



**TOPIC: POSSESSION AND PENETRATION – US U17 MNT v  
GUATEMALA – 4.11.13**

**STAGE/SET-UP**

**ORGANIZATION (DIAGRAM +  
RULES)**

**OBJECTIVES/COACHING  
POINTS**

**TECHNICAL WARM UP:**

- "Y" Passing & Receiving
- 2 x groups of 9
- Play into middle player; turns & plays to wide player; wide player dribbles
- Middle play checks at angle; combines w/ server; plays to wide player; wide player dribbles
- Same; middle player combines w/ wide player; wide player dribbles
- Competition: player with "odd" color must get thru gate 5 times

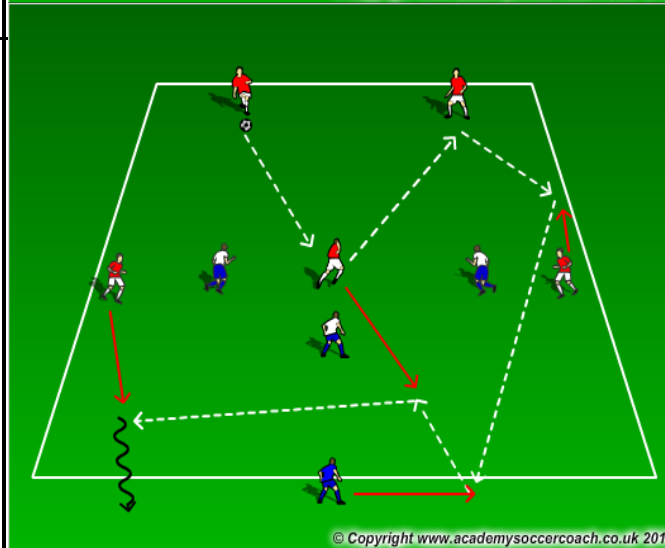


- Timing of movement and visual cues to show when
- Angle of support to allow quick, efficient combinations
- Change of speed when combining in wide channels
- Mechanics of the pass: correct pace, accuracy and location, surface of the foot
- 1st touch: Body position, correct foot, surface of the foot, location and distance
- Verbal and non-verbal communication

**TECHNICAL WARM UP**

**(Cont'd):**

- 5v3 Possession to a Target
- 2 x groups of 9
- 25 yds wide x 30 yds long areas
- Attackers combine for 6 consecutive passes or pass between defenders for a point
- Defenders win possession, combine and dribble out of grid to score
- Competition: 1 ½ minute games; attacking points minus defending points = score



- Same as above
- Awareness of opportunities and situations as the ball travels
- Visual cues to determine weight, angle, and timing of passes
- Visual cues to penetrate with a "splitting" pass or to retain possession of the ball and look for new opportunities



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<p><b><u>SMALL-SIDED ACTIVITY</u></b>  <b><u>(SSA):</u></b>                      -6v6 with 2 "free" players and 4 "wide targets"                      -Each team of 6 in 2.3.1 formations                      -50 yds long x width of normal field                      · To score, team must play from own end of the field into the attacking Free player or Wide Targets without the other team touching the ball</p>	<p><small>© Copyright www.academyfootballcoach.co.uk 2013</small></p>	<ul style="list-style-type: none"> <li>➤ Same as Above</li> <li>➤ Rhythm of play</li> <li>➤ Body of shape of receiving players to be able to play forward when possible</li> <li>➤ Patience in possession, look for the right opportunity to go forward</li> </ul>
<p><b><u>EXPANDED SMALL-SIDED ACTIVITY (ESSA):</u></b>                      -8v8 Four Goal Game                      -Each team playing in a 2.2.3.1. formation                      -Each team can use the "Free" players to combine with and/or keep possession                      · To score, team must pass the ball into a goal or dribble over the end line after combining with the "free" player</p>	<p><small>© Copyright www.academyfootballcoach.co.uk 2013</small></p>	<ul style="list-style-type: none"> <li>➤ Same as above</li> <li>➤ Visual Cues when to dribble and when to pass</li> </ul>



