

Central Penetration: Part 2

Written by The Coaching Manual

In Part 2 of our central penetration article, we progress the Rondo practice to a 7v3 in order to deliver the key concepts when using the Up-Back-Through to play through opposition units in central areas.

7v3 Central Penetration Rondo

Set Up

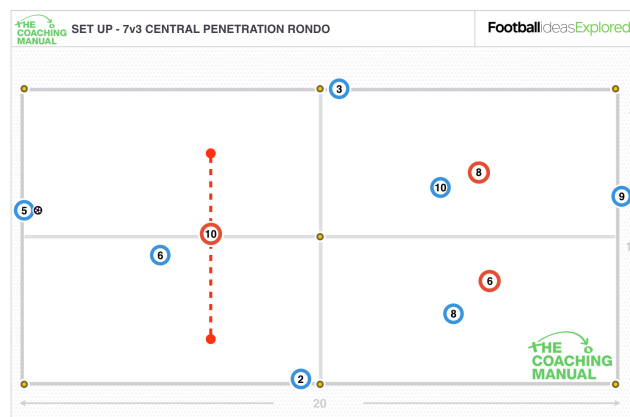
Central Midfielders (Blue 6, 8 and 10) are locked into their designated half and Blue 8 and 10 are not allowed to occupy the same zone. They play against 3 x Defenders (Red 6, 8 and 10) who are also locked into their designated half with Defenders not permitted to occupy the same zone.

Rotation can occur between Blue 8 and Blue 10 and Red 6 and Red 8.

Task

Blue Team (Attackers): Maintain positions and possession of the ball with emphasis on utilizing the Up-Back-Through sequence to play from Centre Back (Blue 5) to Centre Forward (Blue 9) with length and depth provided by Blue 6, 8 and 10.

Red Team (Defenders): If the ball is won, play directly to Blue 6 to replicate a counter attack in a game, or maintain possession 3v3 as Blue 6, 8 and 10 press to regain the ball.



Key Coaching Points

1. Take up positions to provide depth and length for effective Up-Back-Through
2. Positioning and body shape of Blue 6, 8 and Blue 10 to receive and advance forwards
3. Understanding of when to play backwards in order to advance forwards, using an Up-Back-Through passing sequence

Detail

- Body angle to receive the pass
- Receiving areas of foot or body
- Angles, distances and areas of structure to penetrate effectively and patiently
- Understanding slow and quick play through the areas
- Rotation and movement ahead of the ball to provide passing options
- Timing of passes - La Pausa
- Ability to secure possession of the ball and link up with team mates
- Understanding of the 3 passing lines (in front, around, penetrate)
- Passing options behind, ahead and around the ball
- Communication

Focus - Length & Depth To Create Angled Passing Options

Blue 10, on the same vertical line as Blue 6 (Pivot), acts as a decoy or can quickly play a pass back to the Pivot for Blue 8 to receive the through ball on a different vertical line.

Focus - Changing The Angle of Attack

Combining with the Full Backs, in this animation the Left Back (Blue 3), forces the opposition Defenders to shift across ball-side and allows the angle of attack to be changed as the Blue team penetrate through the central area of the pitch.

7v3 Central Penetration Rondo Progression

Set Up

As players begin to understand and execute the concepts of penetrating centrally, the precise can be progressed to include thirds of the pitch.

Area 24x15 divided into thirds (15x8) to provide reference points on the pitch. Centre Back (Blue 5), Full Backs Forwards (Blue 2 & 3) and Centre Forward (Blue 9) can move along their designated lines.

Central Midfielders (Blue 6, 8 and 10) are locked into their designated thirds and play against 3 x Defenders (Red 6, 8 and 10) who are also locked into their designated thirds.

The Key Coaching Points and Detail remain the same as the 7v3 Central penetration Practice.

Focus - Positioning Of Players To Create Angles To Penetrate

The "Thirds" in this practice add depth and provide reference points for players to play up to the next third before the ball is passed back for the penetrating pass.

The positioning of players can create a "zig-zag" to represent angles of receiving and playing through the thirds.

1. Blue 5 - Up - Blue 8 - Back - Blue 6 - Through - Blue 10
2. Blue 6 - Up - Blue 10 - Back - Blue 8 - Through - Blue 9

Focus - Different Lines of The Attack To Play Forwards

This animation shows how a Midfield 3 positioned on different horizontal (thirds) and vertical lines on lines can combine with Full Backs and penetrate centrally using Up-Back-Through passing sequences.

