



Junior Gonzalez- Play Through Lines Find The #9

Date: **May 25, 2016** | Team: **Seattle Sounders ...** | Duration: **50 Minutes**

Intensity: ● (4/10) | Category: **Tech / Tact**



1

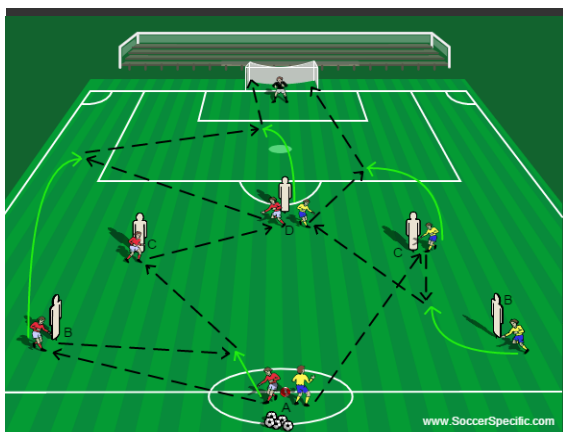
⌚ 3X5 Min ↗ 50X44

Setup: 7V7+1 Looking to encourage quality play through lines incorporating the entry pass into the #9. 3-3-1 formations.

Instructions: Variation 1:

Red team can play the #9 that is in the end zone, #9 has free reception and two touch to set a supporting player. That player can dribble into the reds end zone or play a 3rd man running into the zone. Variation 2: Add a defender on the #9 that allows a free first touch. The #9 set supporting player, that player can dribble into the zone for one point or find the third man running for two points.

Coaching Points: Focus on timing of the runs by the #9 and supporting players to create opportunities to play balls in behind. Visual cues and communication along with technical ability to weight the proper pass into the proper foot. Recovery is 2X2 minutes.



2

⌚ 2X6 Min ↗ Half Field

Setup: Quality passing patterns and game realistic movements with finishing on goal.

Instructions: Variation 1: Player A plays to B who sets A to play C who receives on the back foot going forward to play D that plays B on the overlap who plays an early whipped ball on the ground to D. Player D finishes, retrieves the ball and starts to the other side at A. Variation 2: A plays to C, C sets B that plays a firm ball to D, D plays C to finish on goal. Player D retrieves the ball and starts on the other side at A.

Coaching Points: Solid body positioning, receive back foot to go forward, weight of the pass, visual cues and movement off the ball. Recovery is 2 minutes between sets.



3

⌚ 2X6 Min ↗ 42X70

Setup: 8V8 To goal, 1-3-3-1 formations.

Instructions: No restrictions, looking to reinforce principles from the previous two progressions.

Coaching Points: Expected results should be quality free play with good attacking rhythm. Make sure the supporting runs for the entry pass to the #9 isn't too close. Focus on team spacing and working relationships within the framework of the team. Be sure to address the penetrating runs behind the #9 from the wide players or attacking midfielder.