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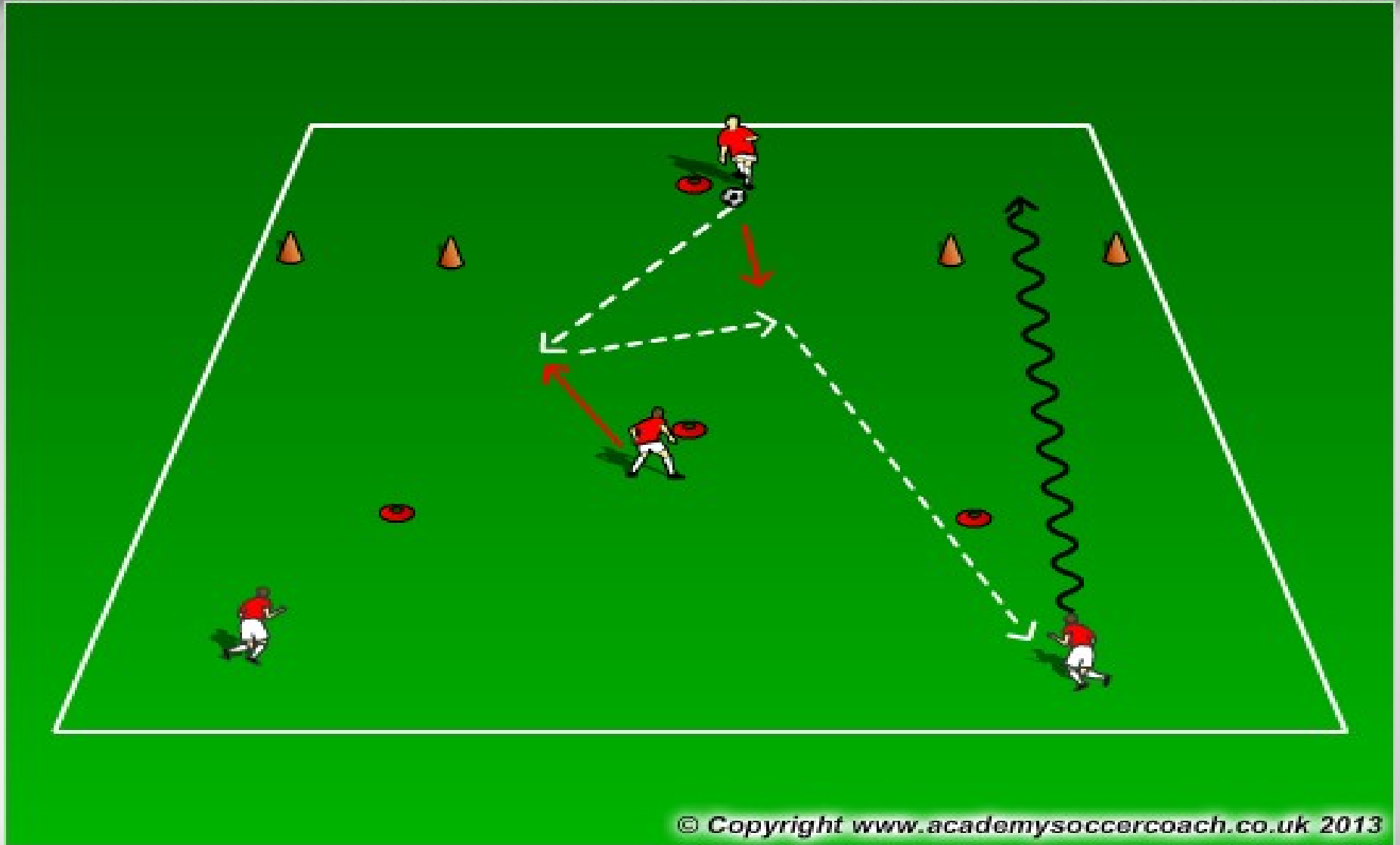
**OBJECTIVES/COACHING POINTS**

iv. **GAME:**  
 -Each team in 1.2.2.3.1. formations  
 -Regular match rules apply



- Same as Above
- Attacking Principles of Play:
  - Shape of the team: width, depth
  - Mobility
  - Support
  - Improvisation

