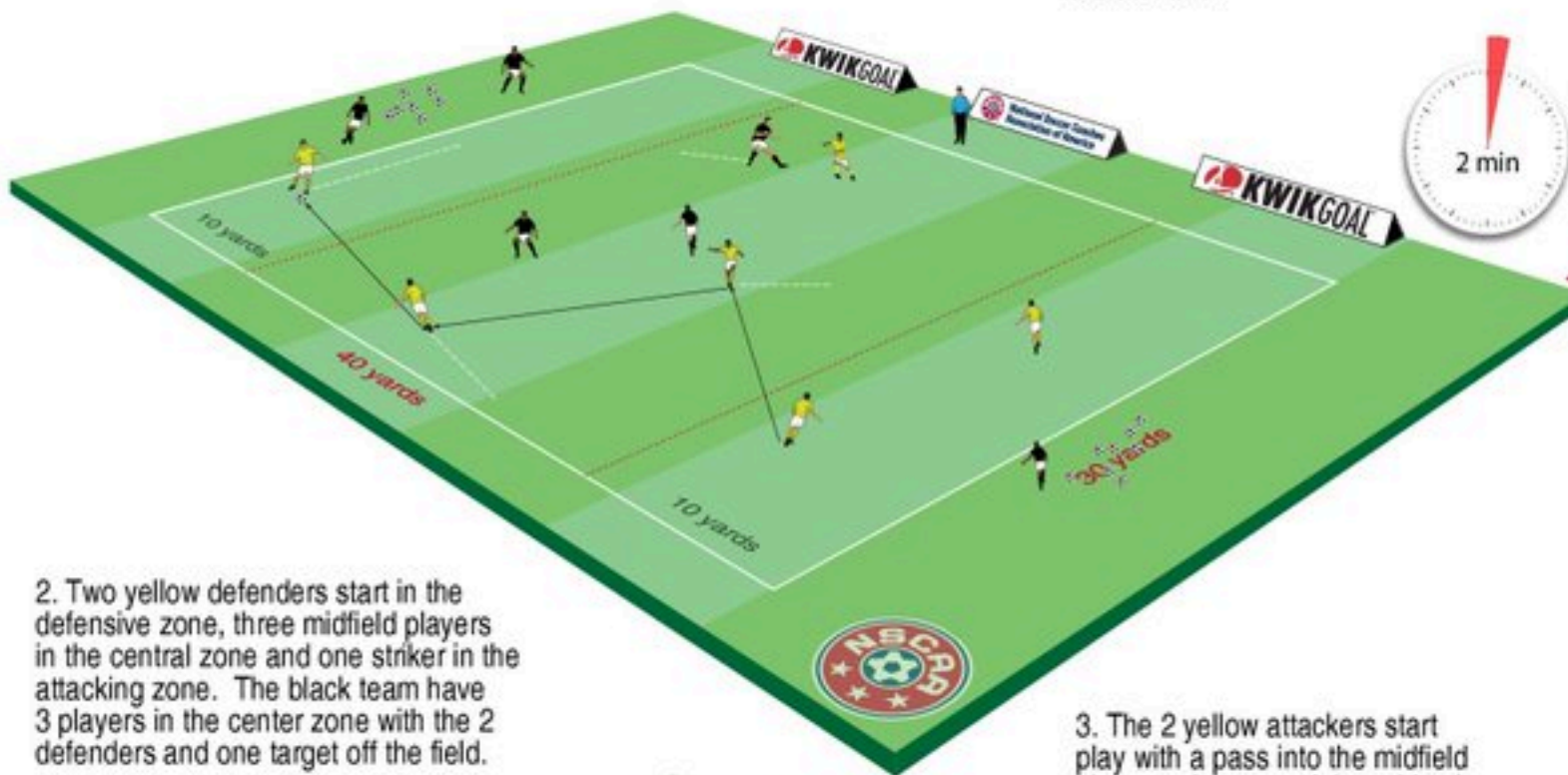


PENETRATION 6v3 TO 6v6 - FUNCTIONAL

1. The yellow team are attacking the black team.



Why use it?

The players will enjoy this fast paced, back and forth activity focusing on penetration and possession. The coach can introduce a number of variations to increase the complexity and challenge as players become more competent.

Set up

The set up is 40x30 yards rectangle with a 10x30 yards end zone at each end of the area. A supply of balls is located outside the 2 end zones and the coach stands on the sideline to observe. 2 teams of 6 players attempt to play to a target player to score a point. The team in possession of the ball starts with 2 players in the defending end zone, 3 players in the middle zone and 1 target in the attacking end zone. The team without possession has a similar set up, although the players in the end zones must step out of the end zone when the opponent has the ball.

