

## Penetration in the Attack

**Schellas Hyndman, SMU**

*Note the following notation of # v # symbols indicate some number of attackers (first number) versus (v) some # of defender (second number). The +symbol means there is another group of players that is connected to the first group. The N symbol represents a neutral player.*

- 5v2; players look to split the defender
- 2v2 across grid; score by crossing endline with possession; extra pair waiting
- 2v2 + 2N wings; neutrals are outside the grid as wings (limit touches)
- 2v2 + 2N targets; neutrals are on the endline and function as target players
  - once target receive a pass, they return it to the same team who attacks in the other direction
- 2v2 + N on goal; 2 attackers act as front runners, using the N as center half distributor
- 2v2 + 2N midfielders + 2v2 on two goals; three grids between two goals; if team A's defenders pass the ball to a neutral, the neutral turns and passes it to team A's attackers in the other grid.
- 2v2 + 2v2 + 2v2; initially the defensive midfielders (middle grid) are passive
  - change defensive pressure
  - allow midfielders to go forward into the attack
- 2v3 + 3v3 + 2v3 (8v8)
  - allow single player in back zone to go forward into attacking zone
  - remove zones

This session report submitted by Gary Rue [grue@mail.state.ky.us].