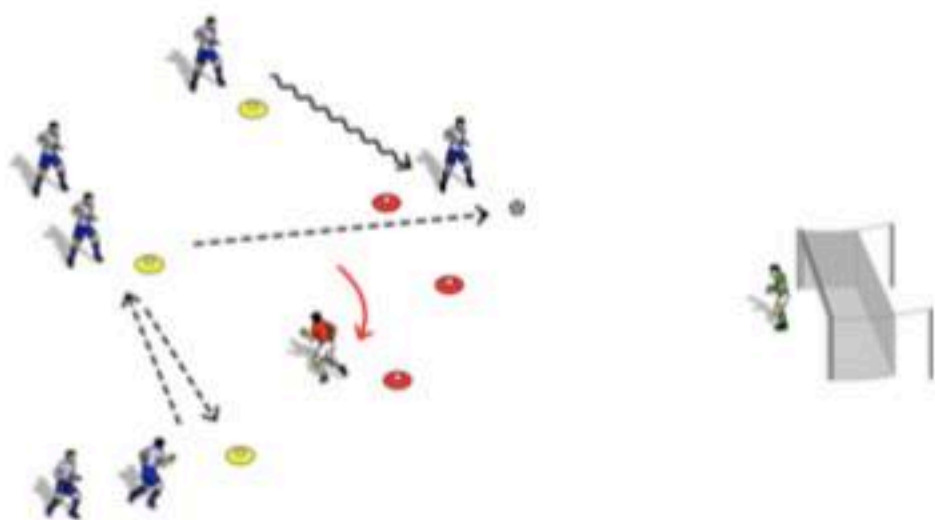


Penetrate the back line



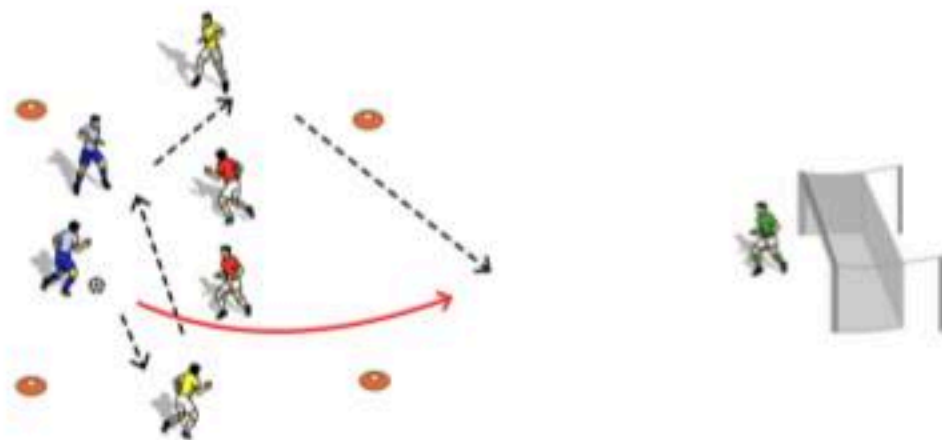
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Apply Technical – 2 stations. One defender is defending 2 gates.

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.

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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Three 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 8v8 plus two wide neutral. Greys are attacking the large goal with the help of the wide neutral players.

1. After three or more passes, the grey team can penetrate the back line.
2. If the defending red team win the ball, they must pass to a wide neutral player. If they do this, reds now attack the large goal.
3. 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.