



Date: 3<sup>rd</sup> Mar 16

Team: U18

Time: 1830 - 2000

Location: City Academy

## BREAKING THE LINES

### Objectives

- Encourage players to create and exploit space
  - 3<sup>rd</sup> man runners
- Reinforce that the most important players are those NOT in possession
  - Constantly maintain positions to support player in possession
- Think more than one pass ahead
- Maintain a 'map' of the game so know where there is space to break the lines

### Key

Indicator	Action
	Dribble
	Off Ball Movement
	Pass/Shot



# BREAKING THE LINES

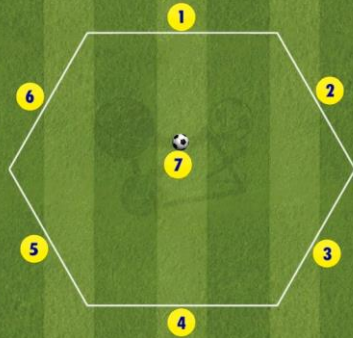
Warm Up: 1830 – 1845  
Wall Pass Circle

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## Key Coaching Points

- Identify triggers and what reaction they should bring from the players
  - Player to left of player receiving the ball being ready to receive a pass
- Even though this repetitive drill are all the triggers going to be identical? How could they vary? And how would you adjust accordingly?
  - A good touch versus a bad touch

## Instructions

1. Player in the middle (Y7) passes to an outside player (Y1) and follows the pass to close Y1 down
2. The player to the left (Y2) of the receiver (Y1) makes themselves available for wall pass
3. Y1 passes to Y2 who passes back thereby avoiding the pressing Y7
4. Y1 is now in the middle and repeats Steps 1-3

## Progression/Regression

- Vary number of touches. The aim is get 1 touch at high speed
- Allow defender to choose whether to close wall pass or receiver.
- Allow players either side of receiver to offer an option and defender decides who to close
- Vary size of circle
- A player/coach rotates around outside of circle looking to steal ball from any bad, slow or unprotected touches

## Setup

20yard circle, x players, 1 ball



# BREAKING THE LINES

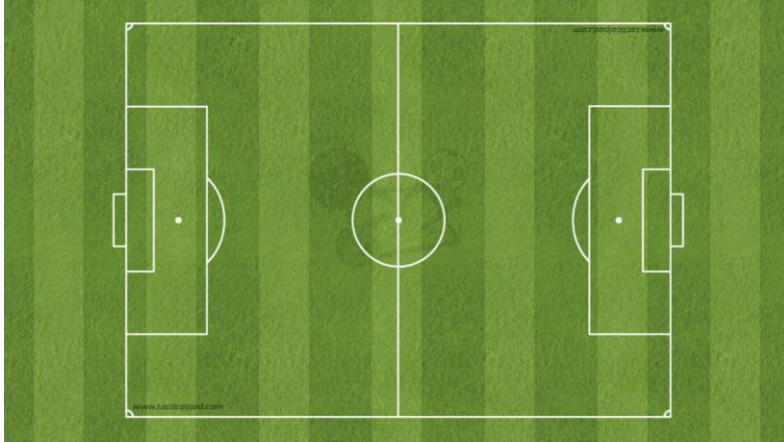
Scene Setter: 1845 - 1850  
TBC

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## Key Coaching Points

- None beyond setting the scene and clarifying the rules

## The Scene

TBC

## Instructions

TBC

## Setup

TBC



# BREAKING THE LINES

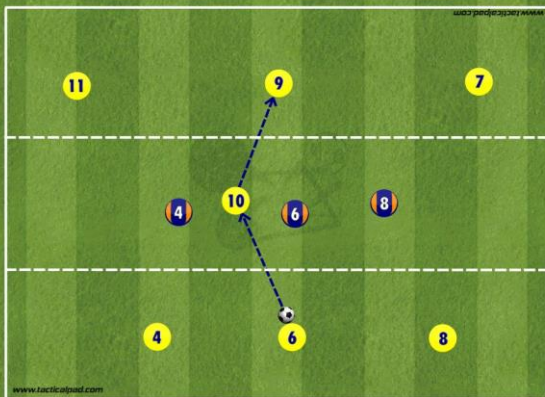
SSG #1: 1850 - 1915  
Overload In The Thirds

