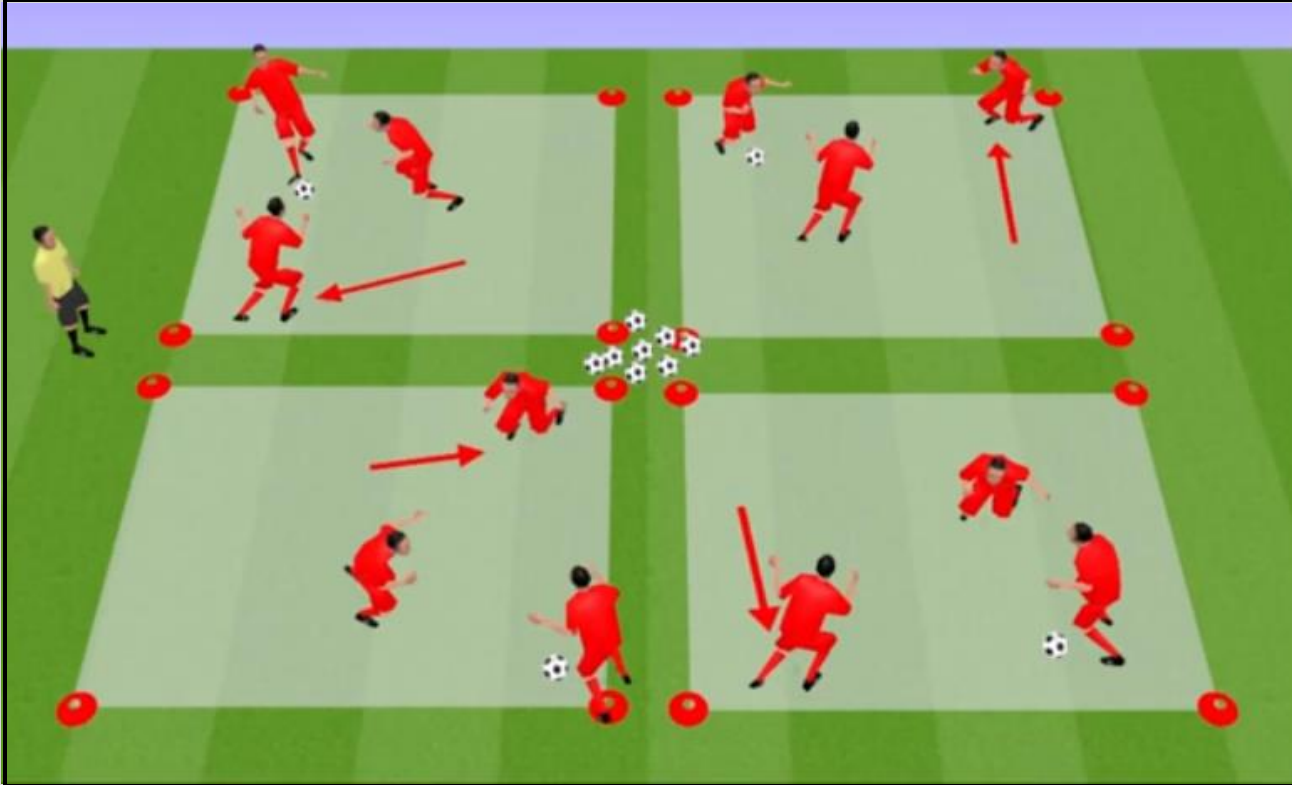


Session Plan 3 – Priority #1 Breaking Lines; Advancing the Ball Forward

WARM UP: Keep Away - Continuous 2 v 1

[VIDEO LINK CLICK HERE](#)



Time: 10mins & after a dynamic & running warm-up

Size: 10 x 10 yards

Organization / Equipment: Cones & Balls

Explanation: Two players try to keep the ball away from the defender. If possession is lost, the defender and roles change

Coaching Points:

- i) Can you anticipate where the pass is going & move to support before the ball is played?
- ii) Move away from the ball – maximize width & depth
- iii) Support in most if not all directions (sides & in front)
- iv) Find the easy angle of support