How to play

The coach determines which team has possession and one of the defending players collects a ball from the pile outside the end zone. At the start, all the players must remain in the zone in which they started. The team with possession has a 6v3 numerical advantage. The attacking objective is to play around, through or over the central defenders and play the ball to the target player. If the defending team is able to intercept the ball, the players in the end zone quickly transition, with one team entering and one team leaving the area. Each time a pass is made to the target player the team earns a point. Play is restarted with the 2 defenders after a successful pass is made to the target - teams only attack in one direction. As the game progresses, the coach can add additional conditions to challenge the attacking players.

Coaching notes

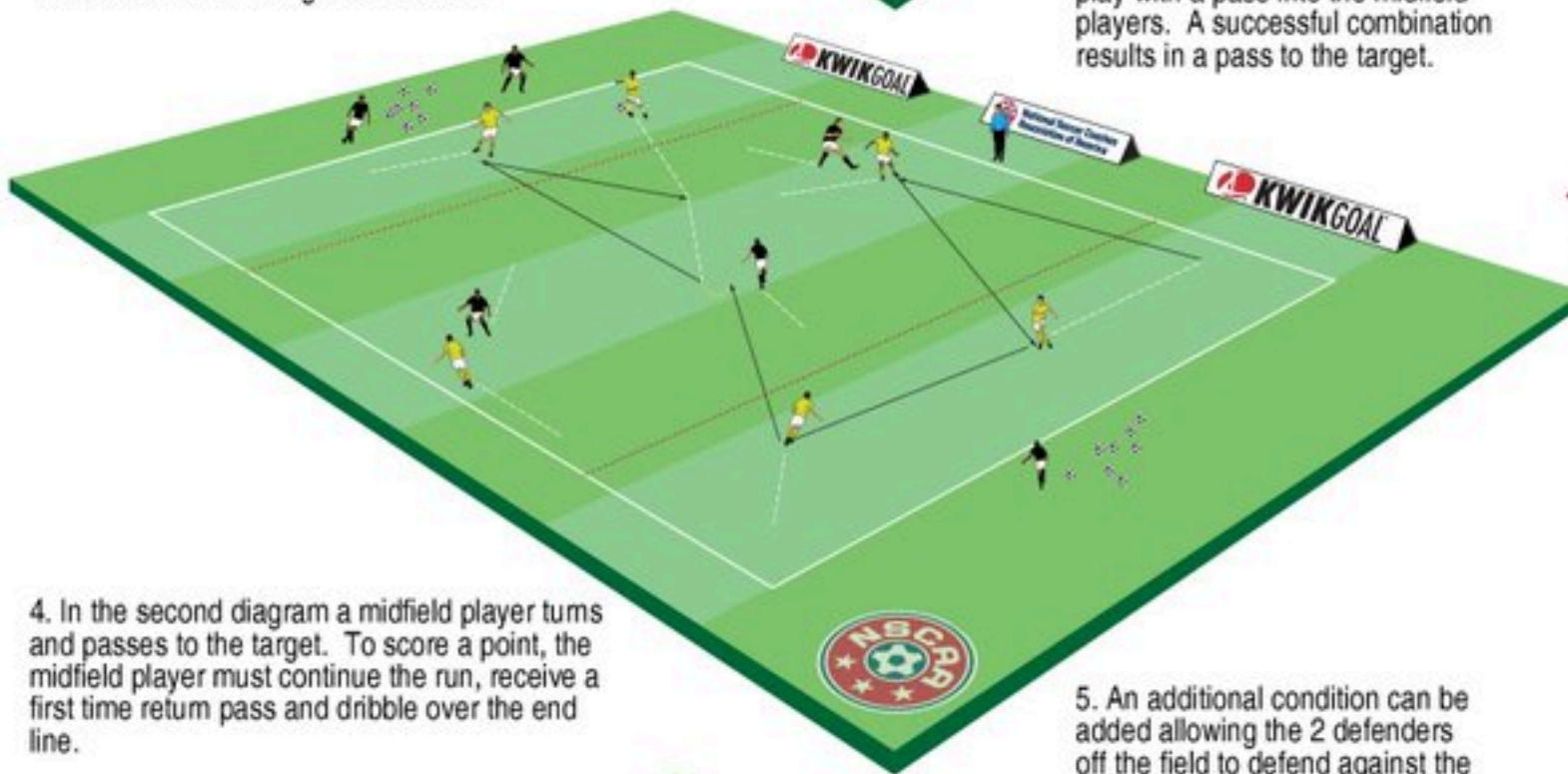
Coaching Objectives: Attacking players must work to create space with quick ball movement and runs off the ball. Faced with a compact defense the attackers should seek to play 'around' the outside. The target player should be encouraged to move along the end zone. Coaching Tip: Zones are useful for a coach to provide time and space for decision making.

How to modify

Less Challenging: Start with pattern play. More Challenging: Make the area narrower and allow players to leave the zones.

