



Penetrate Your Opponent

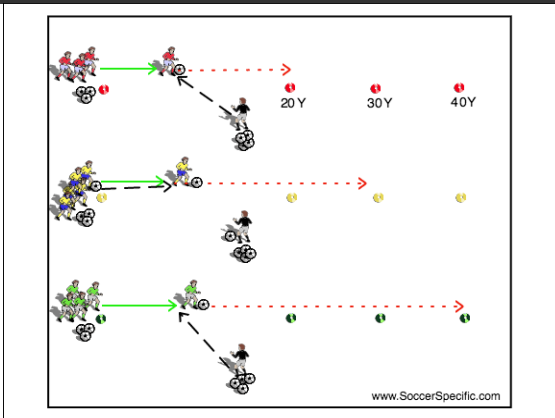
Date: Jul 03, 2017

Duration: 60 Min

Team: SoccerSpecific

Intensity: ● (6/10)

Category: Tech / Tact



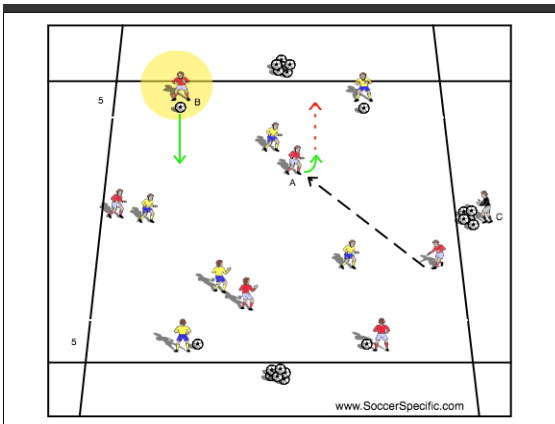
1

⌚ 20 Min ↗ 40X20

Setup: Groups of 4-6, 2-3 repetitions per variation per distance, 12-18 total sprints, 360-540 yards total sprint distance covered with and without the ball.

Instructions: Start with movement prep, 15 yard distance: side shuffle, 2 and 2 forward shuffle, high knees, carioca, open hips forward, open hips backward. Progression 1- shown with yellow players, the second player in line slips a ball through for the first player in line to react and run onto it and dribble at pace to the 20 yard cone. Progression 2- shown with the red players, the coach plays a ball which initiates the sprint from the first player in line to arrive to the ball as quickly as possible and dribble at pace.

Coaching Points: Between progressions include dynamic movements: 1- kick straight, kick across, knee hug hamstring, quad stretch. 2- lateral lunge to balance, lunge reach and rotate, deep squat side to side. 3- Reverse lunge to hip cradle, on back alternate leg swings, flip over head to heel. 4- stability bounds lateral, straight leg skip 20 yards. Proper sprint mechanics, first step must be forward, punch leg and arms forward towards the ball. No wasted movements or steps, acceleration and deceleration when manipulating the ball at pace.



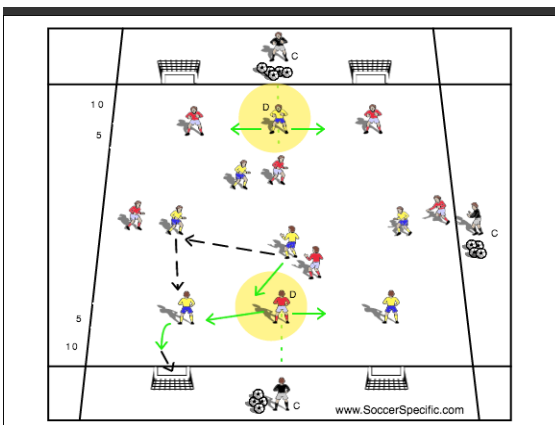
2

⌚ 4X3 Min ↗ 35X40

Setup: 4V4 inside playing area with a player from each team inside five yard channel with a ball at their feet. Multi-directional when the coach plays a new ball into playing area. Coach dictates possession and tempo of activity.

Instructions: The objective of 4V4 in the middle is to maintain good possession in order to open up space and dribble over end line. As shown, player A has dribbled over end line and player B highlighted in yellow has penetrated playing area on the dribble. The red team can maintain possession and dribble across other end line. If ball goes out of bounds a new ball is played in from the coach. Only when a new ball is played in can the team choose which direction to attack, if ball is turned over they must attack other end line.

Coaching Points: When to dribble? When to pass? Be aggressive and take players on 1V1, if things close down quickly put your foot on ball and switch point of attack. Player waiting in the channel must anticipate where space to attack will be and enter playing area there, thus making it difficult for the four defending players in the middle to react, recover and deny penetration.



3

⌚ 2X5 Min ↗ 55X45

Setup: 7V7, as shown 4V4 inside the playing area with two attackers and one defender in each of the five yard channels. Directional play to two small goals. The two attackers must stay in their half of the channel but the defender can defend either attacker.

Instructions: The players in the middle must possess the ball in order to find one of their attackers with a penetrating pass to feet, once ball is received in five yard channel, one att player can join the channel making it a 2V1 to goal. If ball is won by the def or goes out of bounds, a new ball is played in by the coach standing behind the two goals. If ball goes out of bounds during 4V4 possession in the mid playing area, a new ball is played in from the coach on the side. Play for a designated amount of time and keep score.

Coaching Points: Draw the opp in, quickly switch point of attack and find appropriate penetrating pass to the target. Create overloads by beating the opponent 1V1 on the dribble. Execution of the 2V1 in the final channel to goal, committing numbers forward with a penetrating run by a joining midfielder into the channel.



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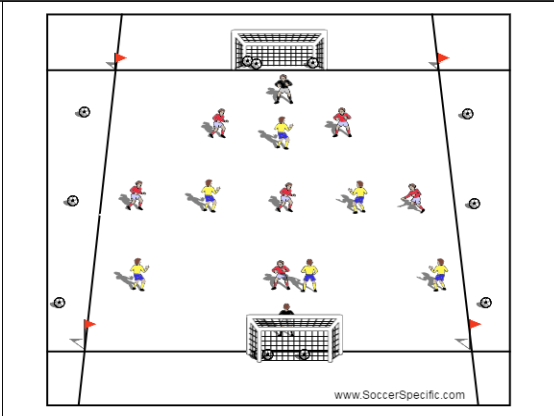
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Setup: 8v8 to two big goals, organize your teams in a 2-3-1 and 3-2-1 formations.

Instructions: All players must be over the half field line for the goal to count.

Coaching Points: All previous coaching points

4

⌚ 2X10 Min ↗ 70X50