



Week 4- U9-12 Learn To Train - Passing To get forward (Penetrate)

Category: Tactical: Penetration
Difficulty: Beginner

Reseller-Club: Premier Users' Club
Cyprian McFarlane, Brampton, Canada

Warm Up (15 mins)

Organization: 2V2 in the middle with two neutrals on the outside. 3 teams of 2, keep rotating to play each other every 90 seconds. Players have the ball in their hands and have 90 seconds to score as many goals as they can. They score by receiving from one neutral player and passing to the other. If defending team intercepts, a pass is incomplete or the ball goes out of the playing area, the ball is turned over to the opposition team. All three teams play each other once. The winning team plays the winning team from the other group with the best runners up taking the final spot. Play again.

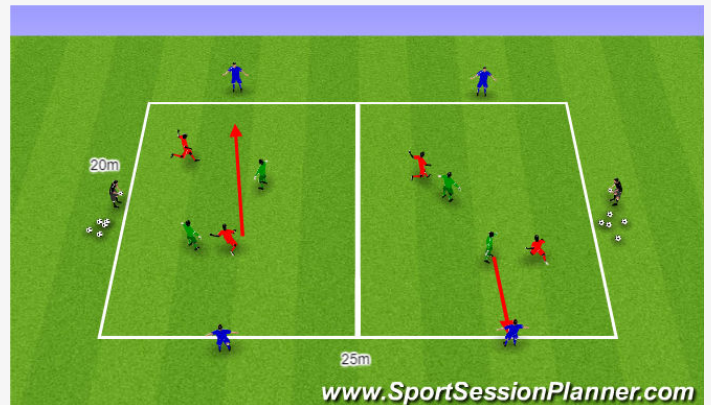
Objective: Players are able to penetrate lines of defence by passing through them

Outcomes:

All Players - are able to break a defensive line by passing.

Most Players - are able to break two defensive lines by passing through them.

Some Players - are able to break two defensive lines by passing with disguise through them



SSG 2V2 OR 3V3 (15 mins)

Organization: 2V2 in the middle with two neutrals on the outside. 3 teams of 2, keep rotating to play each other every 90 seconds. Players use the ball at their feet and have 90 seconds to score as many goals as they can. They score by receiving from one neutral player and passing to the other. If defending team intercepts, a pass is incomplete or the ball goes out of the playing area, the ball is turned over to the opposition team. All three teams play each other once. The winning team plays the winning team from the other group with the best runners up taking the final spot. Play again.

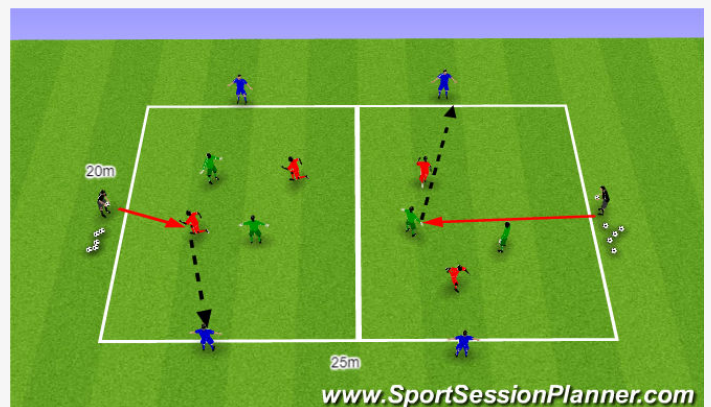
Objective: Players are able to penetrate lines of defence by passing through them

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Activity (15 mins)

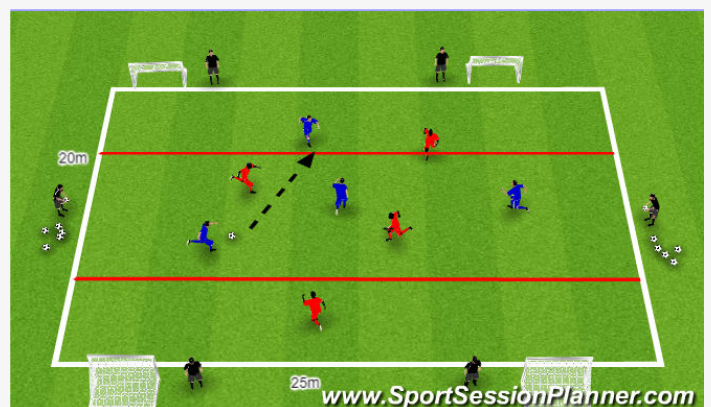
Organization: 12 players are placed in to 3 groups of 4. In the groups of 4, players are divided in to 2 teams. Then one player plays as an outfield player while the other plays in goal. Players play 4v4 in the middle zone. They score by passing in to the end zone and a player receiving it as per the offside rule. (i.e player has to run in the end zone to receive after the ball was passed) once the player is in the

end zone they can score on either of the goals for a bonus point. 1 defender can stop them scoring on the goal by dropping in to the end zone and a team mate can join for a 2v1. While all this is happening, the black team are moving the ball by passing to each other. Their objective is to penetrate through gaps in the main field to score. Ensure these passes are on the ground for safety. Play for 3 minutes and winning team stays on to play the black team.

Objective: Players are able to penetrate lines of defence by passing through them out

Outcomes:

All Players - are able to break a defensive line by passing.



Most Players - are able to break two defensive lines by passing through them.
Some Players - are able to break two defensive lines by passing with disguise through them

SSG 6V6 OR 7V7 (15 mins)

Organization: Two teams of 6v6 or 7v7 are placed on to a field with the retreat line marked at thirds. Balls are placed around the outside of the pitch for a quick restart. Players play a normal game with all age and stage appropriate rules applied. Retreat line, offsides, throw ins. If more players, use two neutral wide players as shown and keep them involved in the session

Objective: Players are able to penetrate lines of defence by passing through them and trying to finish on goal

Outcomes :

All Players - are able to break a defensive line by passing.

Most Players - are able to break two defensive lines by passing through them.

Some Players - are able to break two defensive lines by passing with disguise through them

