

Milton YS – Week 7: Penetration Exercise

Category: Tactical: Penetration

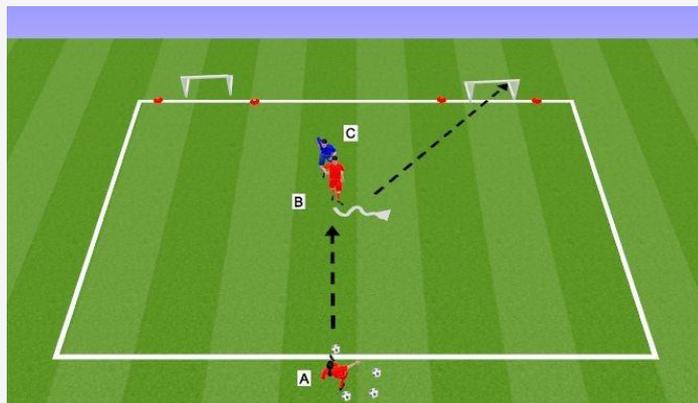
Difficulty: Moderate



Hermes Lima Soccer Academy, Quincy, United States of America

Technical Warm Up (15 mins)

A pass to B. B tries to turn and attack, dribble thru, either goal. A goes to B's position. C gets the ball and goes to the top line up. Progression. 2 v 1. Passes back and clears space.



Penetrating a low block (20 mins)

THE SESSION: 4v2/2v1 Defensive shape

Red players attempt to score in either of the 2 small goals.

Blues attempt to win possession and make one pass before they dribble out the end line

Progression: 1.) add second attacker. 2.) add 3rd defender

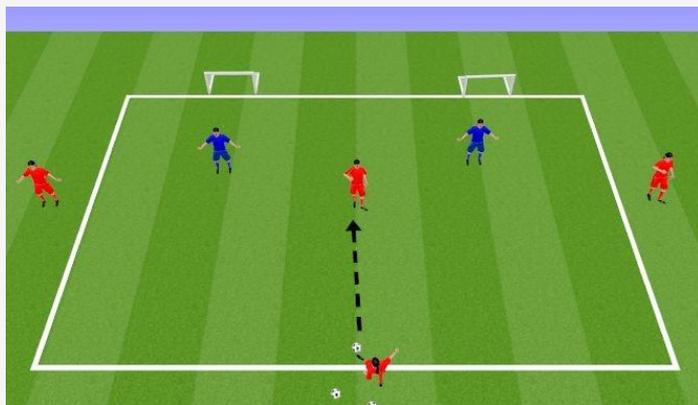
KEY MESSAGES/POINTS:

Speed of play from reds to move defending team to provide opportunities to play forward.

Defensive shape to prevent being scored on but also how can they set traps to win possession back. Quick transitions.

Receiving in half spaces

Pressure, cover and balance.



4 v 4 Penetration exercise (25 mins)

4v4 in Mid Zone

After 3 passes team can play a pass into attacking endzones player running in is unopposed but 1v1 with GK

Progress

Defender can follow in to steal the ball

Directional

Decisions

Keep Possession or play it through

Diagonal Pass for a Straight Run

Diagonal Run for a Straight Pass



SSG (P1) (20 mins)

THE SESSION:

A and B at different times play balls into the central player who then can play a wide player or turn to play the center forward. 3 forwards attach 3 backs. Central player can support but not shoot.

PROGRESSIONS:

Add a defender to cover the central player.

KEY MESSAGES/POINTS:

