



passing square warm up

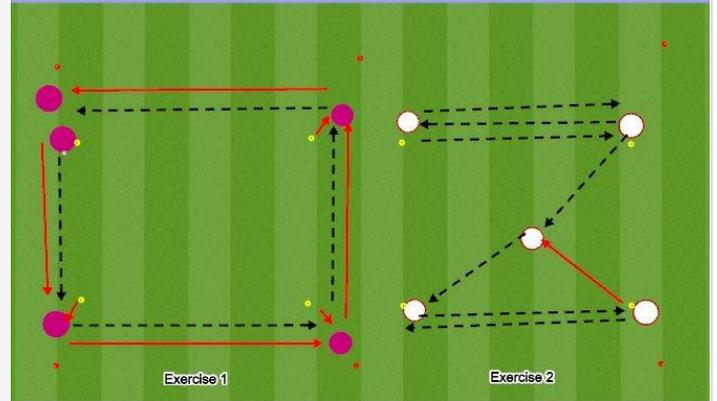
Organization

- 30x20 field split into 2 field
- 2 squares
- 5-6 players per square
- 1 ball

Instructions

Exercise 1

1. Player with ball will start rotation by passing the ball clockwise then follow their pass
2. Receiving player will check away from cone and take a touch into space then follow their pass
3. Make it into a competition first team to connect 20 passes wins 1 MVP each
4. Make the passing pattern counterclockwise



Exercise 2:

1. Players on side of the box will play 3 wall passes to each other
2. One player on the opposite side will check in to receive the ball and pass to player waiting to receive on his/her side
3. Receiving player will repeat passing pattern with next player on his side

Coaching Points

- communication
- weight of pass
- body shape to receive pass
- signal to desired foot to receive ball
- quality of first touch
- head up after receiving pass
- speed of play

Progressions

- team vs team competition on number of passes completed

MPWU #6

Organization

- 2 squares 6-8 players per group
- spare balls

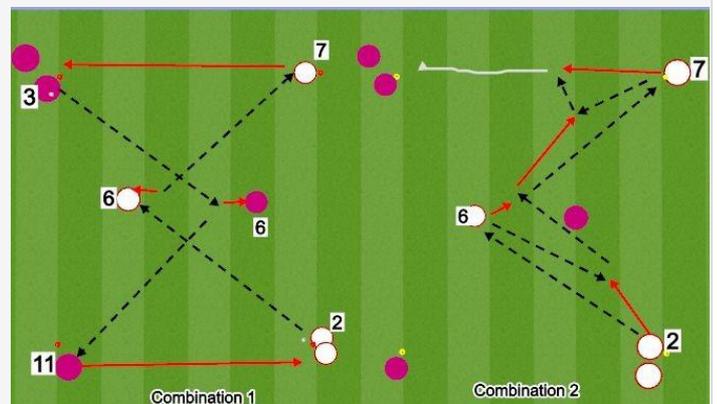
Instructions

Combination 1:

1. Players #2 and #3 will start a ball with two numbers #6 players in the middle ready to receive
2. #6 will check away and receive a pass from #2 on their back foot and pass ball to #7
3. #7 will then dribble forward towards #3
4. opposite side will perform the same passing pattern at the same time
5. Rotation: follow your pass to take up next position

Combination 2

1. #2 will pass to #6 then follow their pass to play a wall pass/through combination with #6
2. #6 will then play a pass to #7 and play a 1-2 combination with #7
3. #7 will dribble towards #3
4. opposite side is performing the same passing pattern



5. Rotation: follow your pass to take up next position

Coaching Points

- training position
- head up
- playing to the correct foot
- body position to receive
- weight of pass
- quality of pass

Progressions

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3v1/3v2

Organization

- 2 grids with pug goals
- split players into 2 teams different colors
- spare soccer balls

Instructions

1. player in possession must penetrate to goal
2. there will be 2 support players who are restricted to the wide area (they can go up and down) who can combine with middle player
3. if defender wins the ball the player can attempt to penetrate to 2 gates and also combine with the 2 support wide players
4. attacker becomes defender and rotate support players after a couple of rounds

Coaching Points

1st attacker – Penetration vs Possession

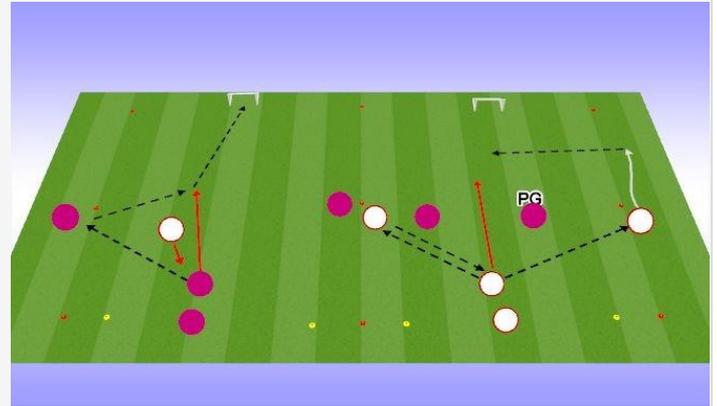
- Looking to penetrate as the first thought
- Head up to see 3rd line (player finding passing lane) and play vertical passes
- Patience in buildup play, if they can't penetrate, then play sideways
- Do I play to feet or space? -
- Weight of pass to move defenders to create lanes
- Disguise of pass to play through the lines
- Isolate defenders using intelligent runs
- provide depth when not in possession of ball

2nd attacker (7/11)–

- Supporting angles to receive
- When to move - Recognition 1st attacker need support and early movement (as ball travels)
- Where to move (angle to receive). Deep or as wide as possible?
- Body shape technique to receive-
- Quality of touch (angle / distance – do I drive or play quickly?)
- Decision making where to play as the ball is moving
- make a run to open up passing lane to create space, 2v1 or 3v1
- first touch to explode into space
- demand ball
- 3 options for penetration
- 1. maintain ball (short passes)
- 2. play around the defensive block (find a wide player)
- 3. penetrating pass (killer pass through the defensive block)
- speed of play

Progressions

- remove support players restrictions allowing players to interchange positions if needed
- add a GK



Scrimmage (25 mins)

Organization

field size 20x25

2 pugs or 4 pugs with goals with GK

spare balls

Instructions

- team must set themselves with 3 lines of attack defense- midfield- forward

-observe game and let players make decisions

-if necessary, step in and guide players on when to dribble, pass or shoot

-most importantly naturally enforce topic that was practiced on today's session

Coaching Points:

-communication

-reinforce knowledge of game rules (restarts and game related topics)

-enforce what was practiced on the session

Principle of Play Week 8: Penetration

