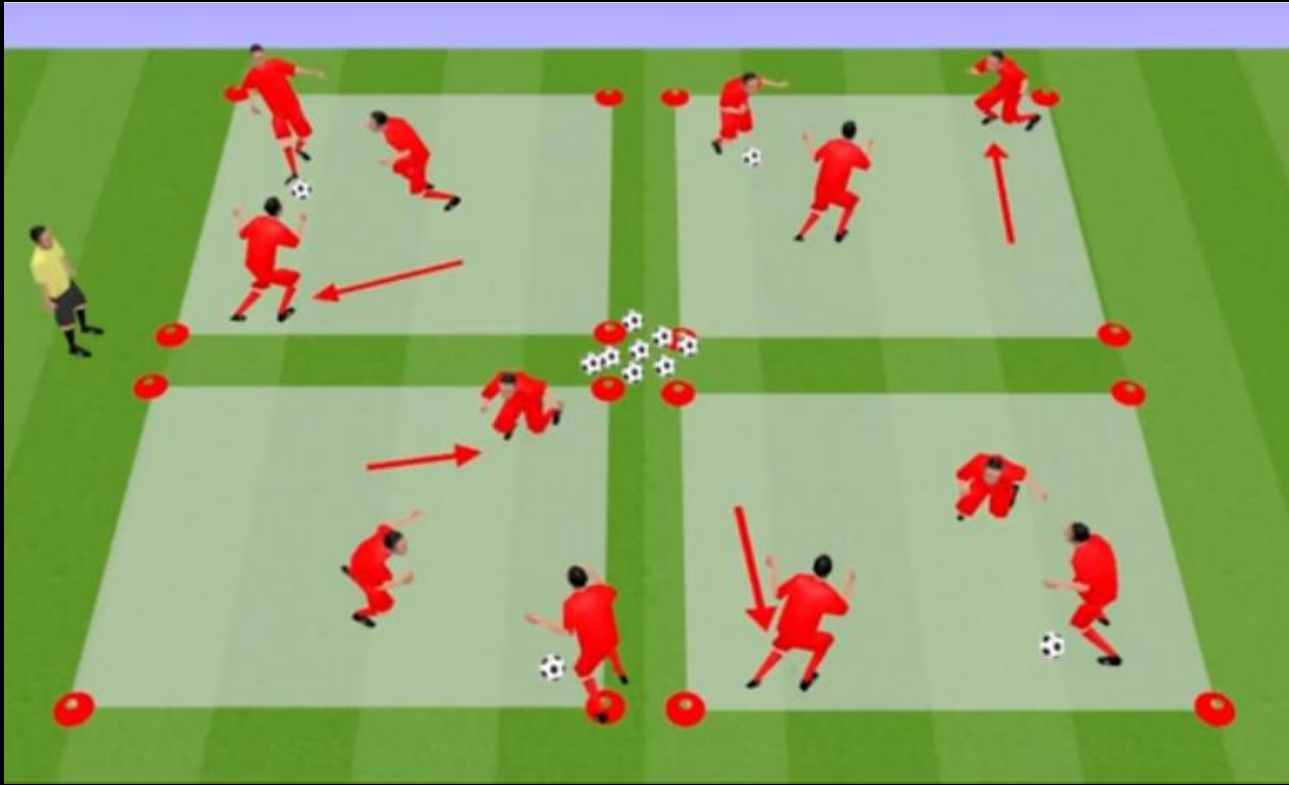


Session Plan 3 – Priority #1 Breaking Lines; Advancing the Ball Forward

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:

