



Breaking Lines

Practice: Part 3

ORGANISATION: Same set-up as Parts 1 and 2:

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

Conditions:

- Players are allowed to come up with their own conditions or restrictions – in this case, the players decided that goals after an up-back-through = 2 goals, and goals after a split pass = 1 goal.

EQUIPMENT: Footballs, cones, mini-goals.

CORE TOPIC: Breaking Lines.

COACHING POINTS / PROGRESSIONS:

General Points:

- Using deception to open up space for split / up-back-through opportunities.
- Providing support underneath to create the option for a set back.

