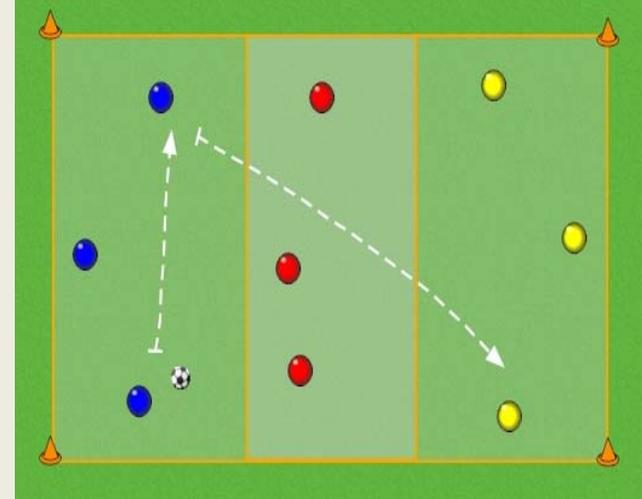
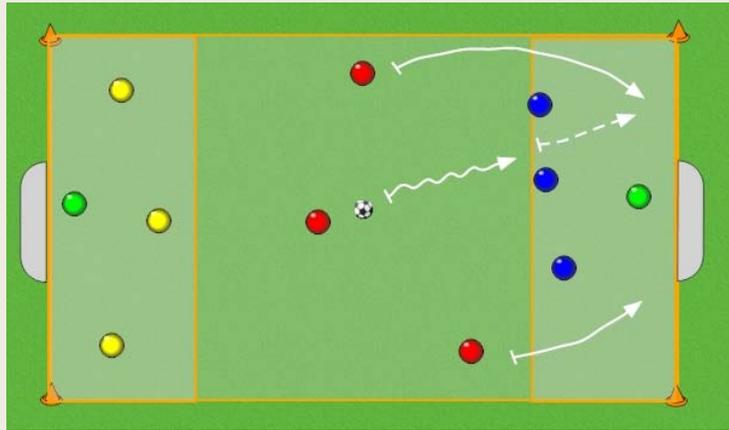


<p><b>Week 7</b> Penetration</p> <p><b>Warm up</b> <b>Objective:</b> To improve ability to penetrate with the ball.</p>	<p><b>Organization:</b> 4 Goal Game</p> <p>40 x 30 yard area with 4 goals placed Centrally inside the grid,</p>	<p><b>Procedure:</b></p> <p>Two teams try to score in any of the four goals. Dribble or pass the ball through the goals to score.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-Work on ideas for penetration.</li> <li>-Timing</li> <li>-Movement</li> <li>-Disguise</li> <li>-Communication</li> <li>-Weight and shape of pass</li> <li>-Combinations</li> </ul>	
<p><b>Week 7</b> Penetration <b>Individual Activity</b> <b>Objective:</b> To Improve individual penetration skills.</p>	<p><b>Organization:</b></p> <p>Split into three groups of three.</p> <p>The area is 20 x45 yards split into three 20 x 15 yard areas as shown.</p>	<p><b>Procedure:</b></p> <p>Three teams, one team in each zone. The two end teams keep the ball away from the middle team who send 1 player into win the ball (3 v 1). The ball must travel from one end to the other. Players must stay in their zones. If the ball goes out of bounds or is intercepted, the team losing possession switches with the middle team.</p>	<p><b>Key Coaching Points:</b></p> <ul style="list-style-type: none"> <li>-As above with real focus on imagination and creativity</li> <li>-Don't force it.</li> </ul>	

<p><b>Week 7</b> Penetration Small Group Activity <b>Objective:</b> To improve Individual penetration skills under pressure.</p>	<p><b>Organization:</b> 40 x 50 yard area. The two end zones are 40 x 15 and the middle area is 40 x 20 as shown.  2 large goals at each end and three teams of three.</p>	<p><b>Procedure:</b> Three teams &amp; two goalkeepers. Middle team attacks one end and tries to score. Play in zone until defenders win the ball and get it into the middle. They then attack opposite end and try to score. Goalkeepers play for defending team and start attacks.</p>	<p><b>Key Coaching Points:</b> As above</p>	
<p><b>Week 7</b> 8 v 8 Small Sided Game <b>Objective:</b> To improve individual &amp; small group game understanding.</p>	<p><b>Organization:</b> 30 x 50 yard area Play a 8 v 8 match  2 Goals  Size 5 ball</p>	<p><b>Procedure:</b> Free Play!</p>	<p><b>Key Coaching Points:</b> Summation of all challenges for the players.  Stay out of their way and let them play.</p>	