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

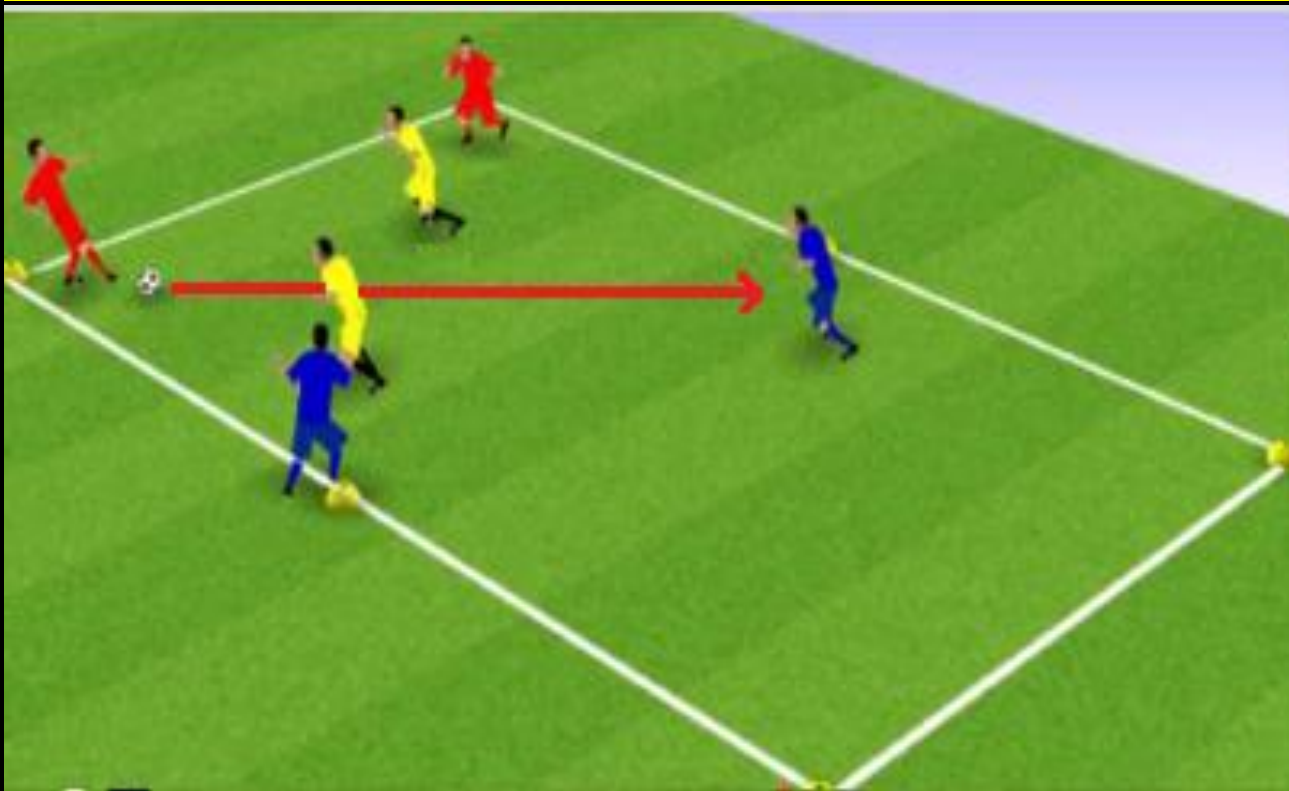
Intervention Key Questions:

- If we can't go forward/thru or to the side safely, where is the best option?
- How can ensure the pass stays on the ground?
- Where should my first touch go when you receive the ball?

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 verses 2 defenders. They try to break lines!

Coaching Points:

- Shape - Timely flattening out (Mobility & Width); Support!
- Recognizing the opportunity to play forward quickly to break lines between two defenders
- Passing firmly on the equator – keep it low if possible!

Intervention Key Questions:

- What direction should we be looking before and after we get the ball?
- If we can't go forward/thru or to the side safely, where is the best option?
- How can ensure the pass stays on the ground?
- Where should my first touch go when you receive the ball?

Constraints to Modify or Challenge: Size of playing area or numerical advantage (5v2 or 6v2)

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

STATION 2: Keep Away & Breaking Lines

[VIDEO LINK CLICK HERE](#)



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

Time: 20mins

Size: 20 x 20 yards

Organization / Equipment: Cones, Balls, & Pinnies

Explanation: This activity could accommodate 10 players in a 8 v 2 or a 7 v3. Use 2 or 3 balls.

Coaching Points:

- i) Shape - Timely flattening out (Mobility & Width); Support!
- ii) Recognizing the opportunity to play forward quickly to break lines
- iii) Passing firmly on the equator – keep it low if possible!

Key Questions:

- i) What direction should we be looking before and after we get the ball?
- ii) If we can't go forward/thru or to the side safely, where is the best option?
- iii) How can ensure the pass stays on the ground?
- iv) 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.

Time: 20mins

Size: May vary but ideally 25x30 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