



THEME 22:

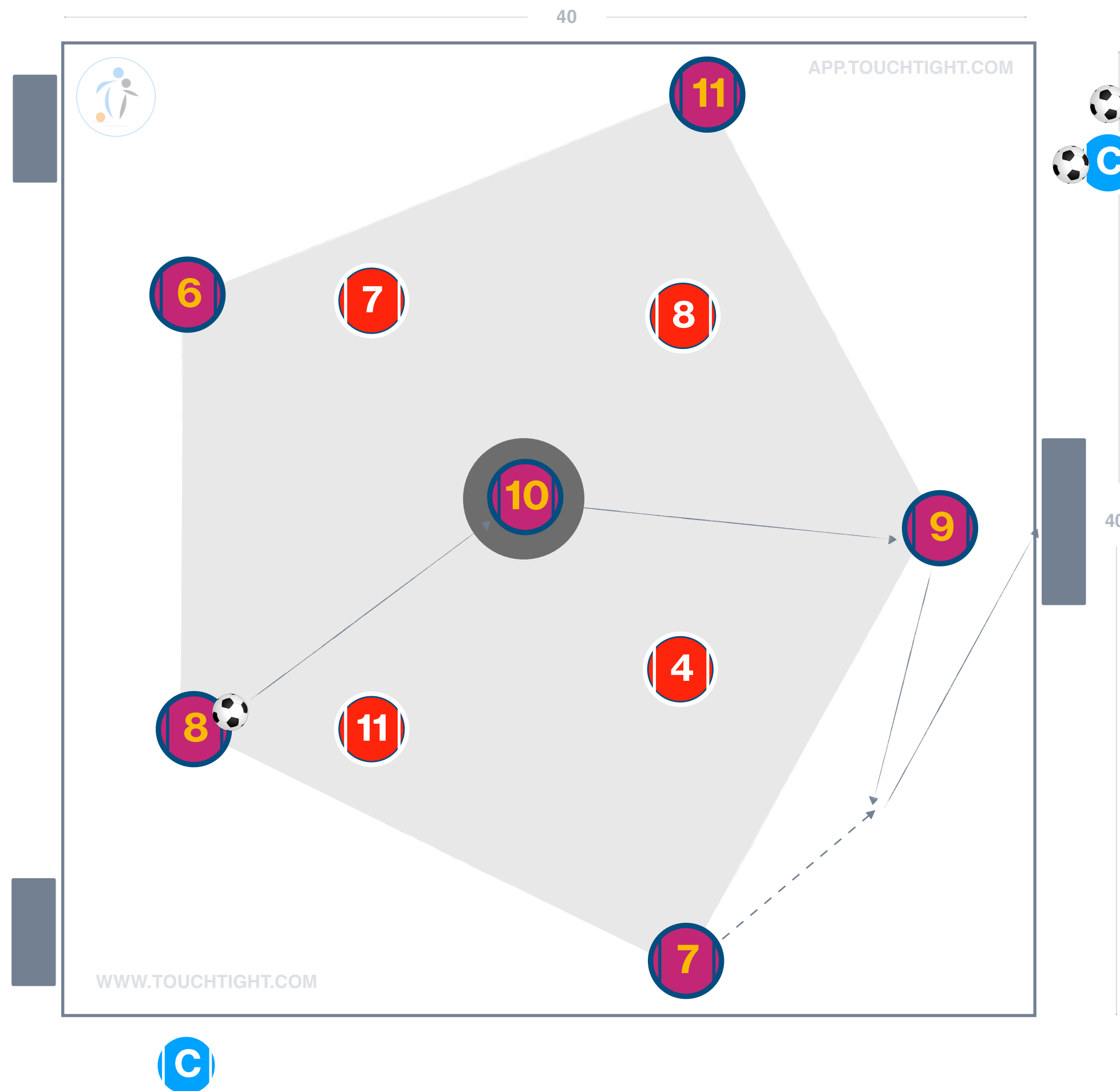
BREAKING DEFENSIVE LINES

PRACTICE 11: PENETRATION GAMES

AGE GROUP: 14+

Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO PENETRATE USING THE PENTAGON



ORGANISATION:

This practice is based on the Pentagon shape and is focused on developing play in a 6 v 4 overload situation in a 40 x 40 yard area. 5 possession players must play outside of the shape shown, with the 10 combining in the central area. Objective is to connect with the 10 before finishing in the main goal. Objective of the defending 4 is to press and win possession to score in either of the 2 mini goals.