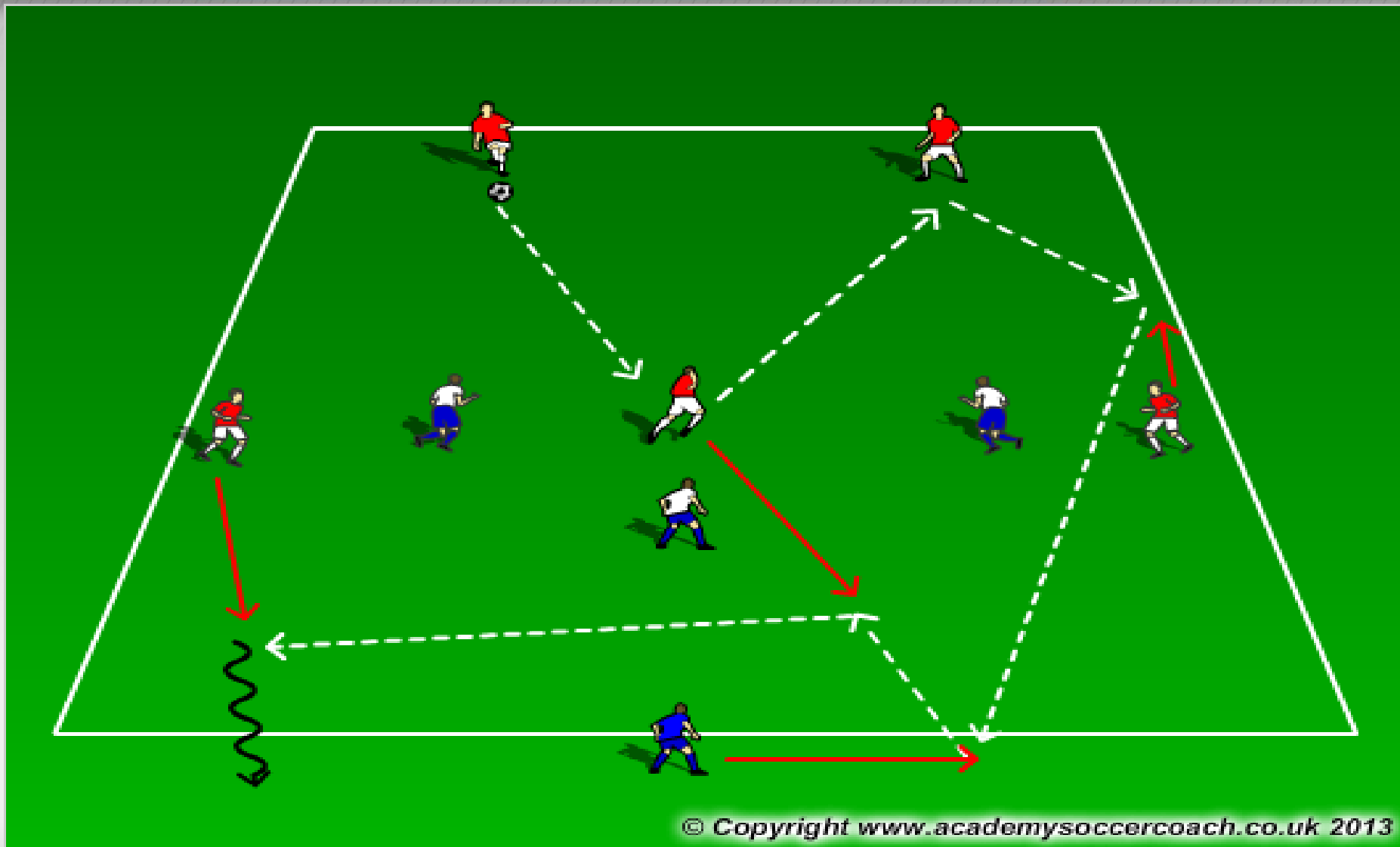
# Stage I: Technical Warm Up



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# Stage I: Technical Warm Up (Cont'd)



# Stage II: Small-Sided Activity (SSA)



# Stage III: Expanded Small-Sided Activity (ESSA)



# Stage IV: Game

