Session Topic: Combining to "Penetrate"

Coach Name: Gregg Murphy Age Group: 1986's

(Activities should be developmentally appropriate to age group.)

DIAGRAMS	***ACTIVITY & ORGANIZATION***	***KEY COACHING POINTS***
WARM-UP 1. Numerical passing in groups of 8 ***2.*** Combining to end lines in groups of 4	1. 2 balls per group of 8. Player's number of 1-8, 1 passes to 2, 2 plays to 3 and so on. Restrict touches ***2.*** In smaller no groups demo ways to combine with teammate to get forward	Identification of major ways to combine to penetrate – 1v1, wall pass, take over, "play & spin", overlaps
PHASE 1 - 3 v 2 / 2 v 3 to end zones * * * o o o x x _____ o o x x x * * *	1. Teams score by receiving pass or dribbling into end zone 2. Players can defend only in initial half 3. One player can advance forward from defensive half into attacking half 4. Restrict number of touches in each half 5. Build to 3 v 3 / 3 v 3	1. Emphasize combinations to penetrate into end zone 2. Support – pressure vs no pressure on first attacker? 3. Timing and starting positions of checking runs 4. Angles and distances of support 5. Final pass 6. Shape
PHASE 2 - **4 v 3 / 3 v 3 to two goals** * gk * x x x o o o _____ x x x o o o o * gk * t t	1. Play 7 v 6 (4 v 3 / 3 v 3) to two goals 2. Still defend in initial half 3. One player advance forward from defensive half into attacking half 4. Restrict touches 5. Consider a "line of penetration" for x team and " one touch targets" for 0 team 6. Build to 7 v 7 (4 v 3/ 3 v 4)	1. All of the above 2. Penetration from running ball at defense from defensive half into attacking half and how do we support 3. "Getting free" in box, timing of runs in box 4. Shape
PHASE 3: THE GAME 8 v 8 to two goals (across field)	1. Play across field to two goals 2. 3-2-3 v 3-2-3 3. Restrict touches if necessary	1. All of the above 2. Let em play
COOL DOWN		