KEY COACHING POINTS:

- Movement to play on the half turn to play forward
- Well timed movement off the ball to advance
- Understanding of shape
- Awareness of teammates positions and adjust shape to maintain balance



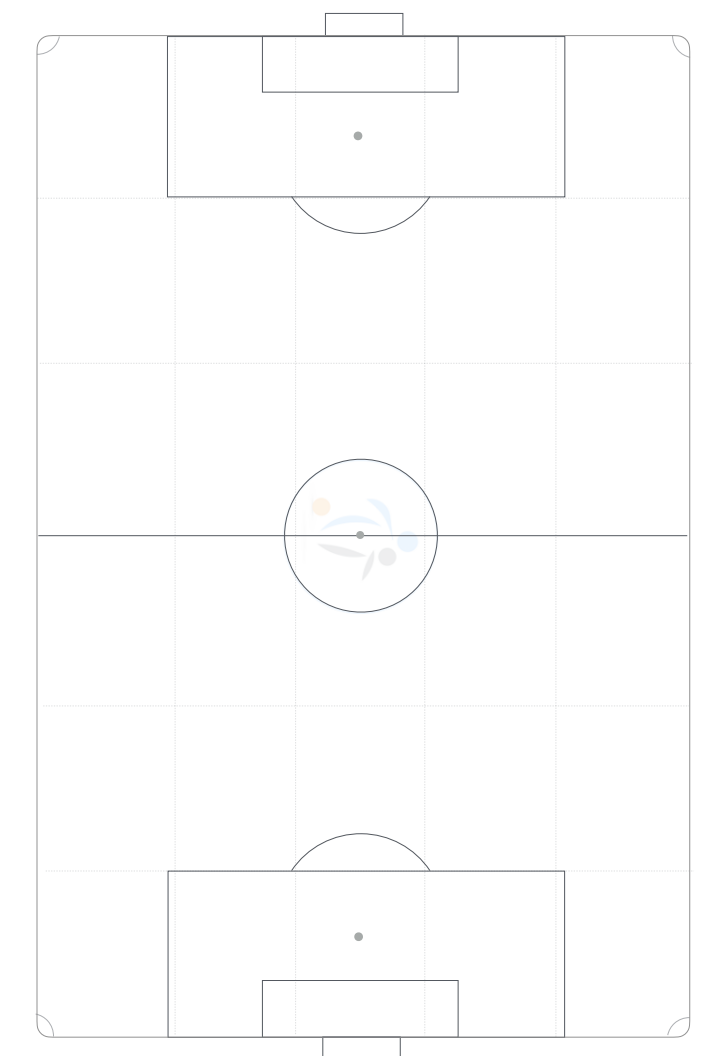
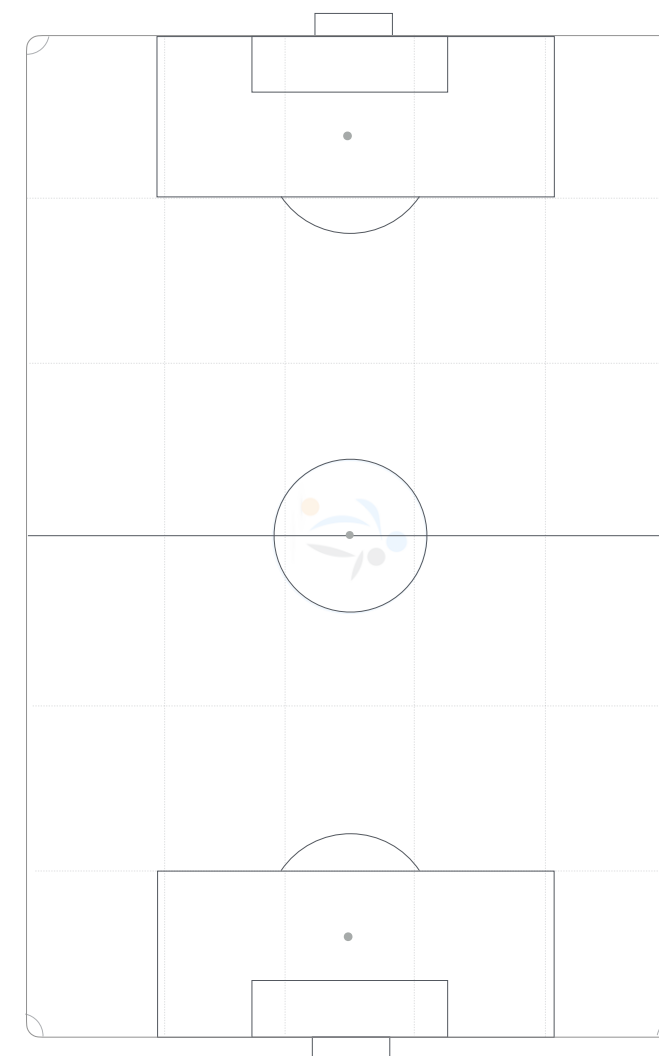
PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

