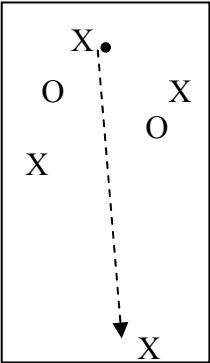
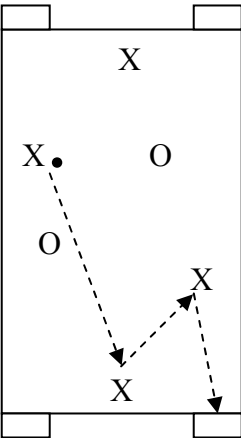
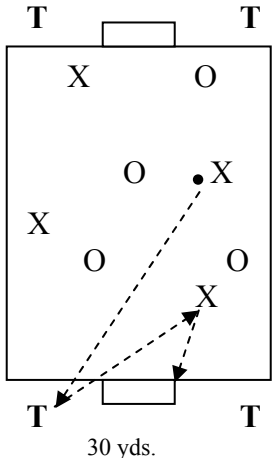
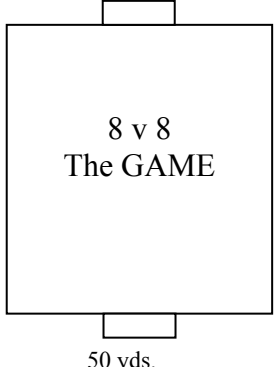


Topic: **Penetrating Passes**

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			
<p>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.</p>	<ul style="list-style-type: none"> ▪ 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. 		<ul style="list-style-type: none"> ✓ 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			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 or as needed).</p>	<ul style="list-style-type: none"> ▪ Possible formation 2:3:2. ▪ No restrictions. 		<ul style="list-style-type: none"> ✓ Vary the attack (indirect versus direct) to off-balance the defending unit which will increase opportunities to penetrate ✓ All of the above
Cool Down			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> ▪ Focus on major muscle groups. 		<ul style="list-style-type: none"> ✓ Reduce Heart Rate ✓ Static Stretching ✓ Review Session