

Session Title (Theme & Focus)

Breaking Defensive Lines - Individual Practice

Session Objectives:

1	Find space to receive in advanced space
2	Agility to change direction before receiving
3	Play on the half turn to play forward

Players & Session:

Age:	11+
Number of players:	22

1



Time (mins)

8

Intervals

2

Organisation

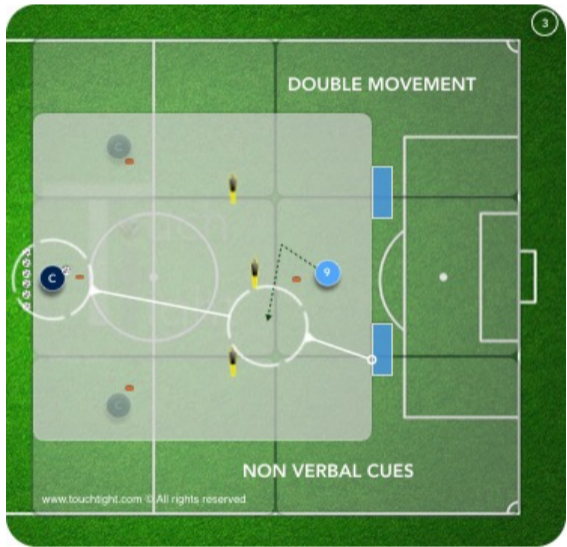
Set Up

This practice involves coach and an individual player (Striker in this instance). You will be passing ball for striker who makes movement either side of mannequin to, turn and finish, before repeating sequence with different movement.

Key Coaching Points

- Specific focus can be applied to the individual player's movement
- Timing of movement to receive in between mannequins
- First touch to get away
- Finishing Pass into mini goal

2



Time (mins)

8

Intervals

2

Organisation

Key Point 1. Double Movement

To progress player must show one way to go the other and receive off the shoulder of mannequin, movement must be sharp with a change of pace to replicate match tempo of scenario

Key Coaching Points

1. Agility to change direction
2. Emphasis on the change of direction - not just go through motions here
3. Change of pace to lose player (in game)

3



Time (mins)

8

Intervals

2

Organisation

Key Point 2: Change Attack Direction

Movement can become too predictable and so allow player to be creative, striker can now receive in front of guard, yet first touch must take player across the front to change direction

Key Coaching Points

- By allowing player to be creative with decisions observe success
- 1. Movement to receive in front Maintain quality of movement
- 2. First touch across defender
- 3. Creativity to change options themselves.

Technique
Movement to receive
First directional touch

Tactical
Recognition of space

Social
Paired Understanding
Non verbal/Verbal Cues

Psychological
Focused intent
Creative Approach

Physical
Speed into space
Agility - change of Direction