



Passing & Penetration

Category: Tactical: Penetration

Skill: U16

Pro-Club: SportSessionPlanner.com
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Warm Up (15 mins)

Organization:

1. 20 x 20 yard area set up as shown
2. 12 players (6 Attackers, 6 Defenders) set up as shown
3. 1 ball per player

Instructions:

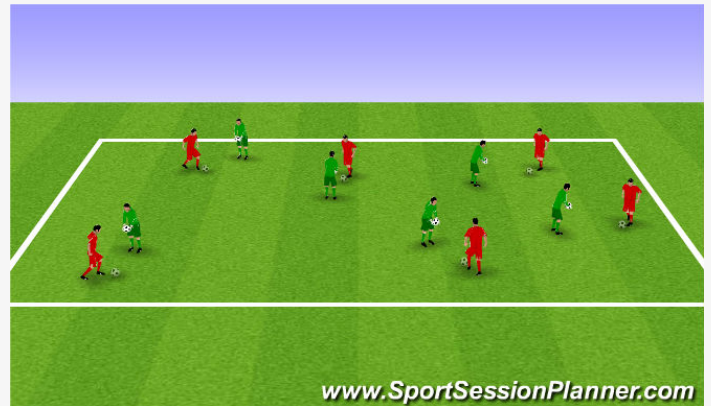
1. Attackers score by not letting the defender hit their ball with their ball
2. Defenders score by hitting the attackers ball or if the attacker dribbles out of the area
3. Defenders have the ball in hand and attackers have to dribble
4. Play for a set time limit then check the scores
5. Rotate players so that they play against different players

Coaching Points:

1. Change of speed
2. Change of direction
3. Experiment with different turns as you attempt to lose your partner

Progression/Regression:

1. P – Both players now have the ball on the ground and the object is to hit the ball with a pass
2. R – Increase the area size so that players have more space to turn into



Passing Pattern - Y (20 mins)

Y Passing Pattern

Set-up: Cones set in "Y" pattern 12 yards from start and 15 yards from center with 3 yard gate.

Organization: 4-6 players in each pattern with 2-3 balls. 3 minutes per activity.

Activity starts with check away from B. C must also create space away from cone.

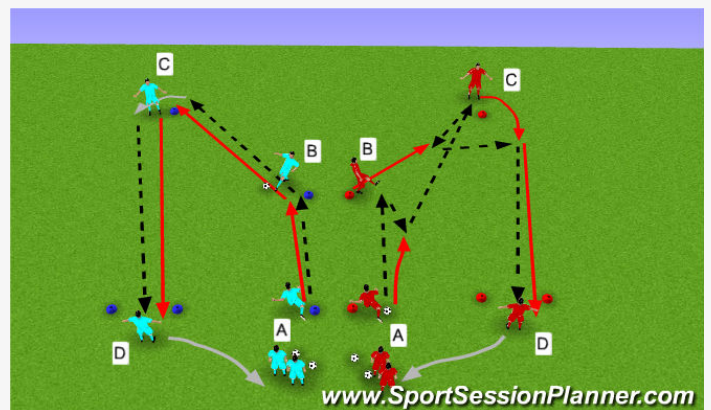
Activity 1: A passes to B. B passes to C. C receives behind cone. C passes to D. Follow your pass

Activity 2: A passes to B. B sets A. A passes to C. C receives behind cone. C passes to C. Same rotation as Activity 1.

Activity 3: A passes to B. B sets A. A passes to C. C walls with B. C passes to D.

Coaching Points

Technical pass and receive - plant foot, follow through, locked ankle | Timing of movement | Shoulder check | MATCH SPEED!



Related Activity (30 mins)

Penetration Related Activity:

Set Up: 3 zones (Final third, zone 2 is 2v1 and 6v3 in zone 1)

Instructions:

Activity starts with team blue goalkeeper who plays out ball to team mate in zone 1

Objective of the game is to play a penetrating pass or dribble into zone 2 to create attack chance

After ball played into zone 2 attacking team in possession are allowed 2 other players to join attack and create 3v2 situation

At start, 2 defenders from channel enter zone 1 to pressure attack must return to channel when ball played into zone 2 (defenders in channel rotate).

Note: If defending team win the ball they can try score in the opposing goal

Prog: further 1 attacker and another defensive midfielder can enter into zone 2 to create 4v3

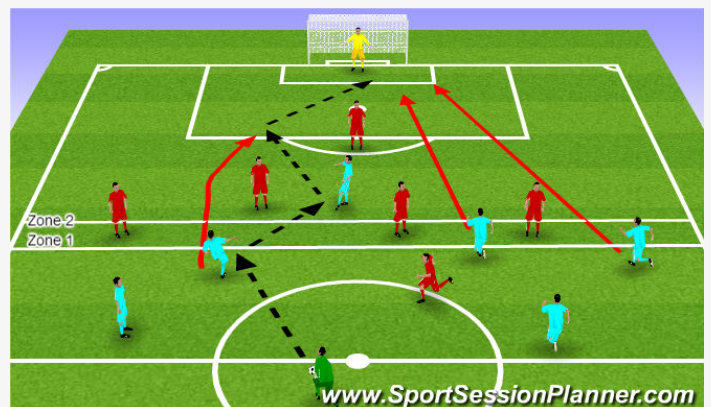
Note: (Can be any defender)

Coaching Points:

Pass so important!!!

Encourage striker stays as high up pitch as possible (provides space to penetrate)

Try to suck defenders out of position



Coaching 7V7 Game (30 mins)

Coaching 7V7 Game:

Emphasis on blue team 2-2-2 against red 2-3-1

Coaching Points:

Creative movement off ball to allow penetration pass
Good decision making (penetrate behind opponent backline by looking for splits)
Vary type of passes
Moving with the ball

