Organization: **Lucan Soccer Club** Week: **Week 1**

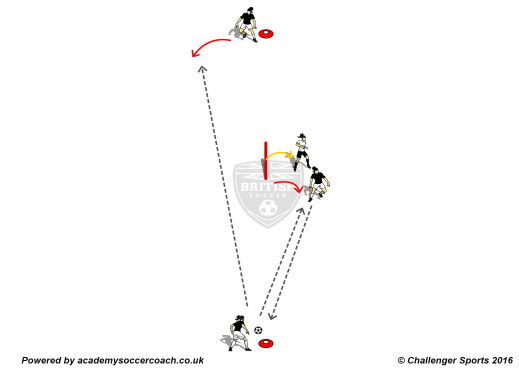
Age Group: **U12-U14** **90** Minutes

Category: **Competitive**

Topic: Passing and Receiving for Penetration

Objective: Increase the speed of play to unbalance opposition and find seams to penetrate with drive or through ball

Session Part: Technical Warm-up

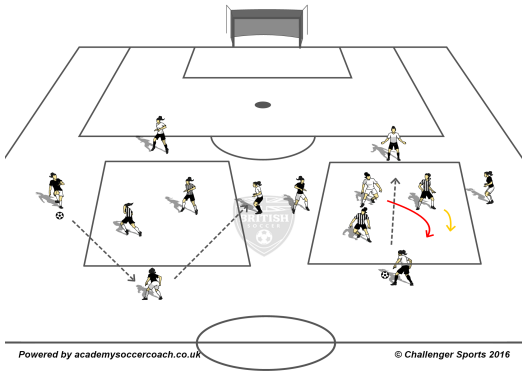


Organization	Time: 15
Area:	10 + 10
Numbers:	4

- 3 players work a short-short-long combination dictated in direction by central players initial movement off defender. Defender acts passive but stays tight to central attackers movement off pole.
- If central attacker moves left the player on the ball must play a pass quickly and accurately - when and where central attacker wants the ball. This movement tells the long ball option to move to the opposite (right) side to utilize space central attacker ad opened up.

Progressions	Coaching Points
- Central attacker makes flat run towards low team mate, performs tight 1-2, low attacker takes touch beyond central attacker and defender to penetrate space in behind them with a dribble and finally distributing to high attacker	- Weight and accuracy of pass - if slow or inaccurate it gives the defender opportunity - Speed of play - as few a touches as possible to take quick advantage of space opened up by central attacker

Session Part: Small Sided Game

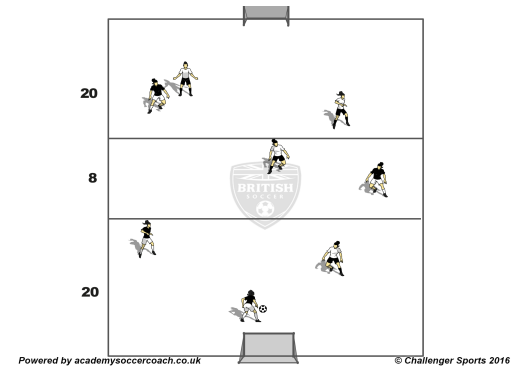


Organization	Time: 20
Area:	15x15
Numbers:	6/7

- 2 teams of 2 play the ball around grid keeping it away from the 2 defenders. Which ever pair of 2 loses the ball switches with defenders.
- A point is scored every time the attackers split the defense and get a ball through to the attacker opposite.

Progressions	Coaching Points
- Add an attacker into the grid to either play through or to create space by screening/drawing defenders	- A penetrative pass can only come from a disorganized defense which is a result of a good speed of play - Increase speed of play through positive 1st touch, support play and strong, accurate passes

Session Part: Expanded Small Sided Game

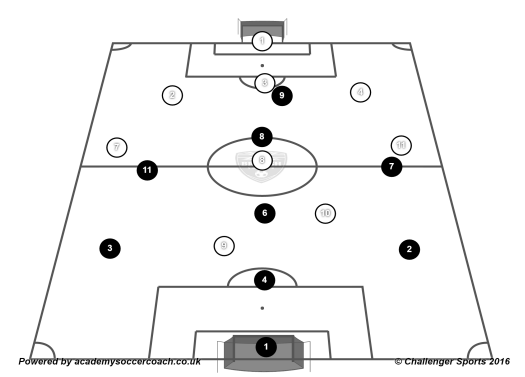


Organization	Time: 25
Area:	48x30
Numbers:	8

- 4v4 - The ball must be passed through central third or a penetrative drive from within the defensive third. The midfield player in the central third works the space to receive the ball for a short-short-long combination or to pull defender out to create space for the long ball to forward player, or penetrative drive from defensive third. As soon as the ball is in the attacking third the midfielder can join giving a 2v2, or the player who has driven from within their defensive third will create 2v2 in the attacking third.

Progressions	Coaching Points
- Add more players to central third to increase difficulty to penetrate.	- Movement off the ball, especially midfielder and player in the attacking third who should react to mids movements. - Range of passes:play in all directions -short & long

Session Part: Game



Organization	Time: 30
Area:	Full Field
Numbers:	9v9

- 3-4(diamond)-1 vs 3-3-2
- Attacking team has multiple lines to play though while defending team gives opportunity to find seams for penetrative drives or passes.

Progressions	Coaching Points
- Double points given for a goal directly from a through ball or drive through the back line	- Role of midfielders to create space for penetration. - Movement of forwards to stay active in play while ball is in defensive third.

Email Session Print Session

© Copyright Challenger Sports 2016