

PRACTICE:

3 DIMENSIONAL GAMES

PENETRATING PASS

DESCRIPTION

GOALKEEPERS occasionally use penetrating pass into defenders and midfielder's, this helps with distribution under stress

DEFENDERS utilize either dribbling or penetrating pass into midfielders and forwards

MIDFIELDERS must be good decision makers and have accurate passing to outnumbered forwards

FORWARDS use quick deceptive penetrating passes in small spaces around the box

DEFENSIVE TRANSITIONAL FOCUS

BASIC - Pressure the ball and disrupt play

ADVANCED - Anticipate the situation and look to pick off the ball in passing lanes

TRANSITIONAL THEME - When the ball is won, quickly transition to offense and look for a penetrating pass to score



OFFENSIVE CONCEPTS

- Teams and players score through penetrating passes and dribbles through the middle of the field



COACHING POINTS

- Keep eyes open for passing lanes
- Possess the ball left to right to open up the middle
- Deception to hide the pass from the defense



Watch videos of these drills!

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