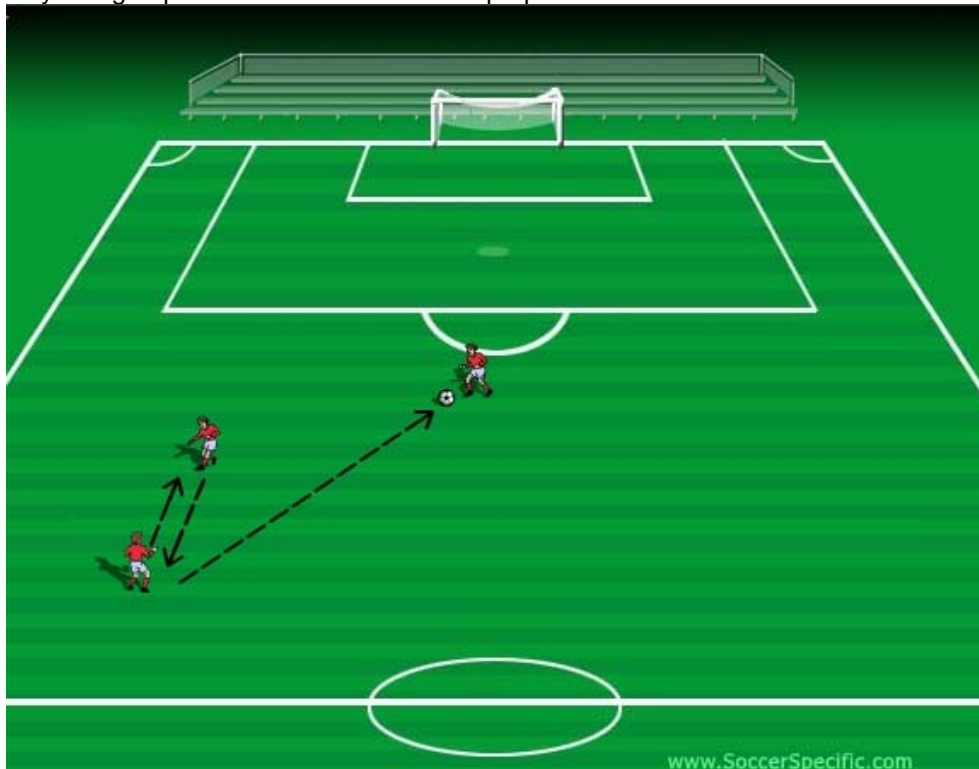


Session Emphasis:  
**Penetration**

**Activity #1 Warm Up:**

**Set Up:**

Players are organized into groups of 3 with one ball. **Note:** In Diagram (a) below only one group of 3 is used for illustration purposes.



**Objective:**

Players must “knock and move” anywhere on the pitch. The following movements are encouraged:

- Checking away to receive the ball.
- Checking towards to receive the ball.
- Variation of services – short, long, combination play etc.

