



Coach

Barker

Session date

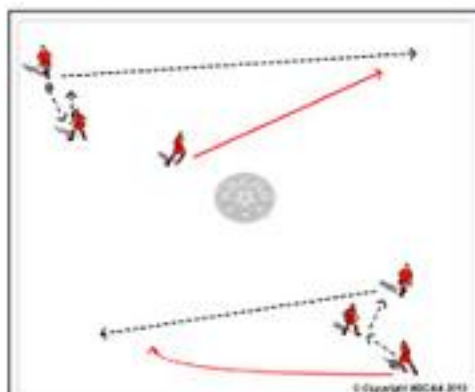
October 2014

Time available

75 mins

Topic

Third Man runs for penetration

Technical / Tactical Tactical / Technical 

WARM-UP

Organization	Key Coaching Points
Short, short, long 3 man passing sequences in an unrestricted space	Timing of movement off the ball. Weight of pass, pass to space Develop a pattern and rhythm with team mates

ACTIVITY 1

Organization	Key Coaching Points
3 vs. 2 to end zone Penetrate between the cones, line serves as offside Counter option is server	Quick passing sequences to spring a player Outside to in movement Look for combinations to spring a player Create passing angles with movement

ACTIVITY 2

Organization	Key Coaching Points
6 vs. 6 if ball can be played through central channel red may go into zone for a finish Counter option is server	Movement of central player to show for the ball and create passing channel Outside to in movement Make central penetrating runs from deep

GAME

Organization	Key Coaching Points
8 vs. 7 Phase of Play Offside is enforced Counter goals for black	OCM movement to ball creates space wide and unbalances opponent F movement - creates space centrally and draws opponents up Attack space behind opponents created by F movement