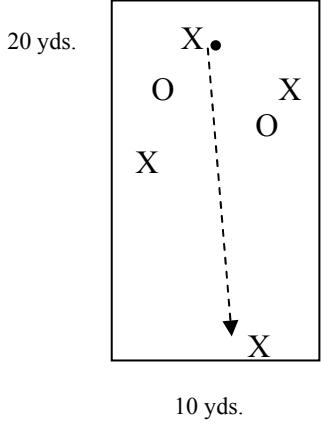
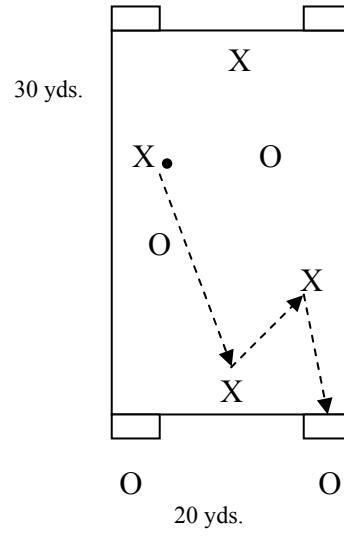


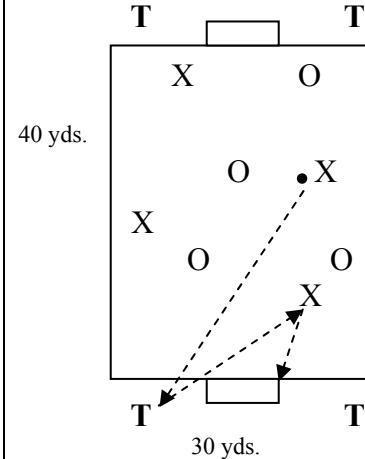
Topic: **Penetrating Passes**

Organization	Variations	Diagram	Coaching Points
Fundamental <p>4 v 2 exercise (10 x 20 area or as needed). Note: the length of the area is increased to encourage penetrating passes. Stretch.</p>	<ul style="list-style-type: none"> Unlimited touches to begin. If the defending team wins the ball, they are allowed to attempt to keep possession or dribble outside the touchline for a point. Rotate defenders after an established amount of time. If necessary, limit touches. 	 <p>20 yds.</p> <p>10 yds.</p>	<ul style="list-style-type: none"> ✓ Body mechanics and technique ✓ Accuracy, weight and timing of pass ✓ Proper angles and timing of support off the ball ✓ Look long to penetrate immediately and short only if necessary
Match Related I <p>Two teams of four (4 v 2 in play) with direction to 4 small goals (20 x 30 area or as needed).</p>	<ul style="list-style-type: none"> Define direction for each team. When the attacking team has the ball, all four (4) attackers are on the field, and then two (2) defenders retreat behind their goal line. Continuous rotation. If the team in possession loses the ball out of bounds, play immediately transitions to the other team and two (2) defenders retreat behind their goal line. If necessary, limit touches. Score (1) point for turning and passing through a goal or (2) for combining with a supporting runner and scoring. 	 <p>30 yds.</p> <p>20 yds.</p>	<ul style="list-style-type: none"> ✓ Proper selection of passing surface ✓ Accuracy and quality of penetrating pass ✓ Disguise and deception of pass and runs ✓ Supporting positions in advance of the ball

Topic: **Penetrating Passes****Match Related II**

4 v 4 + 4 with goalkeepers to two large goals (30 x 40 area or as needed). Four (4) neutral/target players play for team in possession.

- Define direction for each team.
- Object is to strike a penetrating pass to a target player and then have that target player combine with a field player for a shot on goal.
- Target players can move laterally along the end line.
- Limit touches (1-2) for the target player to keep it realistic and encourage faster speed of play.
- Rotate target players after a determined number of goals or time is reached.

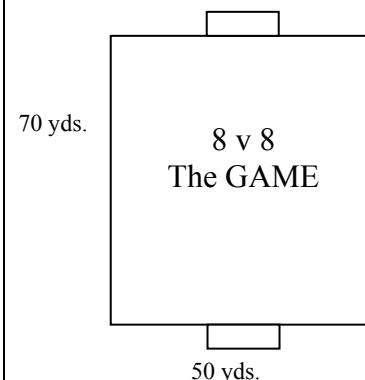


- ✓ Supporting shape and balance for team in possession
- ✓ Change of rhythm to exploit opportunities to penetrate
- ✓ Penetrate immediately in transition when possible
- ✓ Speed of play and fast, accurate decision making

Match Condition

7 v 7 with goalkeepers to two large goals (50 x 70 or as needed).

- Possible formation 2:3:2.
- No restrictions.



- ✓ Vary the attack (indirect versus direct) to off-balance the defending unit which will increase opportunities to penetrate
- ✓ All of the above

Cool Down

Players jog (dynamic movements). Stretch.

- Focus on major muscle groups.

- ✓ Reduce Heart Rate
- ✓ Static Stretching
- ✓ Review Session