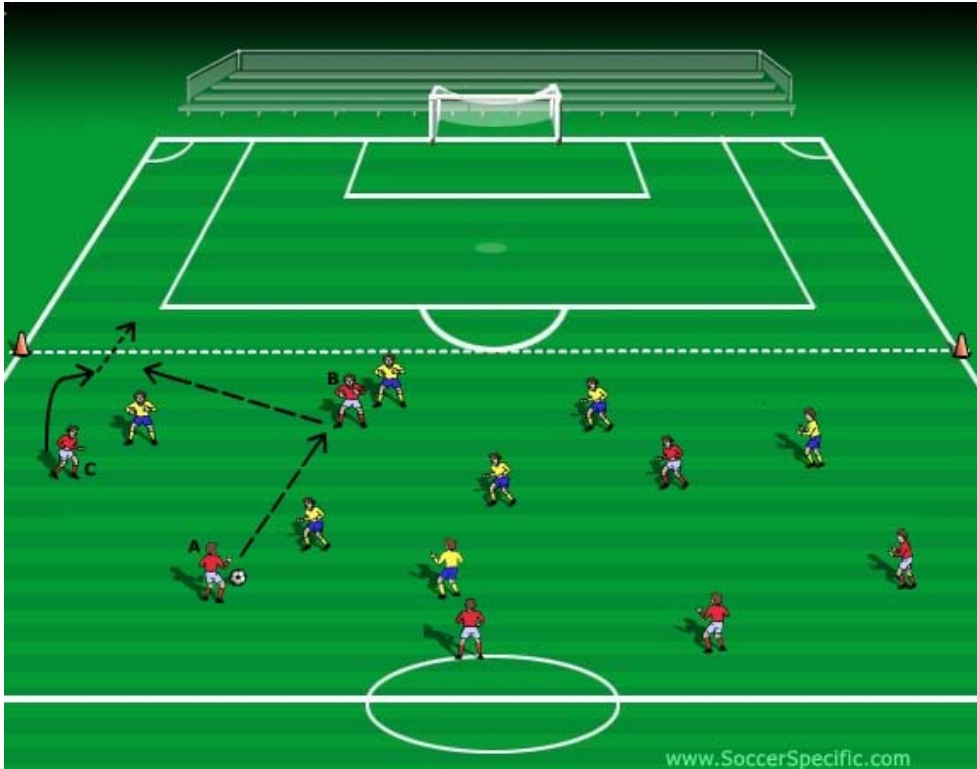
**Coaching Points:**

- Sharp movement – must be game realistic.
- Timing and quality of passing.
- Timing of runs.

**Activity #2:**

**Set Up:**

A 7v7 is organized as shown on a 70x35 yard playing area as shown in Diagram (b) below.



**Objective:**

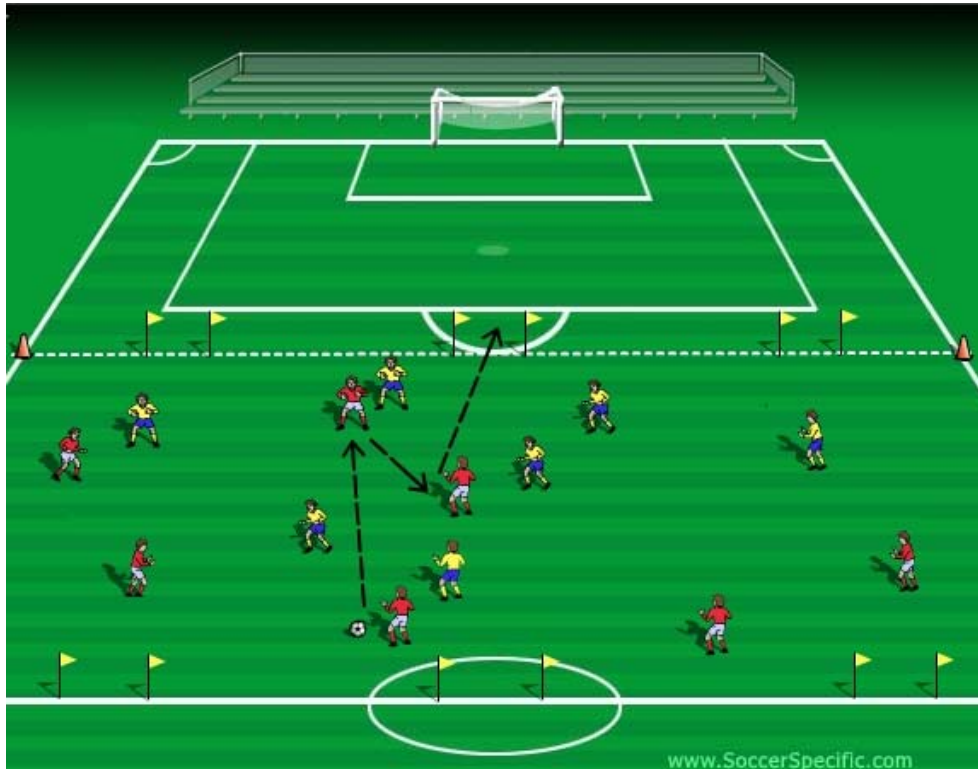
Both teams compete for possession of the ball and attempt to score points by penetrating their opponents end-line. Game is continuous for a designated period of time or for a predetermined number of goals. Players are encouraged to look for combination play to penetrate their opponents defensive line. In the above Diagram, Player (A) has passed to teammate (B). Wide player (C) has timed his run to get in behind his defender for a first-time ball from (B).

**Coaching Points:**

- Sharp passing and movement.
- Timing and quality of passing.
- Look for penetrating options – don't maintain possession for possession sake.
- Timing and coordination of runs off the ball.
- Communication – visual and verbal.

**Activity #3:****Set Up:**

Same playing area as above. Flags are used to create 3 mini-goals at each end of the playing area as shown below in Diagram (c).

