

**VIRGINIA YOUTH SOCCER ASSOCIATION  
COACHING EDUCATION PRACTICE PLAN**

**Club:** Legacy Soccer  
**Location:** WISC  
**Topic:** Possession vs Penetration

**Number of Players:** 14  
**Date:** 12-Jan-12

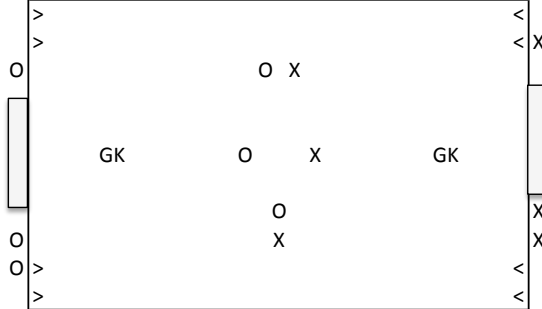
**Warm-Up/Dynamic Stretch:**

[1/2 field]

\* Players in groups of 4  
 -passing and moving; group gets mixed up with other groups  
 -->add players pass in a tight area and after a rythem of passes--one player makes a 30 yd run. Play them the ball when "ready"--go support and pass again. Repeat.

**I.**

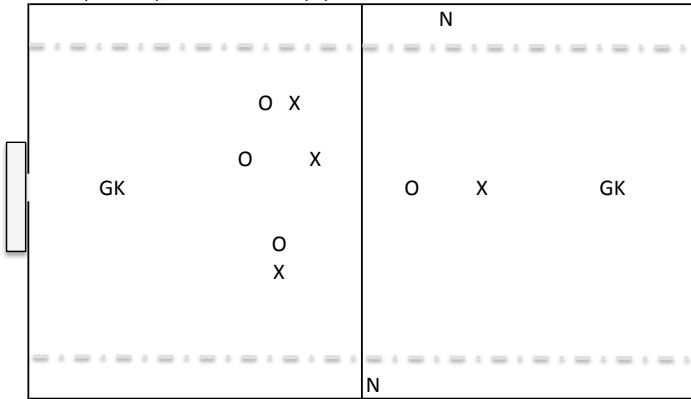
3 v. 3 (20x30), to 3 goals (1 goal with gk)



\* Play 3 v. 3.  
 -score on goal or by dribbling through "side" goals  
 -once attack is over, the next group of 3 attacks  
 -->goal on net is worth 2pt, side goals 1pt

**II.**

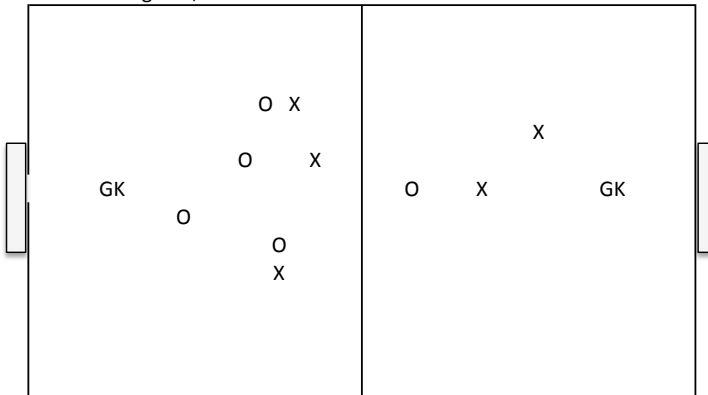
4 v.4 (30 x 40), with Neutrals (N) in channels



\* 4 v. 4, to goal  
 -->Team in possession can use N. Once they have...N can go anywhere-not restricted to channel.  
 -->Team in possession can get both N's on their team. Once they lose ball, N goes back to channel.

**III.**

Small sided game, 5 v. 5



**COACHING POINTS:**

- Passing** Pace, accuracy, disguise, communication in pass (playing it to front foot vs. back)
- Receiving** Know what is around you, line of flight, surface, move or not on first touch
- Possession** Principles of Attack (penetration, width, height, depth, movement, creativity); use dribbling to keep it??  
Cues for penetration (space in behind, numbers up, runs off the ball etc...) vs Possession
- Guided Discovery** When should we keep it, when should we go for goal (Players must learn key cues by end of practice)