ADDITIONAL INFORMATION:

COACH PLANS



Detail any individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

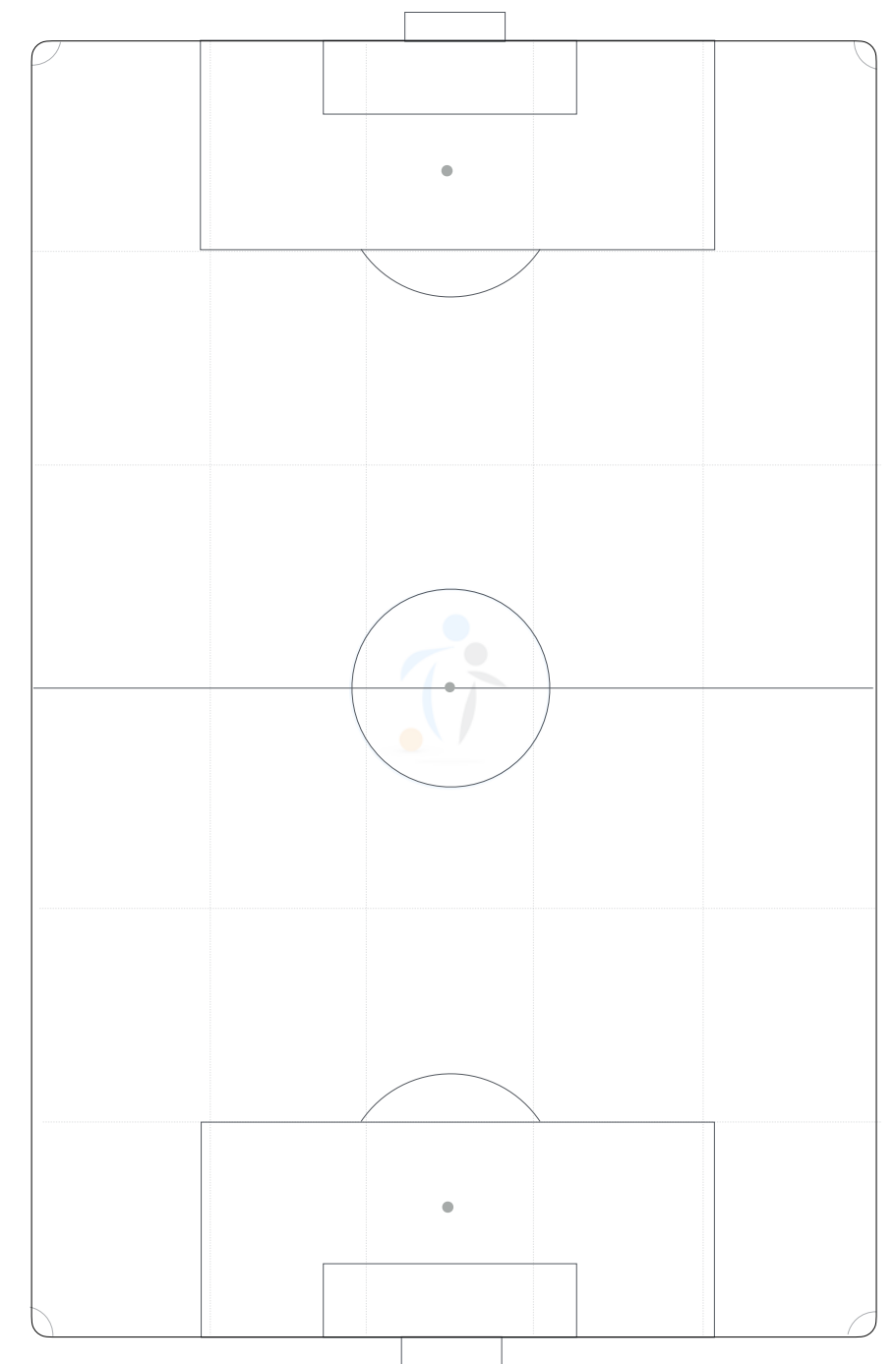
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



LINK TO THE BIG GAME

How will we apply this session to a game situation?

