

Principles Of The Game: Penetration and Pressure



NSCAA
Academy

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In the game of soccer the principles of play are the building blocks for success on both sides of the ball. Penetration and pressure are the first principles of play in attack and defense that need to be trained on an individual and team basis.

LEARNING OBJECTIVE: The coach will learn a number of exercises to help develop the players' understanding of the principles of pressure and penetration and how it is applicable at both the individual and team level.

For an expanded version of the outline for this session, please visit <http://www.nscAA.com/educatingcoaches.php>

Penetration

The following are a few key points related to penetration:

- The techniques of passing and dribbling
- The tactics of when and how (dribble or pass) to penetrate
- Making the right decision based on where attacker is on the field (safety vs. risk) and the positioning of closest defender(s)

Training exercises

8 v. 8 Gates Game (60x45yd grid)

Teams score through 2-yard gates

- Emphasis on passing and dribbling through gates to condition mentality of how and when to penetrate.

6 v. 6 +2 (60x45yd grid)

Attack to end zones

- Emphasis on penetration by attacking team based on shape of defenders.

Attack to targets

- Emphasis on attackers looking to penetrate by playing into targets.

6 v. 6 +2 to full size goals (60x45yd)

- Emphasis on creating goal scoring chances through penetration.

Pressure

The following are key points related to pressure:

- Individual defending: angle & distance of approach by, denying penetration
- Tactics of reading the game to anticipate where and when to pressure
- Decision making to pressure depending on where on the field and situation (#s up/down)

Training exercises:

4 v. 4 v. 4 (30x45 yd grid)

Attack to end zone

- Emphasis on defenders applying pressure on the ball to prevent attackers from penetrating on dribble or pass.

Attack to targets

- Emphasis on defenders working together to deny passes into targets by applying appropriate pressure.

9v9 to full size goals

(team X: 1-3-3-2 vs. team O: 1-3-3-2)

Emphasis for team X:

to look to penetrate by passing or dribbling based on the defensive shape of the opponent and movement of other attackers.

Emphasis for team O:

to correctly apply pressure on the ball to prevent the opponent from penetrating, keeping in mind the position and shape of the opponent.