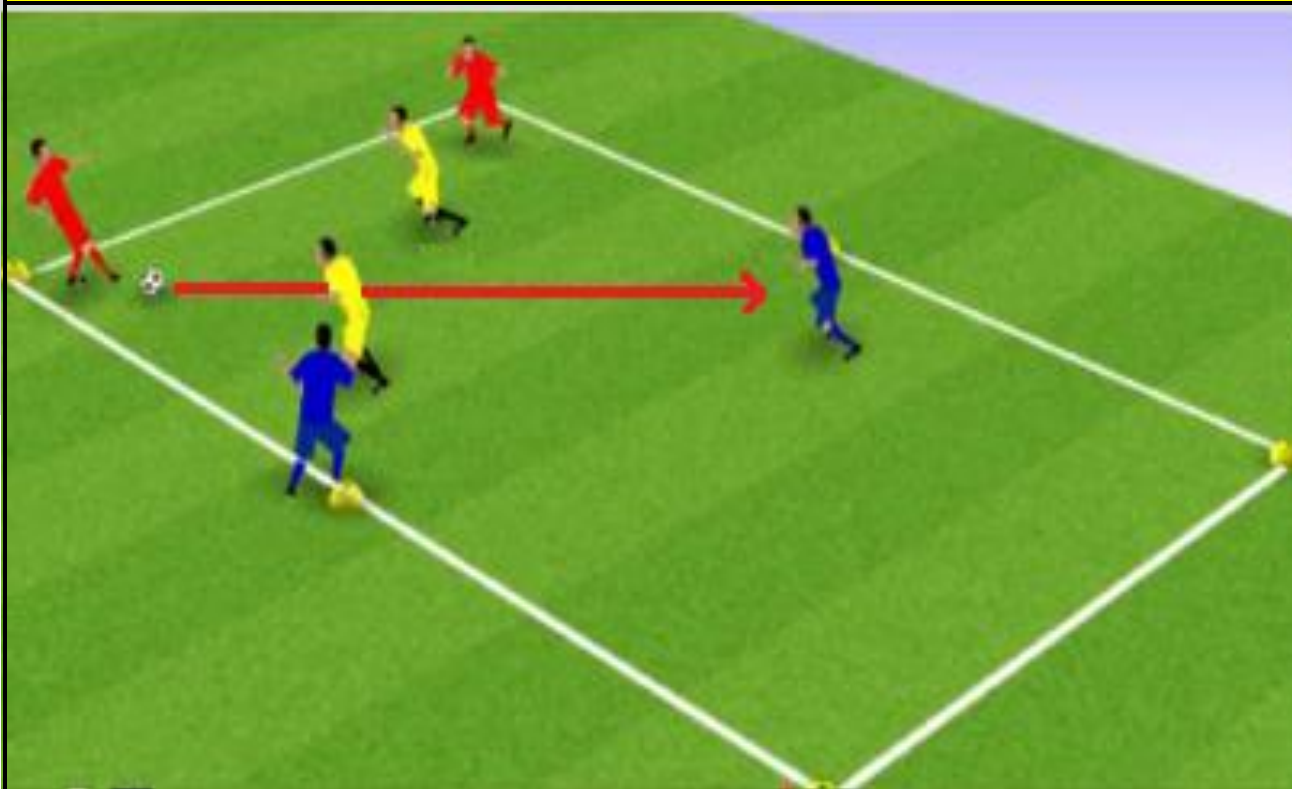
Intervention Key Questions:

- i) What do we need right now?
- ii) How do we know someone is about to pass the ball?
- iii) How do we make it hard for the defender?
- iv) If we are close together, do we make it easier or more difficult for the defender?
- v) Where should my touch go?

Constraints to Modify or Challenge: Size of playing area or the numerical balance (ie could be 3v2 or 3v1)

STATION 1: 4v2 Keep Away & Break Lines

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 20x10 yards Organization / Equipment: Cones & Balls

Explanation: 4 players try to keep possession and break lines.

Coaching Points:

- i) Can you anticipate where the pass is going & move to support before the ball is played?
- ii) Move away from the ball – maximize width & depth
- iii) Support in most if not all directions (sides & in front)
- iv) Find the easy angle of support

Intervention Key Questions:

- i) What do we need right now?
- ii) How do we know someone is about to pass the ball?
- iii) How do we make it hard for the defender?
- iv) If we are close together, do we make it easier or more difficult for the defender?
- v) Where should my touch go?

Constraints to Modify or Challenge: Size of playing area

Session Plan 3 – Priority #1 Breaking Lines; Advancing the Ball Forward

STATION 2: 2v2+2 Breaking Lines Directional Possession

[VIDEO LINK CLICK HERE](#)



Time: 15mins

Size: 15x10 yards

Organization / Equipment: Cones, Balls, & Pinnies

Explanation: This activity could accommodate 6-8 players. Alternatively go 3v3 + 4 in a larger area. Players work the ball one way and then back in the opposite direction; directional possession.

Coaching Points:

- Shape - Timely flattening out (Mobility & Width); Create the gap!
- Recognizing the opportunity to play forward quickly to break lines
- First touch pass firmly on the equator – keep it low if possible
- Using visual exploratory behaviour (VEB) to know if you can play forward before you get the ball

Key Questions:

- What direction should we be looking before and after we get the ball?
- If we take more than one touch what happens to the gap in the middle?
- If we can't go forward/thru or to the side safely, where is the best option?
- Where should my first touch go when you receive the ball?

Constraints to Modify or Challenge: Size of playing area. Break the lines for a point.

STATION 3: Odd Man Out

[VIDEO LINK CLICK HERE](#)



Time: 20mins

Size: 25 x 30 yards

Organization / Equipment: Cones, Balls, & Pinnies

Explanation: 4v4+2 directional game. The team in possession tries to advance the ball from one side of the field to the other for a point. Each time one of the players must act as an end player to provide depth. If the defenders acquire the ball, they find their players behind the line.

Coaching Points:

- Shape - Timely flattening out (Mobility & Width); Create the gap!
- Recognizing the opportunity to play forward quickly to break lines
- First touch pass firmly on the equator – keep it low if possible
- Using visual exploratory behaviour (VEB) to know if you can play forward before you get the ball

Key Questions:

- What direction should we be looking before and after we get the ball?
- If we take more than one touch what happens to the gap in the middle?
- If we can't go forward/thru or to the side safely, where is the best option?
- Where should my first touch go when you receive the ball?

Constraints to Modify or Challenge: Size of playing area. # of floaters/neutral players decreased. There and back equals a point.

Session Plan 3 – Priority #1 Breaking Lines; Advancing the Ball Forward

**SMALL SIDED END GAME 4v4 or 5v5
(Regular FIFA Rules)**

Time: 20mins

Size: May vary but ideally 30x40 yards or more

Organization / Equipment: Cones, Balls, Pinnies & two goals

Explanation: A regular even strength game to see if the players can implement the session topics in a realistic and representative performance context. Regular FIFA rules.

Coaching Points: -Previous coaching points

Intervention Key Questions - Previous questions