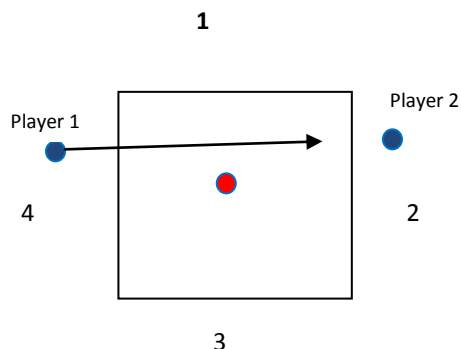


## Penetrative Passing

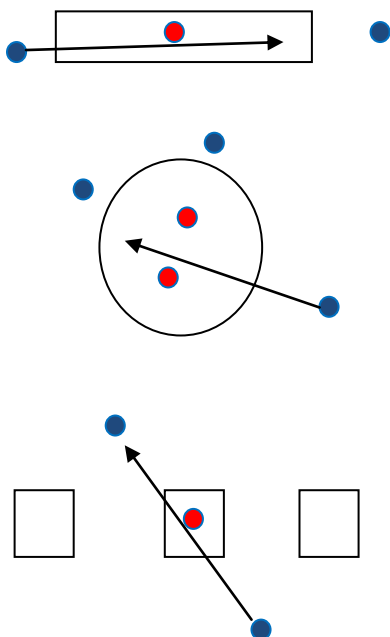
Passing the ball through, rather than around tightly compact defences, is a skill demonstrated by the very best midfield and forward players. A player who has the vision, technique, and timing, to thread passes down the side and in-between defenders, in turn creating goal-scoring opportunities, is invaluable in games where defences are congested and opportunities minimal.

The following practices offer some basic frameworks for your players to develop their penetrative passing. The practice sessions vary in their difficulty from simple to complex, and should be used as a starting point to create individual practices tailored to the needs of your own group of players.

### Through the box - Small Group Practices



### Alternative practice areas



#### Key:

● = Player    → = Path of the ball    □ = Coned area

#### Organisation:

- Two blue players play against one red player.
- The blue players attempt to play the ball through the square as the red player attempts to intercept the ball.

#### Challenge

- The blue team need to make 10 passes to win a point
- The defender must make three interceptions to win a point
- First team to gain 3 points wins (all players then swap roles)

#### Progressions

- Each pass must be made through a different side of the square than the previous pass. *E.G: If blue player 2, receives a pass through side two of the square, the next pass must be made from one of the other three sides.*
- Experiment with different sizes and shapes of area (see examples)
- Experiment with the number of attackers and defenders (see examples)

Consider what effect changing the shape of the area, and the number of players in the practice, will have on the difficulty of the practice for both the passers and the defenders?

#### Top Tips

- When playing through 'tight' spaces, consider the weight of your pass. What weight of pass will be needed?
- Experiment with a variety of passes (*low driven pass, swerved pass, disguise pass*)
- When preparing to receive the ball, think about where you want your first touch to take you and what your next pass may be?
- How will a players movement 'off the ball', effect the decision of the player who has the ball?