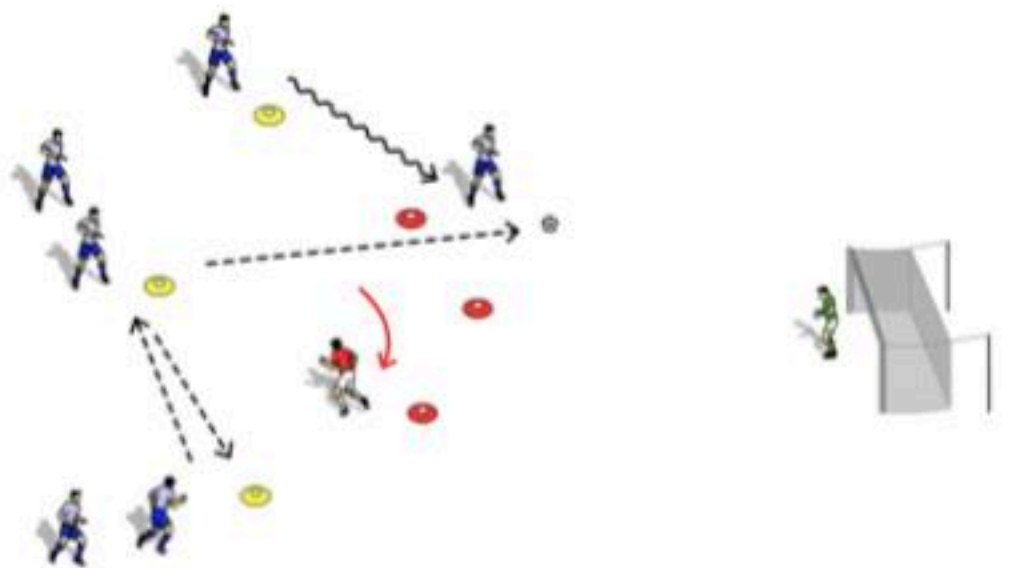


Penetrate the back line in a 3-5-2



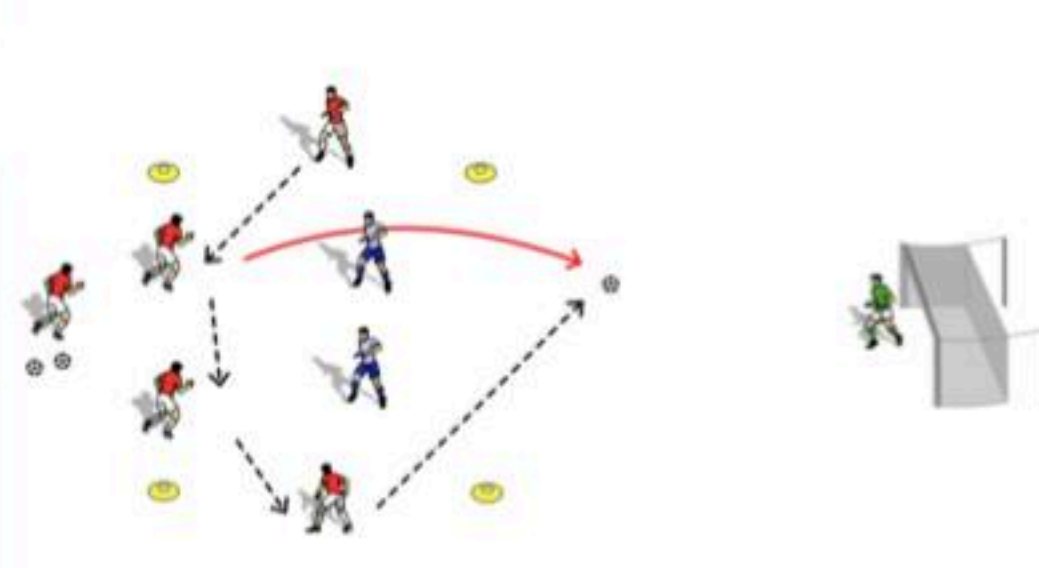
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Apply Technical – 2 stations. One defender is defending 2 gates.

1. The three players pass the ball back and forth.
2. Both players on the side must touch the ball.
3. As soon as the middle player can pass the ball through the gate, they do so. The wide attacker plays 1v1 with the GK. The middle player moves behind to offer support if the pass is over hit and goes wide. The wide player would then cross the ball.

Variations: The defender can now retreat. A 2v1 is played with both wide players and the defender.

Coaching points: Body shape, first touch, assist, field awareness, weight and timing of pass.



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Two stations. 4v2 with 2 wide neutral players. A GK in a large goal.

1. Both wide players must touch the ball before a pass is made behind the line.
2. Once wide players have touched the ball, a player can now penetrate the line with a pass.
3. The middle players can penetrate a pass to the wide neutral and the neutral can penetrate a pass to a middle player (as shown)
4. Defenders can react and protect their goal.

Coaching points:

Body shape, first touch, field awareness, weight and timing of pass.



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Two teams play 8v6 plus GK. Reds are set up in a 1-5-2 formation blues are set up in a 1-4-2. The server acts as a central defender and serves in balls and can also be used when in possession. Reds are attacking the large goal and greys attack the two small goals. After three or more passes, the red team look to penetrate the back line.

1. Play possession. Can the red team penetrate the back line?
2. Once a team breaks the line, it is free play to goal.

Coaching points:

Body shape, first touch, field awareness, weight and timing of pass, movement into space. Creative running. Reds keep good defensive shape (preventive marking) when in possession.