UEFA PRO COURSE: FLANK PENETRATION

OBJECTIVES:
1. 3-5-2 COMBINING TO PENETRATE INTO FINAL 3rd
2. FLANK ATTACKING PATTERNS BASED ON 4-5-3
   (penetrating from middle third to final 3rd)

PHASE I: WARM-UP (Technical Functions relevant to combining to serve forward or running to penetrate with the ball)
FIELD PLAYERS: Ladder Patterns
- Two touch mentality - prepare and serve
- Differentiates “under-weighted” passes and “firm” passes
- Movement to create forward passing channels to a teammate
- Finish with athlete-directed movement and combinations
GOALKEEPERS:
- Crosses and dealing with aerial serves
- Distribution - technical reps with hands and feet to flank players

PHASE II: FLANK PENETRATION: ATTACKING PATTERNS:
SETUP: In one half of the field place goals end line and at the half-line.
* Flanker players cue up on the touchline half-way between the goals.
* Central channel players form two lines at each goal line.
* Strikers (2 front -1 front) positioned 10 yards beyond each penalty area
KEY CONCEPTS:
- Pattern play from back forth between the goals
- Each repetition should be completed by a shot on goal
- Mobility used to manipulate the starting positions of defenders
- Service directed to feet sets up service to spaces behind the opponent (penetration)

PHASE III: ATTACKING IN THE FINAL THIRD
(5 x 4 x 6 = 120)
TEAM “A”: 3 backs + 2 mfs = 1 striker
TEAM “B”: 2 backs + 2 mfs = 1 striker
TEAM “C”: 2 backs + 2 mfs + 2 strikers
ORGANIZATION:
- Attacking team prepares the ball in the middle third (2 touch per player)
- Then all but a single member moves ahead into the final third of the final six.
- Player must remain in the middle third to serve as a supporting and linking player
DEFENDING TEAM:
- Must defend from behind the middle third line.
- In order to attack they must successfully dribble the ball out of the final third. O or a player may collect a pass from a teammate just beyond the boundary line
- Key Concepts:
  - Attacking shape (width and depth)
  - Supporting positioning and speed of play for the supporting player
  - Mobility and supporting shape of the players ahead of the ball

PHASE IV: 1 x 4 x 3 Final Game
- Field Set-up: Full width, length from top of box to opposite endline
- Focus on the shape, movement & technical applications relative to the 2 flank players and the central midfielder.

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TECH STAFF: DAVE CHESLER