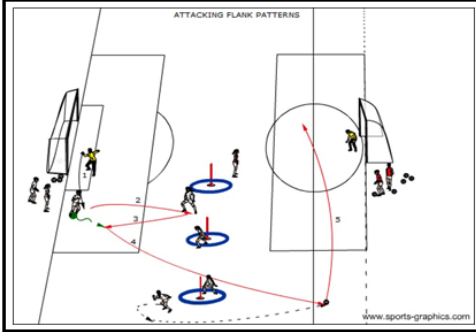
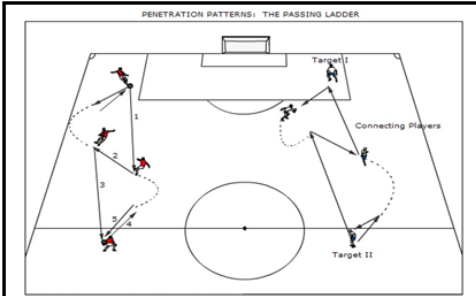


**UEFA PRO COURSE: FLANK PENETRATION**



UMAG, CROATIA      UEFA PRO LICENSE  
 TECH STAFF: DAVE CHESLER

- OBJECTIVE(S):**  
 1. 2-3 COMBINING TO PENETRATE INTO FINAL 3rd  
 2. FLANK ATTACKING PATTERNS BASED ON 4-3-3  
 (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"
- + Differentiate- "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:**

**SET-UP:** In one half of the field place goals at end-line and at the half-line.

- \*Flank players cue up on the touchline half-way between the goals.
- \*Central channel players form 2 lines at each end-line
- \*Strikers (2 front/3 front) positioned 10 yards beyond each penalty area.

**KEY CONCEPTS:**

- \*Pattern play flows 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 directly to feet sets up service to spaces behind the opponent (penetration).

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**PHASE III: ATTACKING IN THE FINAL THIRD**

(6 v 6 v 6 + GK's)

- TEAM "A": 3 backs + 2 mf + 1 striker
- TEAM "B": 3 backs + 2 mf + 1 striker
- TEAM "C": 2 backs + 2 mf + 2 strikers

**ORGANIZATION:**

Attacking team prepares the ball in the middle third area (1 touch per player) and then all but a single member moves ahead into the final third of the three zones. 1 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 OR a player may collect a pass from a teammate just beyond the boundary line.

**KEY CONCEPTS:**

- +Attacking shape (width and depth).
- +Supporting position and speed of play for the supporting player.
- +Mobility and supporting shape of the players ahead of the ball.

**PHASE IV: (1-4-1-3) Final Game**

- + Field Set-up: Full width, length from top of 1 box to opposite end-line.
- + Focus on the shape, movement & technical applications relative to the 2 flank players and the central midfielder.