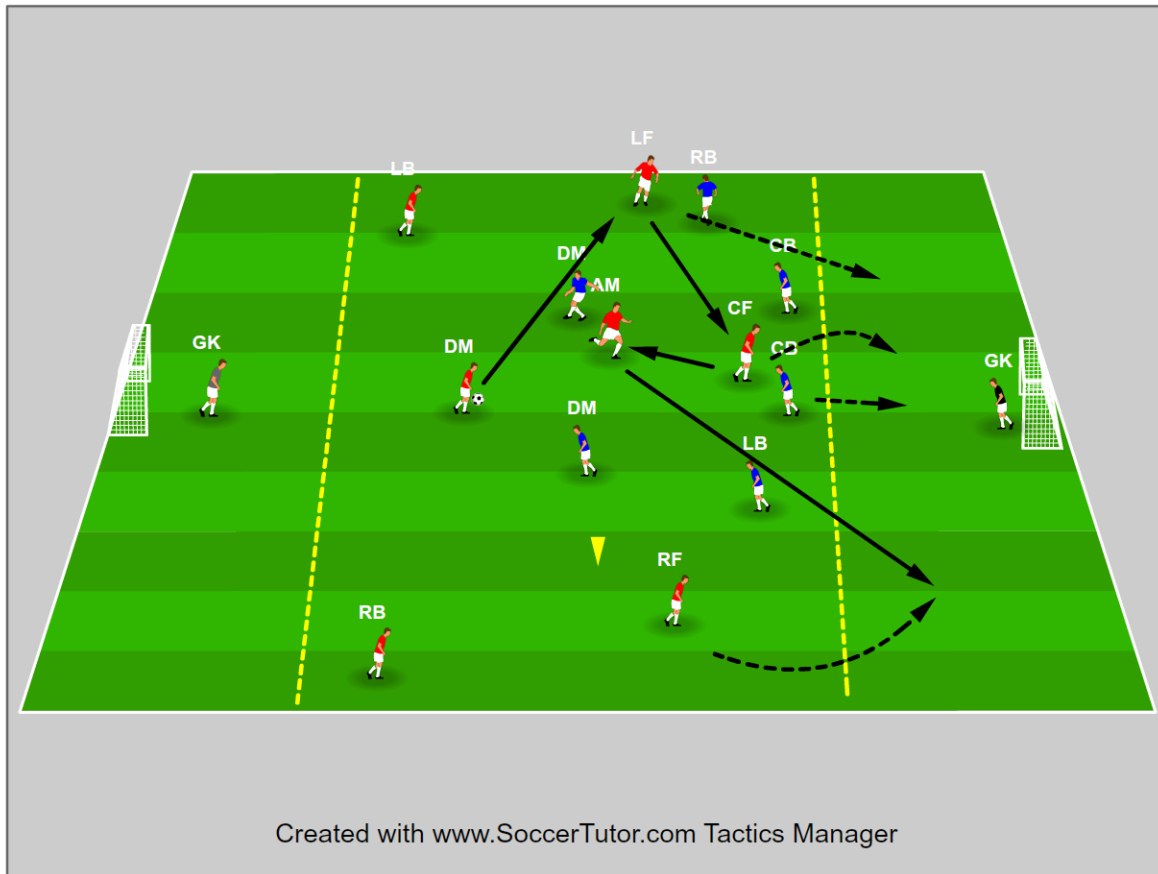


8v7/8V8 Penetration to Goal



Date:	15/Jan/2014	Measurement:	2 Thirds of a Pitch
Time:	N/A:N/A	Players:	16
Duration:	20	Level/Age Group:	U11 - 18+

Description: Attacking team is set up on a 2-1-1-3 (as illustrated in the diagram). Defending team is set up in a 4-2. Teams play within the center 3rd of the field. Teams can not enter the attacking 3rd until a penetrating ball has been played through first. Once in the attacking 3rd two attackers may join the play, as well as one defender, in an attempt to score on goal. Can progress and add more defenders to increase difficulty.

Objective: To the our 3 forwards to work off each other to create opportunities on goal. For the 3 forwards to recognize and exploit the space between the back and mid field lines.

Coaching Points:

- How and when to create space.
- Recognition of Numbers up an Number down situations.
- Combination play to disrupt the back line shape.
- Penetrating dribble to attack and isolate a defender (1v1).
- Penetrate balls through the back line.

Progression: Add or take away attackers and defenders to increase or decrease difficulty.