



COVID SESSION - Possession - Ball Circulation to Penetrate

Category: Tactical: Penetration

Difficulty: Moderate

Forrest Randall, Richfield, United States of America
Individual-Young Member

3v1 Double Triangle Rondo (15 mins)

Objective: Movements out of defenders shadow to promote ball circulation and penetrating passes

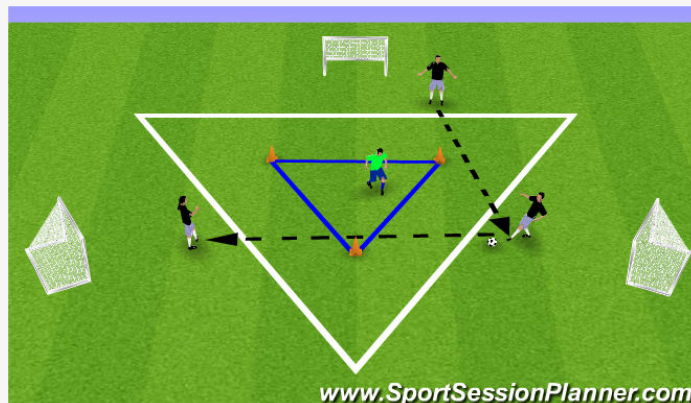
Focus: Explosive movements to provide proper passing angles, technical execution of passing, disguised passing, vision forward for penetrating pass

Action:

- Each pass has to go through the yellow triangle
- Provide touch restrictions to attacking team and/or "ball cannot stop" rule to keep the game flowing
- Change defender after 30-60 seconds

Competition/Progression:

- Option 1 - Defender with most points wins (1pt for each steal)
- Option 2 - Attackers get 1pt for X amount of passes
- Option 2 - Defender gets 3pts for scoring in one of three mini goals



Mini Goal Rondo (15 mins)

Objective: Movements out of defenders shadow to promote ball circulation and penetrating passes

Focus: Explosive movements to provide proper passing angles, technical execution of passing, disguised passing, vision forward for penetrating pass

Action:

- Attackers only 1-2 touches and/or "ball can't stop" rule
- After X passes through central box, attackers can try to score in one of the two mini goals
- Defender tries to concede as few goals as possible
- After 1 minute, rotate defender

Competition/Progression

- Option 1 - Defender gets 1pt for each attacking mistake or defensive interception/block, attackers get 3 pts for each goal
- Option 2 - The player who concedes the least number of goals in one minute wins



2v2 Zonal Game (15 mins)

Objective: Movements out of defenders shadow to promote ball circulation and penetrating passes

Focus: Explosive movements to provide proper passing angles, technical execution of passing, disguised passing, vision forward for penetrating pass

Action:

- Goals can be scored from either the first or second attacking zone (how many points from each zone can be varied)
- Only passes below knee-height are allowed
- The ball starts in either of the 1st zones - switch starting team after each ball
- Can limit number of touches and/or "ball cannot stop" rule

