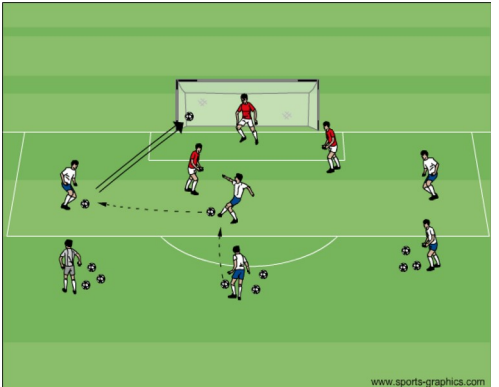
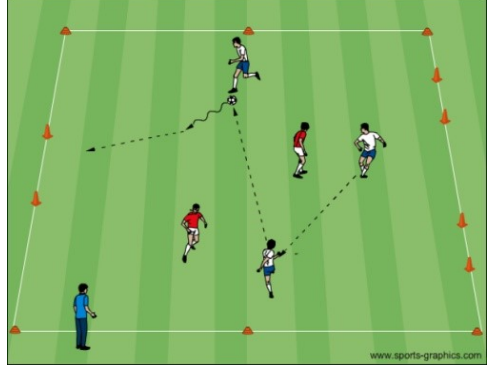
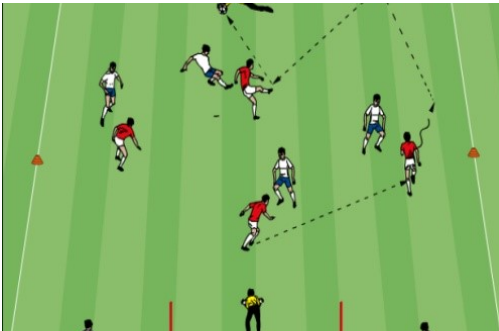



PLAY — PRACTICE — PLAY "Penetration by dribbling/passing/shooting"

PLAY 10 mins.	<b>Play-</b> as players arrive have them join in a small sided game.	<b>Set Up-</b> 3V3 or 4V4 small games. -20yds X 20yds fields -Set up multiple fields if needed	Let them play
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<b>Activity Description</b>		<b>Set Up Diagram</b>	<b>Coaching Points</b>
#1 15 mins	<p><b>Penalty box battle :</b> Divide your team into 3 groups-passing, attacking &amp; defending. Attacking &amp; defending start inside the penalty area and the passing group is at the top of the box each player with a few balls. There must be one extra offensive player vs. defenders. Coach calls a name of passing player who plays the ball to an attacking player. They must pass or shoot as quickly as possible. The object is to score as many goals in 2 minutes as possible. Groups change roles after 2 minutes.</p>		<ul style="list-style-type: none"> <li>• Each group keep score of their goals</li> <li>• Receive the ball and</li> <li>• Shoot, Pass, Dribble for a shot or pass</li> <li>• Keep your head up and use peripheral vision</li> <li>• Change of direction and speed, explode into space if defender does not commit</li> </ul>
#2 15 mins	<p><b>3v2 Game:</b> In a 25x30 yard grid two teams are trying to score. The team of two is trying to penetrate quickly by passing through the goals as soon as they can get possession in any of the two cone goals defended by the team of three. The team of three is trying to penetrate the team of two by dribbling and passing.</p>		<ul style="list-style-type: none"> <li>• Reinforce passing and receiving technique</li> <li>• Use support players to making attacking decisions:</li> <li>• When to dribble, when to pass, to connect, to combine</li> <li>• Encourage players to be creative</li> </ul>
#3 15 mins	<p><b>4v4 or 5v5 with 4 Targets and GK's:</b> Two groups of 4 players are trying to score goals after receiving a ball from the target players. <b>Coach:</b> start the game by the players connecting with the targets to score. After a while allow the players to make the decision to use them or not.</p>		<ul style="list-style-type: none"> <li>• All of the above</li> <li>• Shooting technique</li> <li>• Visual cues should determine how to penetrate</li> <li>• Encourage finding the goal as quickly as possible</li> </ul>
PLAY 25 mins	<p><b>Small Sided Game</b> <b>9V9 scrimmage</b></p>		Let them play

5  
**Elements**

**Organized**-set up and ready to go  
**Game like**-activity must be game like  
**Repetitions**-repetition on what you are trying to achieve

**Challenging**-players need to be challenged  
**Coaching**-the right coaching based on the age/level of the players