

Middle to Final Third Penetration

2 teams within area, each starts with one or two balls depending on the numbers

Objective is to keep your ball and be able to combine around opposite team

If a successful combination is created around opponent, then step out of the game

Team with most players at the end wins

- Cues for creating wall pass/overlaps
- Timing of and recognition of supporting runs
- Speed of play

6 v 3 in area 40x20x25 with neutral zones on each end

Midfielders have 2 touches, Forwards have one touch

O's combine to play into neutral zone

X's dribble into neutral zone or targets

NOTE: Progress to 6 v 5 by adding defenders goalside of the two O's forwards

- Visual cues to play forward
- Timing of runs by forwards
- Shape of attacking midfielders

6 v 5 O's combine to go to goal

Midfielders unlimited touches

Forwards 1 touch in restricted area

NOTE: Progress to unrestricted game

Emphasize offside line at edge of restricted area

Create creative opportunities to penetrate restraining line

- Wall Pass
- Third person runs
- Overlaps
- Function and shape of forwards on and off the ball
- Finishing – technique and attitude
- Quality of pass and first touch
- Timing of runs by forwards to remain in an onside position