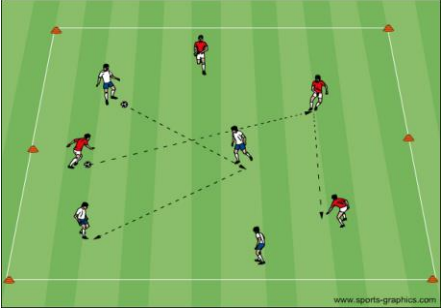


# 12+ Week 11

## Topic: Passing and Receiving for Penetration

| Technical Warm up  | Organization   | Coaching Pts.  |
|--|--|--|
|  | <p><b>Pass and Move:</b><br/>Split players into groups of 3 or 4 (color-coded). Each group has a ball, inter-passing within their group. All groups are in the same grid playing through each other. (30x40 yard grid)</p>   | <ul style="list-style-type: none"> <li>• 1<sup>st</sup> touch - Directional</li> <li>• Technique and type of pass</li> <li>• Technique of receiving</li> <li>• Communication: Verbal and Non Verbal</li> <li>• Supportive body position</li> <li>• Visual cues</li> </ul> <p style="text-align: right;"><i>Time: 15 Minutes</i></p>  |
| <p><b>Small Sided Game</b></p>   | <p><b>4v4 or 5v5 + 4 Targets:</b><br/>Two of 4 or 5 players will try to score points by connecting passes with their targets (players of the same color) placed on opposite sides of the square. Every time the team in possession connects with a target, it must get the ball back and connect with the opposite target without losing possession to score a point.<br/><b>Coach:</b> After a while, the player who connects with a target takes his/her place, and the target comes into the field to play.</p>                                     | <p><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• Proper weight, accuracy and timing of passes</li> <li>• Vision to split defenders with a short pass or with a long pass</li> <li>• Possession vs. penetration</li> <li>• Proper angle and distance of support off the ball</li> </ul> <p style="text-align: right;"><i>Time: 15 minutes</i></p>   |
| <p><b>Exp. Small Sided Game</b></p>  | <p><b>6v6 with 4 Goals (15 min):</b><br/>Two teams defending one set of goals and attacking the other. Both teams will try to possess and score in any of the two opposing team goals. Players must keep good attacking shape (width and depth), and supporting angles. Encourage players to look for the opportunities to combine with team mates, switch the point of attack and penetrate behind defenders with long passes.<br/><b>Coach:</b> Should start with no passing restrictions, and then ask the players to play with 3 or 2 touches.</p> | <p><b>Coaching Pts.</b></p> <ul style="list-style-type: none"> <li>• Width and depth</li> <li>• When to possess, when to penetrate</li> <li>• Quality of the support</li> <li>• When and how to combine</li> <li>• When to switch the point of attack</li> <li>• How to penetrate             <ul style="list-style-type: none"> <li>○ With a long pass</li> <li>○ With short passes</li> </ul> </li> <li>• Communication</li> </ul> <p style="text-align: right;"><i>Time: 20 minutes</i></p> |
| <p><b>Game</b></p>   | <p><b>Organization</b></p>   | <p><b>Coaching Pts.</b></p>  |
| <p><b>7v7 or 8v8 Scrimmage</b></p>   | <p>Play in a 55x 80 yd. grid with Goalkeepers. Encourage him/her to communicate with teammates</p>   | <ul style="list-style-type: none"> <li>• All of the above</li> </ul> <p style="text-align: right;"><i>Time: 30 minutes</i></p>   |
| <p><b>COOL DOWN</b></p>  | <p>Activities to reduce heart rate, static stretching &amp; review session. <b>Time: 5-10 Minutes</b></p>  |  |