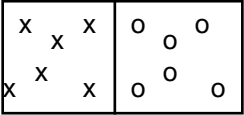
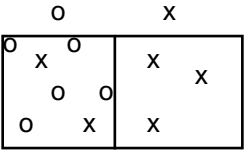
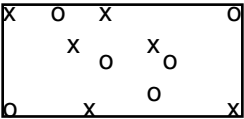
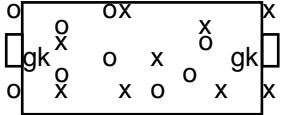


Penetration (Team Shape)

By Chad Moore, MN ODP Staff

<p style="text-align: center;"><u>Activity One</u></p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • 45 yds x 40 yds (divided in half) • Two groups; each group numbers off 1-6 • Pass one ball in sequence • Remove middle line and sequence restriction; teams play through each other (look to “split” defenders with passes) 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • Communication • Technique of passing • Technique of receiving (first touch) • Individual shape (vision) • Team shape (create & move into space) • Speed of play
<p style="text-align: center;"><u>Activity Two</u></p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • 45 yds x 40 yds (divided in half) • 5v2+3 continuous possession • Competition - team in possession scores by “splitting“ the defenders or 7 successive passes; defending team scores by stealing the ball and playing it back to support 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • See above • Penetration vs. possession • Transition
<p style="text-align: center;"><u>Activity Three</u></p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • 45 yds x 40 yds • 4v4 to corner targets • Field player passes into target and they switch positions • Competition - “connect targets” for a point 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • See above
<p style="text-align: center;"><u>Activity Four</u></p> 	<p style="text-align: center;"><u>Organization</u></p> <ul style="list-style-type: none"> • 60 yds x 50 yds with 8 yd goals • 8v8 to goal • “Bumpers” on the attacking end-line; 3 pts for combining with “bumper” for a goal 	<p style="text-align: center;"><u>Coaching Points</u></p> <ul style="list-style-type: none"> • See above