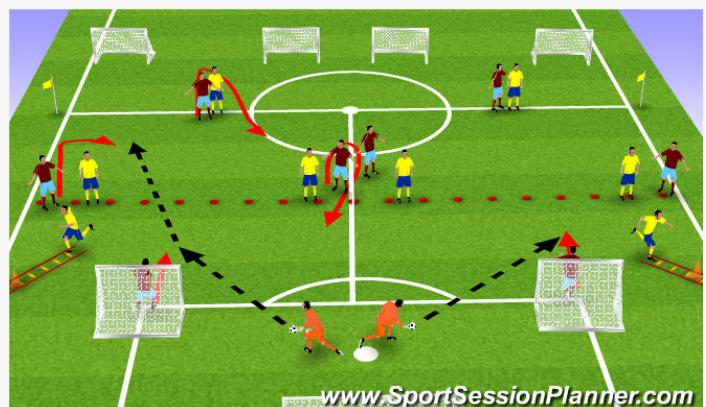
Attacking team is rewarded with 2 points for each goal in either of the two mini goals.

Defending team is rewarded with 1 point for each goal in the counter goal.

##### **Team Formation**

Attacking team- 3-1 or 1-2-1

Defending team- 1-2 (with recovering defender)

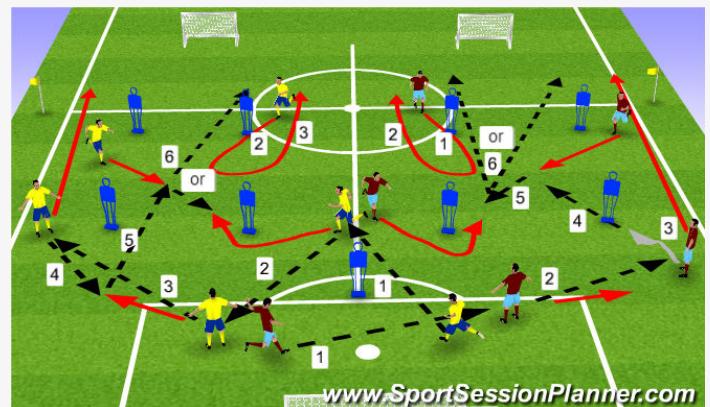


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## PEM - 5 Man Sequence (Pt 1) (80 mins)

Movement is started with a pass between 4 and 5. Central defender then plays wide to 2/3. Notion of choice is with 2/3. Each movement is to be finished off 1st time into the mini goal. Choice 1 - 2/3 can choose to drive forward, bringing 9/10 into central zone between the midfield and back lines of opposition. 2/3 plays 9/10 who will turn to play in 7/11. Choice 2 - If 2/3 chooses to set 4/5, then the 7/11 comes inside into the pocket. 4/5 plays 7/11 who turns and can play 9/10 or 2/3 on the overlap.

\*For this sessions purpose we will not involve to #6 to minimize the number of actions. However, the 6, as you can see if the set up can be used to change the point before trying to open the opponent up to penetrate, or can be the player to play the final pass once in the pocket for forward moving players.



## PEM - 5 Man Sequence (Pt 2) (80 mins)

Movement is started with a pass between 4 and 5. Central defender then plays wide to 2/3. Notion of choice is with 2/3. Each movement is to be finished off 1st time into the mini goal. Choice 1 - 2/3 can choose to drive forward, bringing 9/10 into central zone between the midfield and back lines of opposition. 2/3 plays 9/10 who will turn to play in 7/11. Choice 2 - If 2/3 chooses to set 4/5, then the 7/11 comes inside into the pocket. 4/5 plays 7/11 who turns and can play 9/10 or 2/3 on the overlap.

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## PSAM - 9v9 to Big Goals (80 mins)

### Set Up

Same rules as in Conditioned Game #1.

### **Progression**

Both attacking and defending teams are free. Teams must find their starting shape, 2-3-3 for attack and 3-3-2 for defeding team upon each restart.

