

# Session Title (Theme & Focus)

## Breaking Defensive Lines - Level 2 Sequence

### Session Objectives:

1	Recognise forward pass when gaining possession
2	Find space to receive in advanced space
3	Execute pass to break defensive lines

### Players & Session:

Age:	11+
Number of players:	22

1



#### Time (mins)

25

#### Intervals

5

#### Individual Practice

This practice involves coach and an individual player (Striker in this instance).

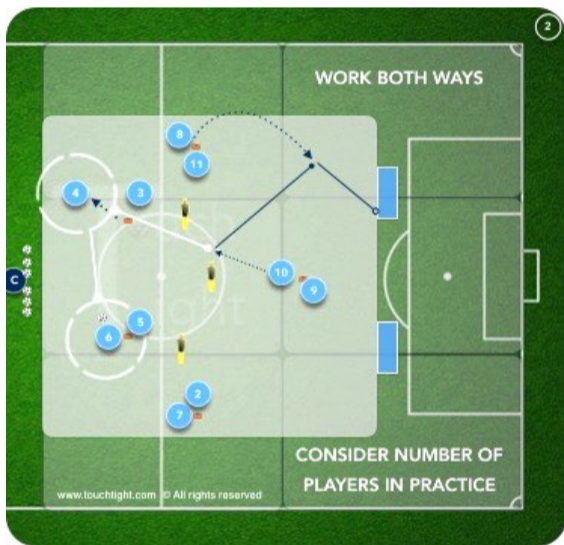
You will be passing ball in for striker who makes movement either side of mannequin to receive, turn and finish, before repeating sequence with different movement.

#### 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)

25

#### Intervals

5

#### Technical Practice

This practice involves at least 5 players and is a technical practice to develop passing and movement of players to break defensive lines.

Play begins with CM player who passes to teammate, who plays a direct pass into Striker who plays a first

#### Key Coaching Points

Getting the basics right here is crucial to progress the session.

1. Quality of Pass
2. Timing Of Striker Movement
3. Timing of Wide Runner

3



#### Time (mins)

25

#### Intervals

5

#### Skill Practice

This Skill Practice allows the attacking team to break defensive lines with quick passing and movement.

In a 30 x 30 Yard area and a mini goal at each end, 3 attacking players play against 3 defenders with 2 floating wide players either side with 2 touch.

#### Key Coaching Points

#### Key Point 1: Angles and Distances

Focus on distances and angles of players to be able to play 1 and 2 touch to break into space in central area to finish

#### Technique

Pass quality  
Movement to receive  
First directional touch

#### Tactical

Recognition of space  
Awareness of runners

#### Social

Paired Understanding  
Non verbal/Verbal Cues

#### Psychological

Focused intent  
Creative Approach

#### Physical

Speed into space  
Agility - change of Direction