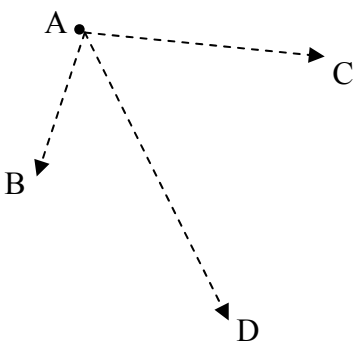
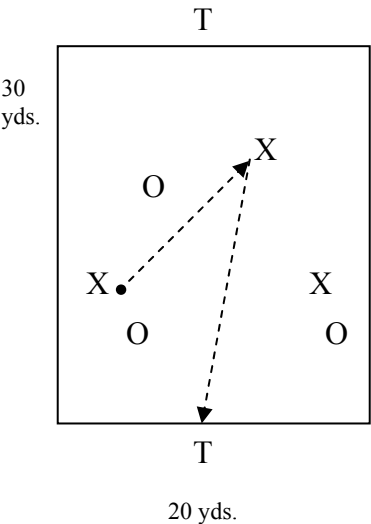
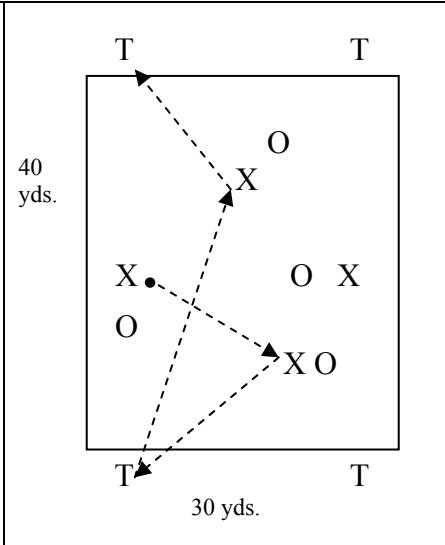
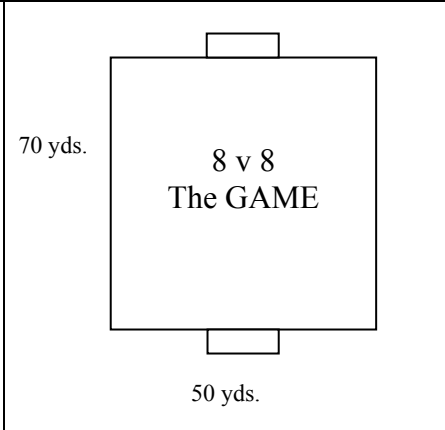


Topic: **Passing to Penetrate**

Organization	Variations	Diagram	Coaching Points
Unrestricted			
<p>Two (20 x 30 areas or as needed). Divide team into groups of four. Two groups of four in each area. One ball per group of four.</p> <p>Stretch.</p>	<ul style="list-style-type: none"> ▪ Each team of four begins by passing and moving inside the area. Emphasis on appropriate angles and distance of support. ▪ Players must receive ball, move into space, and then pass to a teammate. ▪ Number passing – one to two, two to three, three to four, and four to one. ▪ Limit touches to increase the speed of play. 		<ul style="list-style-type: none"> ✓ Correct body shape and passing mechanics ✓ Passing accuracy and weight of pass ✓ Proper angle and timing of support ✓ Body shape open to the field of play and supporting options
Restricted			
<p>3 v 3 + 2 Neutral target players (20 x 30 area or as needed). Neutral target players play for team in possession.</p>	<ul style="list-style-type: none"> ▪ Both teams compete for the ball and constantly move to create passing options. ▪ Points are awarded for passing to either of the target players. Target players are limited to two touches and pass the ball back to the team from which they received the pass. ▪ Players are encouraged to make penetrating passes early and often. ▪ Play is continuous to time or a designated number of points. 		<ul style="list-style-type: none"> ✓ Head up and look to play forward to the target players early ✓ Proper selection of passing surface ✓ Adjust supporting positions as the ball travels ✓ Concentrate on proper angles, distance and timing of support

Topic: **Passing to Penetrate**

One Goal with Counter Goal (Targets)			
<p>4 v 4 + 4 Neutral target players (30 x 40 area or as needed). Neutral target players play for team in possession.</p>	<ul style="list-style-type: none"> Both teams compete for possession of the ball and must maintain possession through constant moving and sharp passing. Points are awarded for successfully passing to a target player and then working the ball to the opposite target player. Play is continuous to time or a designated number of points. Rotate target players with a team from the middle. 		<ul style="list-style-type: none"> Supporting shape and balance for team in possession Change of rhythm to exploit opportunities to penetrate Decision making and speed of play Movement and timing of 2nd and 3rd man runs
Two Goals			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 or as needed).</p>	<ul style="list-style-type: none"> Possible formation 1:2:3:2. No restrictions. 		<ul style="list-style-type: none"> Principles of Attack: Penetration, Depth, Width, Mobility and Improvisation Find the most efficient way possible to score All of the above
Cool Down			
<p>Dynamic movements and static stretching</p>	<ul style="list-style-type: none"> Focus on major muscle groups. Reduce Heart Rate 		<ul style="list-style-type: none"> Review Session