



Breaking Lines

Practice: Part 1

ORGANISATION: Pitch divided into 3 zones. Directional game with each team attacking two mini-goals.

Conditions:

- Can only move from one third to the next by passing the ball.
- Goals scored after a set back from the ST = 2 goals.

EQUIPMENT: Footballs, cones, mini-goals.

CORE TOPIC: Breaking Lines.

COACHING POINTS / PROGRESSIONS:

General Points:

- Making angles off the ball – creating space or exploiting space.
- Creating triangles and diamonds – multiple layers across the pitch.
- Body shape when receiving – scanning and recognising when to turn and play forward, and when to receive straight on and attract pressure.
- Looking for split passes – to take players out of the game and also to force the opposition narrow.