Date: 3<sup>rd</sup> Mar 16

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## Key Coaching Points

- Middle Yellow creates space by forcing defenders to make decisions
- QUICK BALL to exploit the space
  - Minimal touches required
  - Positive passes
- Once 1 pass made through the middle third, exploit the defensive transition
- Movement in the end thirds to make play more unpredictable and difficult for the defenders to read

## Instructions

1. Each player must stay in their third
2. The Yellows need to get the ball through the Blues in the middle third to the Yellows in the far third. They have the option to use the Yellow in the middle third
3. Repeat Steps 1-2

## Progression/Regression

- If the middle Yellow makes a pass the recipient must replace him in the middle
- Allow Blues in to defend in 2 of the 3 thirds
- Allow Yellow to step into middle third provided the Yellow already there drops out

## Setup

30 x 30 yards, 7 attackers, 3 defenders, 1 ball



# BREAKING THE LINES

SSG #2: 1915 – 1940

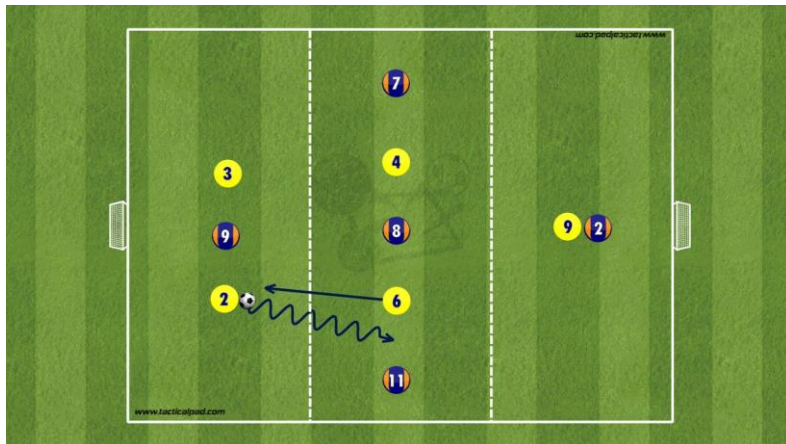
Move Through The Thirds & Maintain Shape

Date: 3<sup>rd</sup> Mar 16

Team: U18

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## Key Coaching Points

- Where is the space?
- When should it be exploited?
- Who should exploit it?
- If there is no space, how can it be created?
- What happens if we lose the ball?

## Instructions

1. Normal directional game
2. Both teams pick a 3-line formation
3. Then must maintain that formation by keeping the required players in each third
4. Players can swap third freely.... Provided they maintain the numbers required for the formation in each third

## Progression/Regression

- Restrict how many thirds a player can move through
- Only allow pass or dribble as method to move through the thirds

## Setup

30 x 20 yards, 5 v5, 1 ball



# BREAKING THE LINES

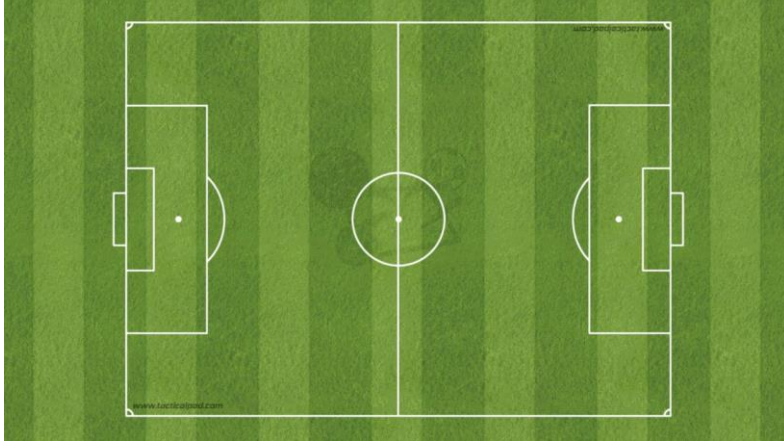
Scene Setter Revisited: 1940 - 1945  
TBC

Date: 3<sup>rd</sup> Mar 16

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## Key Coaching Points

- Provide feedback AFTER highlighting difference between this game and the one at the beginning of the session

## Instructions

TBC

## Setup

TBC





# BREAKING THE LINES

Match: 1945 - 2000  
Match

Date: 5<sup>th</sup> Nov 16  
Team: U18  
Time: 1830 - 2000  
Location: City Academy

**Players play a match... their rules  
No coaching, just observing**