



Penetration — Three Ways Into the Final Third

Session 29 • Attacking and finishing • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

Through the Gap

0:10 – 0:25 • 15 MIN

Three Ways In

0:25 – 0:40 • 15 MIN

The Cutback Game

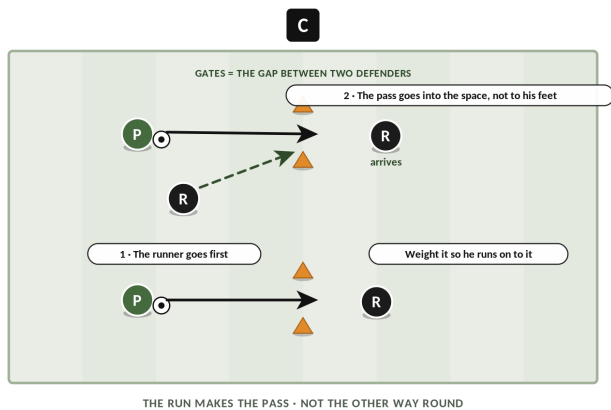
0:40 – 0:55 • 15 MIN

Get In the Box

0:55 – 1:00 • 5 MIN

Questions and homework**29.1 THROUGH THE GAP**

Warm-up • 10 min

**SET UP**

- 32 × 18 m with two gates of 3 m in the middle, made from poles or cones.
- Groups of three: a passer, a runner, and one recovering to the start.

RULES

- The runner must be moving before the ball is played. A pass to a stationary player scores nothing.
- The ball must go through the gate and be reached in ...

COACH IT

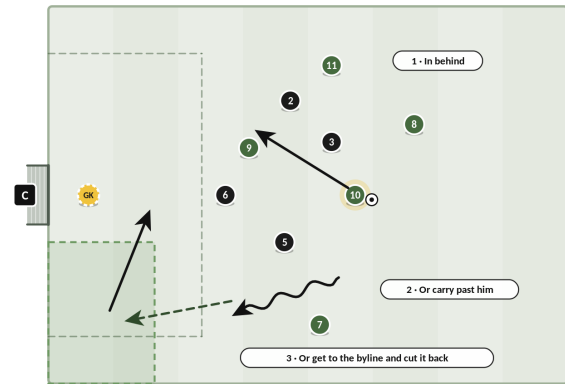
- Technical: Weight and timing. The pass is firm enough to beat the imagined defender and soft enough that the runner does not have to sprint out ...

SAY

- The whole practice. Go first. Make him find you.
- Into the space. He's running — pass where he's ...

29.2 THREE WAYS IN

Technical practice • 15 min

**SET UP**

- 44 × 32 m with a full goal and goalkeeper at one end and the penalty area marked.
- Five attackers against four defenders, ball starting 30 m from goal.

RULES

- In behind = 1 point. Carrying past a defender and scoring = 1 point. A goal from a cutback = 2 points.
- From minute 11: goals from outside the box do not ...

COACH IT

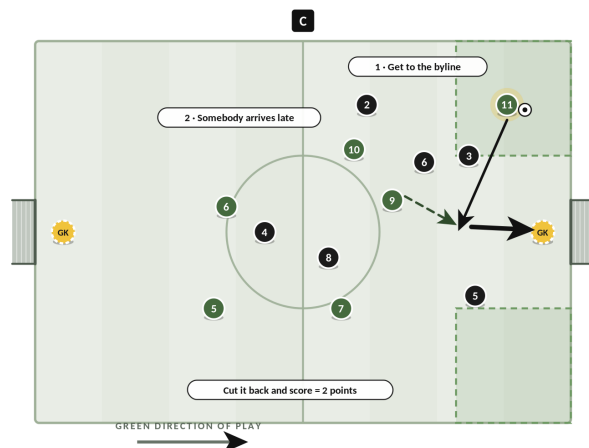
- Technical: The through pass with the correct weight; the carry with the ball out of the feet; and the cutback itself, which must be firm and ...

SAY

- The default at this age. The minute-11 condition fixes it faster than talking.

29.3 THE CUTBACK GAME (6 v 6 + GKs)

Skill game • 15 min

**SET UP**

- One pitch, 42 × 30 m, both full goals with a goalkeeper in each.
- Cutback zones marked — a 9 × 9 m box beside each goal, near the byline, on both sides.

RULES

- A goal = 1 point. A goal from a cutback played out of the marked zone = 2 points.
- From minute 6: the double requires two attackers inside the box when the cutback is played.

COACH IT

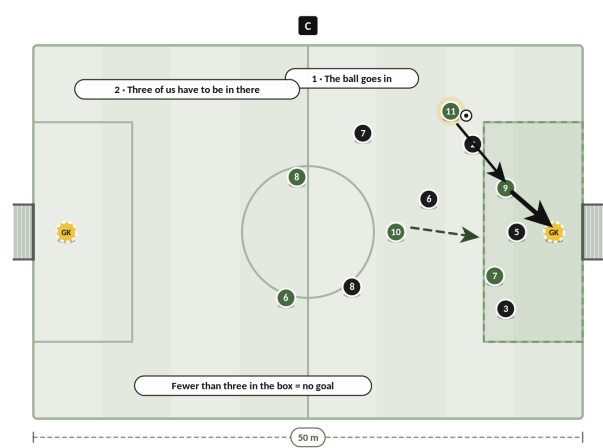
- Technical: The cutback must be firm, along the ground and behind the near-post defender. A soft cutback is a goalkeeper's easiest ball.

SAY

- Two more steps. It is almost always two more steps.
- Along the floor. Every time.

29.4 GET IN THE BOX (7 v 7)

Conditioned match • 15 min

**SET UP**

- 50 × 34 m with full-size goals and clearly marked boxes.
- 7 v 7 including goalkeepers (14). With 15–16, play 8v8 or roll substitutes every two minutes.

RULES

- A goal only counts with three attackers inside the box when the ball enters it.
- From minute 7: three in the box, or two in the box and one on the edge.

COACH IT

- Technical: Finishing first time, because a box with three attackers and three defenders in it gives nobody a second touch.

SAY

- The thing this condition exists to fix.
- You're the third one. In you go.