

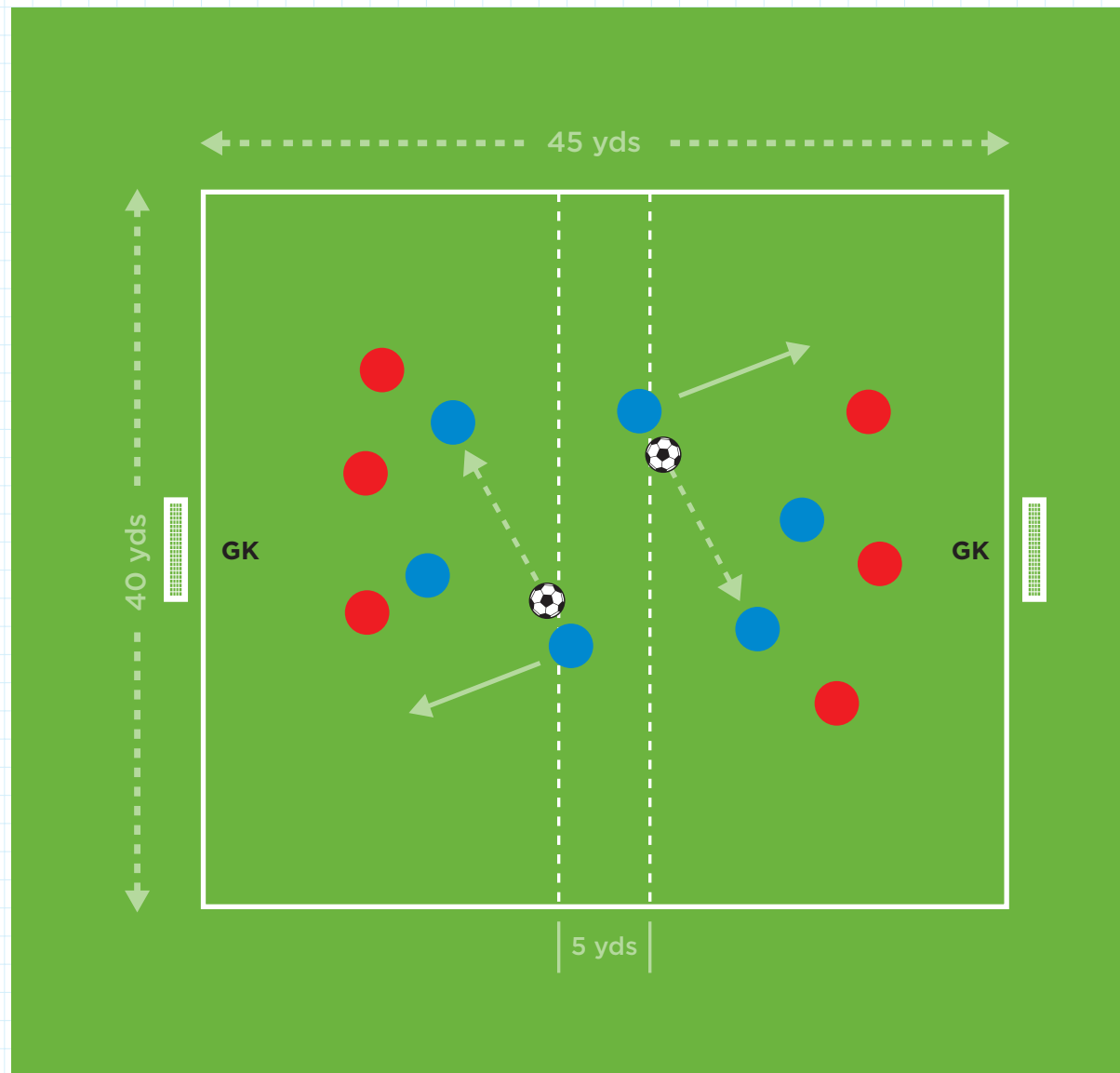
# Quick play around the penalty area

## Practice organisation

- Area 45x40yds marked into two zones of 20x40yds, with a 5yd central channel & appropriate size goals, placed 6yds behind line at each end, as illustrated.
- 14 players (incl. 2 GK's), 2 balls.
- 3v2 in each end grid.
- The central channel can be used in possession, where player on ball cannot be challenged by an opponent.
- Offside applies & objective is to create goal scoring opportunities & score.
- Practice starts with: ball served into end grid by an Attacker, who starts in safe zone & then moves forward to support play (making 3v3).
- Possession is retained if a goal is scored. If not, possession changes hands.
- If D's gain possession during open play the ball must be transferred into safe zone before reversing roles & becoming A's.

## Detail

- Challenge 1: Try to use one touch opportunities to set-up attacks.
- Challenge 2: Try to score without using support players.
- Encourage a variety of passing skills to either feet or space according to As' circumstances.
- Encourage clever & unexpected turning skills, especially from A's in attacking zone.
- Quick & deceptive combination play from A's.
- Simple progressions for this practice are:
  - Allow 2D's to man mark forward players to encourage movement to lose markers.
  - Expand practice to a 6v6 game, but no challenging for ball in safe zone.



Attacking when opponents are 'in balance'

Age group  
12-16 years

## Key coaching points

- Other challenges for players include:
  - Quick decision-making.
  - Awareness of position of opponents (including GK).
  - Sharp passing & receiving skills.

- Body shape to take up goal scoring opportunities.
- Range of shooting & finishing skills.
- Combination play & 3rd. player movement.
- General movement with & without ball.