

Title:7v2 Penetrating Centrally

Phase:1, Begin The Attack

Age:Youth Development Phase

Intensity:Low-Medium

Technical

- Disguised Passing

- Passing Speed Variations

- Dribbling skills

Tactical

- Patient build up play

- When to Penetrate - When to Keep

- Changing speed

Physical

- Cardiovascular Endurance

- Muscular Strength

- Agility

Psychological

- Decision Making

- Communication

- Confidence

Area Size: 30x30 Area

Players:8 +

Duration: 16 Minutes

Session

Set Up / Organisation

Key Coaching Points

1) 30x30 Area (10x10 Central Area)

2) Attacking Players & Defenders

3) Footballs

1) Quick and Creative Movements

2) Patient Possession

3) When to keep, when to penetrate

Progressions

Player Challenges

1) Add in goals for the defending team to score in once gained, increasing competition

2) Add in more defending players and build up pressure on the ball

3) Advance to a small sided game version

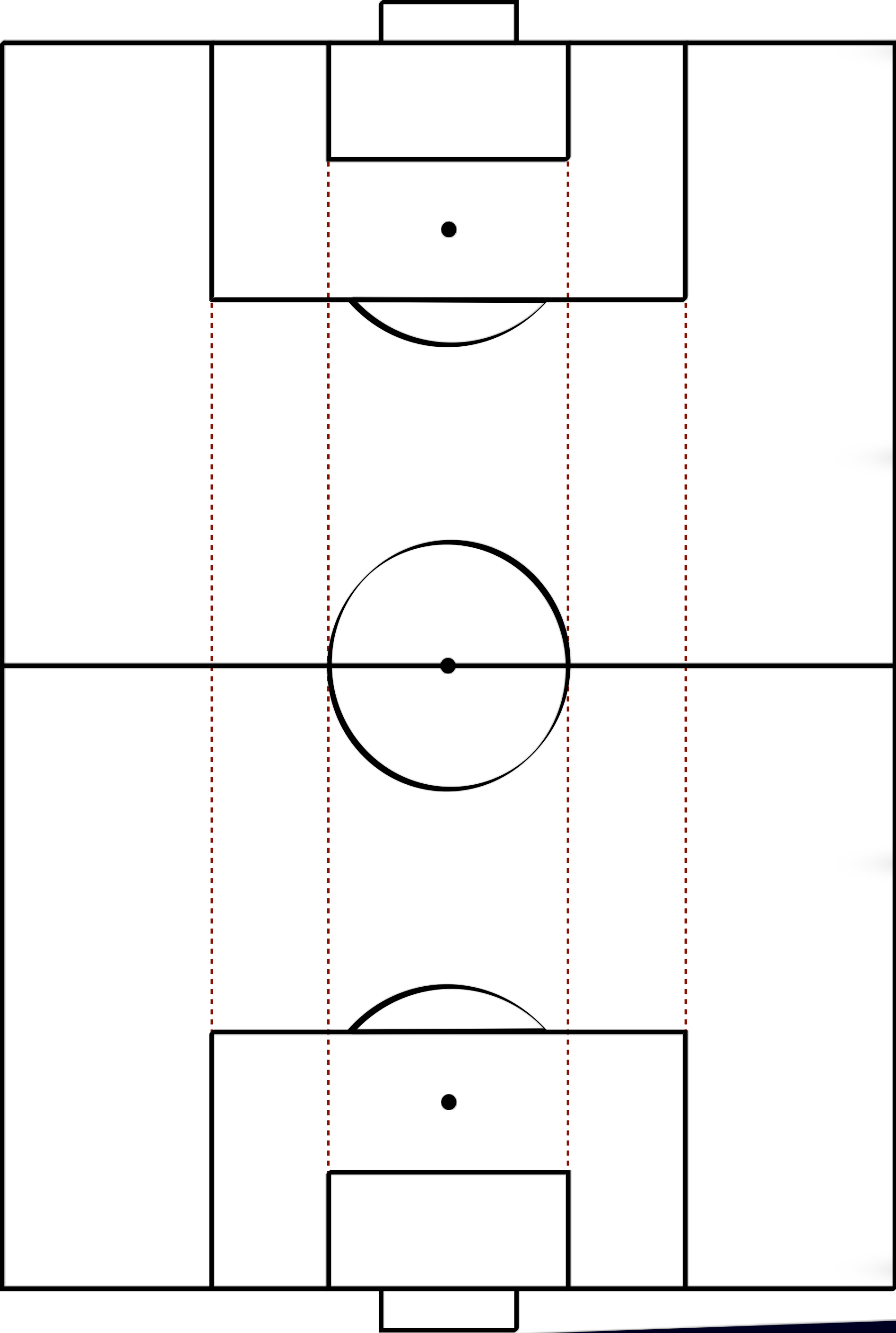
1) Can you be patient when building up?

2) Are you reading the game and defence decisions, hw can you adapt this?

3) How can you draw defenders out to exploit space elsewhere?

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Reflective Practice

What Went Well...

- _____
- _____
- _____

What Needs Changing...

- _____
- _____
- _____

Future Considerations...

- _____
- _____
- _____