



[CYA] Week 1-Session #1: Penetration

Category: *CoVID-19 (Social Distancing)

Difficulty: Moderate

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Individual-Young Member

Description

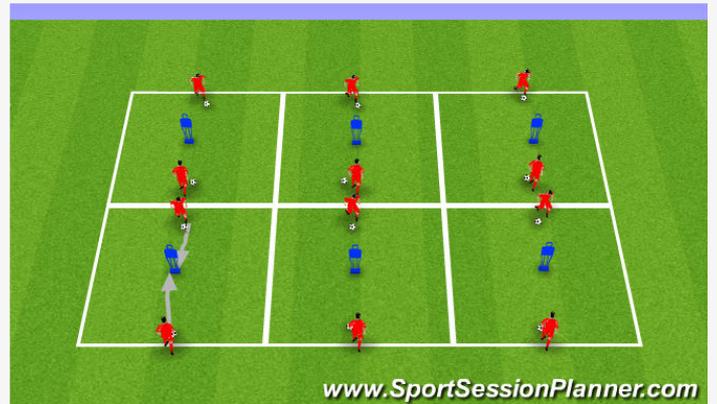
Ball mastery
Technical - passing/receiving
1v1 - 2v2
Game scenario
SSG

Ball Mastery (10 mins)

ORGANIZATION:

In pairs, players have a ball each. Focus is on forward movements, mastering the ball using a variety of skills. Dips - stepovers - x2 Step - inside/outside - iniesta - sole role - body feints At the same time, players attack the mannequin and perform the skill to 'tell the lie' Working off both feet

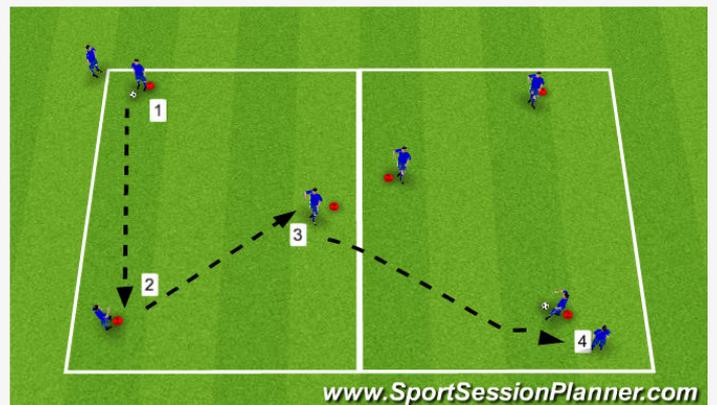
COMMUNICATION:
Verbal/non verbal



Technical - Passing/Receiving (15 mins)

ORGANIZATION:

Split into 2 x 8, passing pattern
Technical - Passing/Receiving
Movements to receive, away to receive
Pass + Follow
P1 pass to P2 pass to P3 (P3 creates an angle to receive off their marker to switch play to P4). Both sides working at same time.
CP - Weight of pass, movement to receive, body shape/angle to receive, passing accuracy (back foot, preferred foot?)

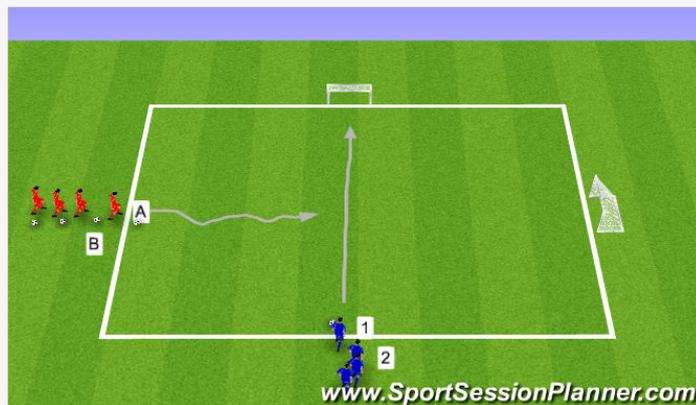


1v1 Transition

ORGANIZATION: Area 25x25

Blue Attacker (1) attacks the goal, on completion BA (1) then defends against Red Attacker (A) in a 1v1 then RA (A) defends against BA (2), this repeats throughout as a continuous practice
Attack at speed
Off balance then explode
Defenders getting low forcing away from goal, moving feet, blocking
Transition from attack to defence
Most team points wins.

Progression - if defender wins the ball, they try to score in any goal = 2 points



2v2 Flying Changes

(20 Min)

When ball is played out on your half or you get scored on your team comes off and a new team of 2 attacks.

CP) Decision making of when to pass dribble or shoot to penetrate

Attacking Space on the dribble

Space=Time

2v2 Transition