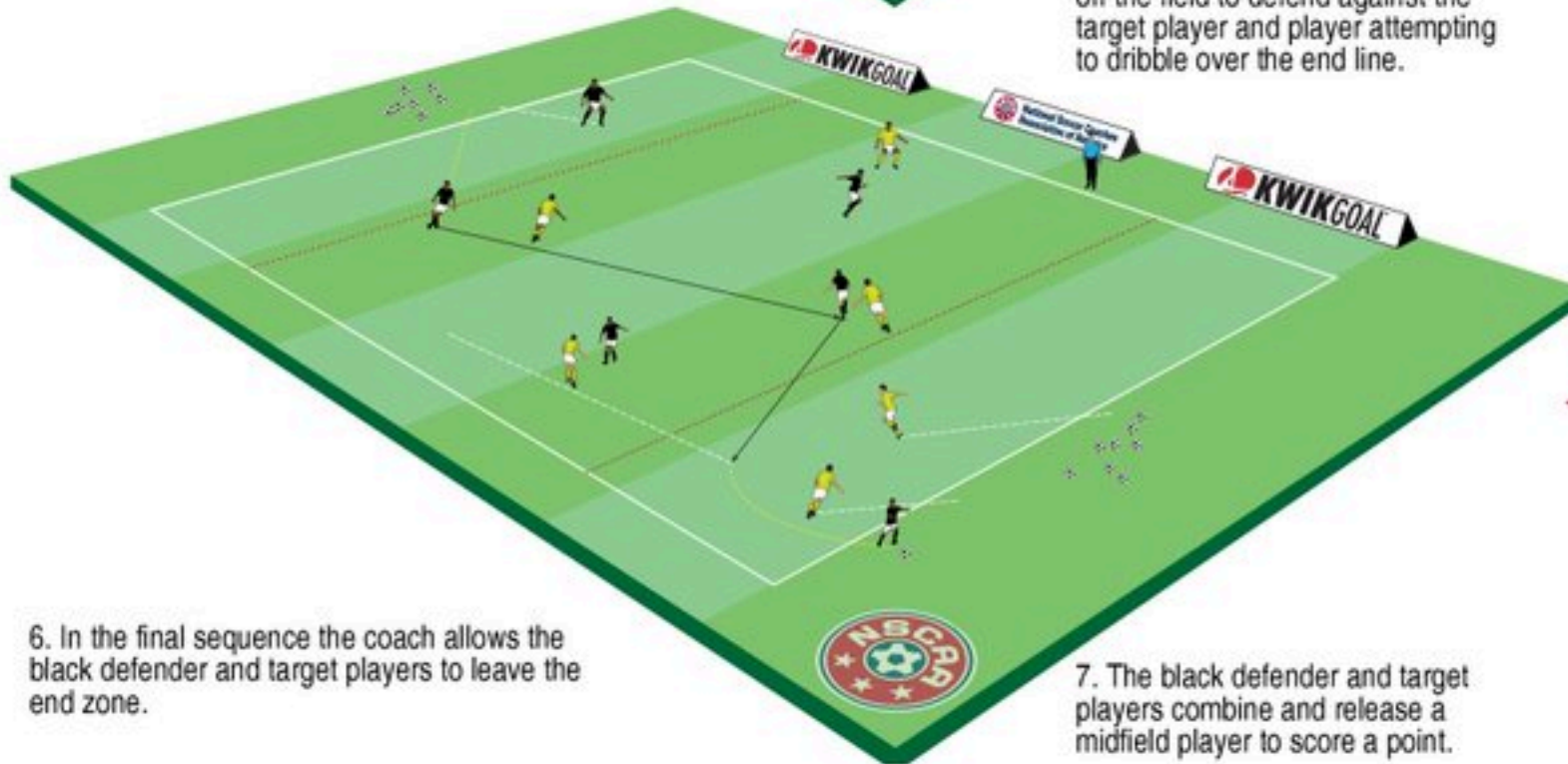
2. Two yellow defenders start in the defensive zone, three midfield players in the central zone and one striker in the attacking zone. The black team have 3 players in the center zone with the 2 defenders and one target off the field.

3. The 2 yellow attackers start play with a pass into the midfield players. A successful combination results in a pass to the target.



4. In the second diagram a midfield player turns and passes to the target. To score a point, the midfield player must continue the run, receive a first time return pass and dribble over the end line.

5. An additional condition can be added allowing the 2 defenders off the field to defend against the target player and player attempting to dribble over the end line.



6. In the final sequence the coach allows the black defender and target players to leave the end zone.

7. The black defender and target players combine and release a midfield player to score a point.

Stage/s of development covered by activity

Stages 3, 4 and 5 - 9-18 year old players.

Development themes and competencies

Top 3 Themes: Passing technique, possession and creating space as an individual/team.
Top 3 Competencies: Passing over short/medium distances, communication and movement off the ball.