

U12, 14 & 19 Goal Side Games of the Week

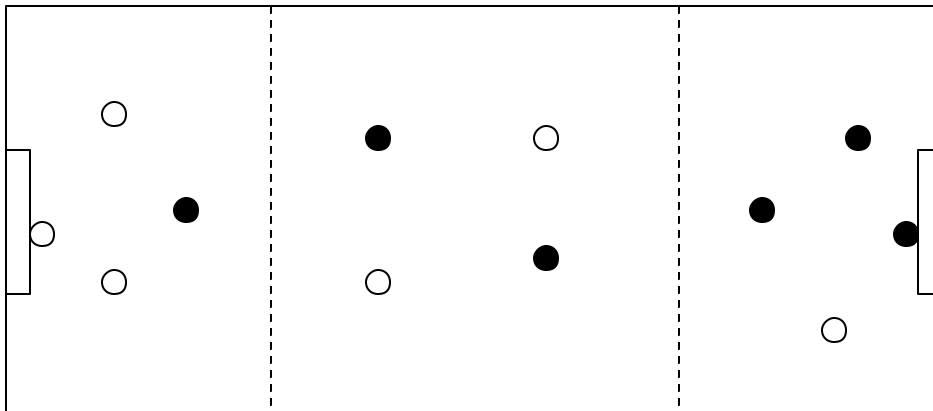
'4 P's' (Passing for Position, Possession & Penetration)

Purpose

To develop passing through possession, position and penetration.

Organization

Set out a 30 by 40 yard area and divide the playing area as shown. Station players with 2v1 in the defensive area, 2v2 in the midfield and 1v2 in the attacking area. Players must stay in these areas.



Game Objective

The team in possession plays the ball and maintains possession within their area. The object of the game is to penetrate the next area with a pass. The ball must go through consecutive areas, it cannot travel over more than 2 lines without being touched.

Progressions

- After playing the ball forward, the passer can enter the next area to support the play.
- Play half the field rather than thirds. Only the 2 nominated midfield players for both teams can cross the halfway line.

Key Coaching Points

- Awareness of how and when to play in each third of the field.
- When your team has the ball, offer support or create space by moving away from the ball.
- Support behind if the player is under pressure or in front if they have time to turn.
- Play the ball the way you are facing to keep possession.