**Objective:**

Both teams compete for possession of the ball and attempt to score points by penetrating through their opponents mini-goals. Game is continuous for a designated period of time or for a predetermined number of goals. Players are encouraged to look for combination play to penetrate. Players may also dribble through the mini-goals to score points. A two-touch restriction is in effect.

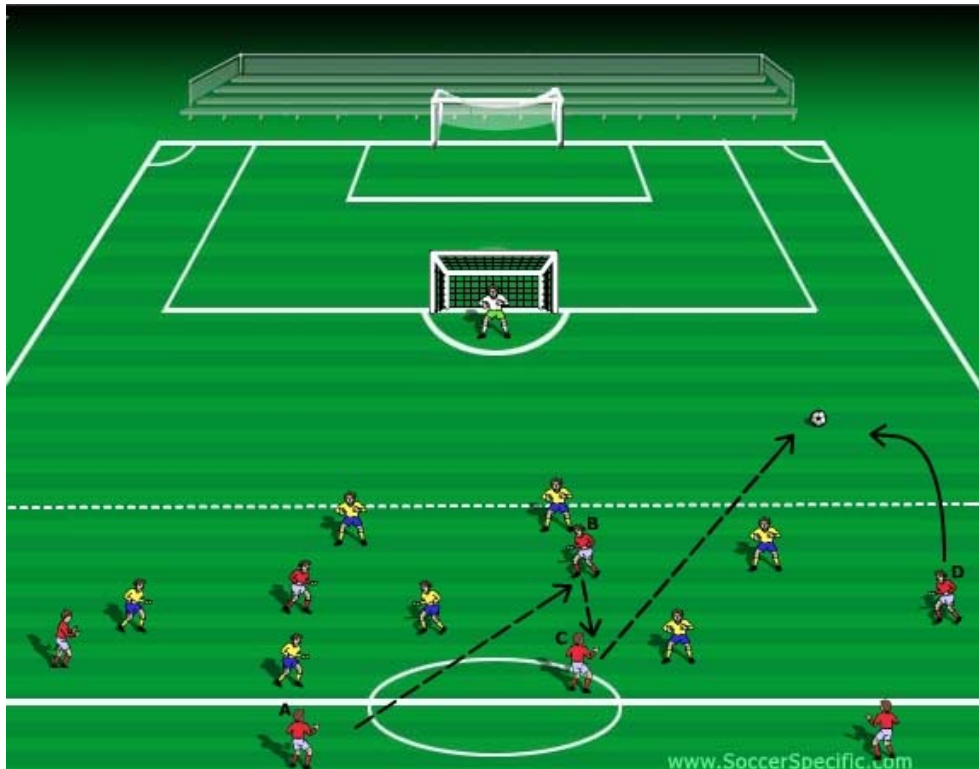
**Coaching Points:**

- Timing and coordination of penetrating runs.
- Switch play to attack opponents weak side.
- Timing and quality of passing.
- Look for penetrating options – don't maintain possession for possession sake.
- Communication – visual and verbal.

#### Activity #4:

##### Set Up:

Game is played from 18-yard line to other 18-yard line. Goals are placed on each 18-yard line. For illustration purposes only one half of the pitch is shown in Diagram (d) below. A 7v7 plus goalkeepers is organized inside the playing area. Cones are placed to create an "offside line" in each half of the pitch. Note: In Diagram below the white dotted line represents the "offside line".



##### Objective:

Both teams compete for possession of the ball and attempt to score in their opponents goal. Players may not go beyond the "offside line" until the ball is played – this encourages appropriate timing of runs and passing etc. The offside line also ensures that the attacking team has space to "penetrate" into. In the above Diagram, Player (A) has pass to (B). Player (B) is marked from behind and lays the ball off for supporting player (C). Player (C) plays a penetrating pass through to (D) who has made a well-timed run forward. Player (D) can opt to go to goal or cross for supporting teammates making runs into the box.

##### Coaching Points:

- Timing and coordination of penetrating runs.
- Timing and quality of passing.
- Look for penetrating options – don't maintain possession for possession sake.
- Communication – visual and verbal.

**Final Game:**

An 11v11 is organized on a full pitch as shown in Diagram (e) below. No restrictions apply. Formations are: 3-5-2 and 4-4-2.

Players are encouraged to apply **ALL** previous coaching points in a full field environment.



In the above Diagram, Player (B) has made a positive pass to center forward (C). Player (C) has layed the ball back for wide player (D). Player (D) decides to penetrate off the dribble.