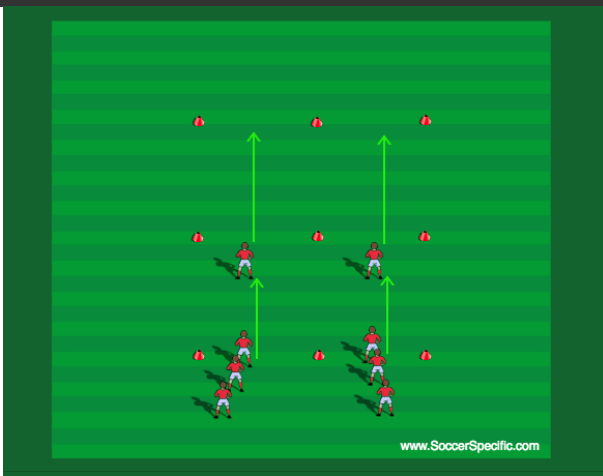




Mario Sanchez - Combination Play to Penetrate in the Final Third

Date: Sep 08, 2016 | Team: SoccerSpecific

Duration: 60 min

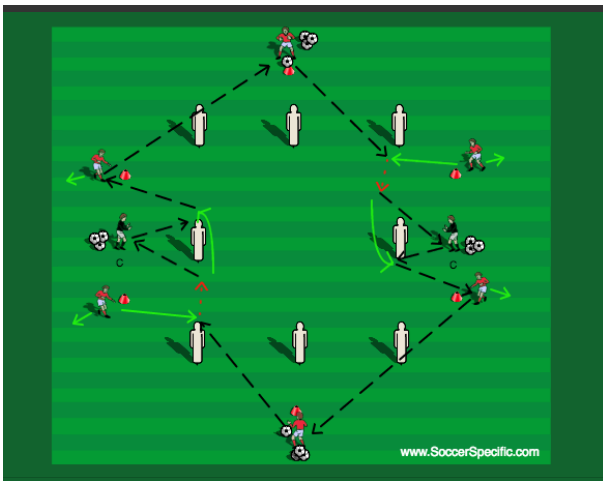


1 ⌚ 8-10 min ↗ As shown

Setup: Dynamic movement warm-up

Instructions: Physically and mentally prepare the players for training. 8-10 minutes of movement to activate the body and mind.

Coaching Points: Hit all major muscle groups and raise the heart rate.

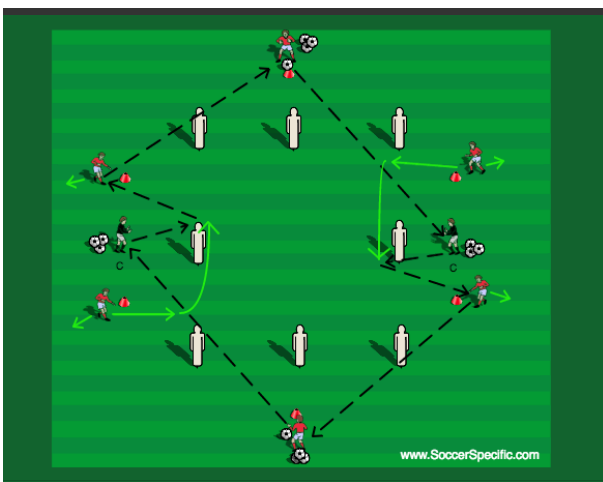


2 ⌚ 4-6 min ↗ As shown

Setup: Wall pass and combination play between the lines. 6-12 players per grid, two identical grids depending on your numbers. Place eight mannequins as shown, mannequins are 10 yards apart. Coaches are on either side of the grid to help facilitate the activity.

Instructions: Players work on receiving the ball in "space between the lines" on a half turn. Use the coach for different combination play to beat the "defender" in order to penetrate. Change directions half-way through so players work on receiving the ball with both feet. 2-3 minutes each direction. Players rotate by advancing one cone.

Coaching Points: Weight of the pass, circulate the ball quickly, receive the ball on a half turn in order to quickly penetrate on the dribble on your first touch, and timing of runs.



3 ⌚ 4-6 min ↗ As shown

Setup: Wall pass and combination play 3rd man running. 6-12 players per grid, two identical grids depending on your numbers. Place eight mannequins as shown, mannequins are 10 yards apart. Coaches are on either side of the grid to help facilitate the activity.

Instructions: Same set up as before, only now, balls are played directly into the "target" who plays the third man running in behind the defender. Change directions half-way through so players work on receiving the ball with both feet. 2-3 minutes each direction. Players rotate by advancing one cone.

Coaching Points: Weight of the pass, circulate the ball quickly, and timing of runs. 3rd man must time his run in order to make sure he is not running in-behind before the layoff occurs.



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Setup: 10v10 possession into a zone, position specific, two teams are organized in a 4-2-3-1 formation as shown. Middle zone is 75X 40 with two, 7 yard end zones on each side. A coach is placed behind each end zone with plenty of balls in order to dictate the pace of the activity and initiate the point of attack.

Instructions: Use combination play to penetrate space behind the defending team. Normal possession in the middle zone with the purpose of finding a penetrating through ball into the end zone. To score a point, team must penetrate the opposing teams' zone using different combination play. (wall pass, through ball, third man combination play). Defending team cannot enter the end zone. 3X3-4 minutes, determine overall winner based on point accumulation. If a point is scored, the scoring team starts the point of attack again from their coach. If the ball goes out of play, a new ball is started from the coach.

Coaching Points: Individual and group spacing to create space to attack, timing of runs into space, weight of the penetrating passes.

4

🕒 9-12 min ↗ As shown



Setup: 11v11 penetrating the final third zone. Two teams are organized in a 4-2-3-1 formation as shown. Middle zone remains 75X 40, two big goals are placed on the penalty spot on each side of the playing area.

Instructions: Use combination play to penetrate space behind the defending team and go to goal. Normal soccer rules apply, three zones, teams continue to play in the middle third of the field. Once a team has successfully played behind into the final third, the player who has played the ball and one additional player may attack the goal. Teams may not defend in the space behind the two offside lines. Offside rules apply. 3X3-4 minutes.

Coaching Points: Individual and group spacing to create space to attack, timing of runs into space, weight of the penetrating passes, finishing on goal.

5

🕒 9-12 min ↗ As shown



Setup: 11v11 game, normal soccer rules apply.

Instructions: Use combination play to penetrate space behind the defending team and go to goal. Offside rules apply. 2X5-8 minutes.

Coaching Points: Individual and group spacing to create space to attack, timing of runs into space, weight of the penetrating passes, finishing on goal.

6

🕒 10-16 min ↗ As shown

