



THEME 24:

BREAKING THE HIGH OFFSIDE LINE

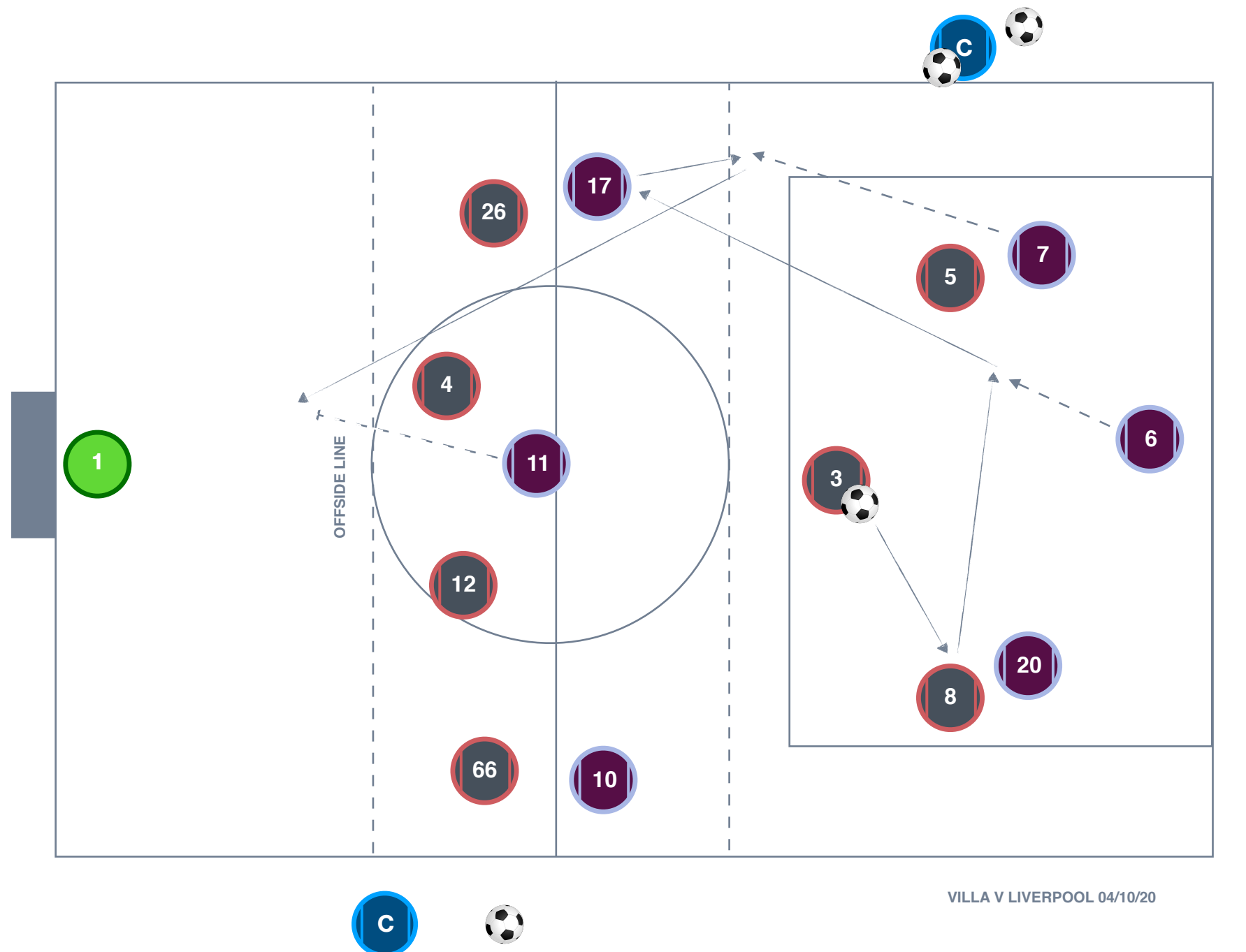
PRACTICE 12: LEAD

AGE GROUP: 14 TO ADULT



Title	Date	Start Time	Duration	No. of Players	Area Size

HOW TO BREAK THAT HIGH LINE



ORGANISATION:

Practice 12 of Theme 24 Breaking the High Line, has 2 components to it and begins with a 3 v 3 positional possession game in a 20 x 15 yard area. On winning possession the defending team must counter attack into 3 strikers up against 4 defenders, with one player setting for a support player to play a ball behind to beat the offside trap.

We have an offside line where defenders cannot recover beyond until the ball is played encouraging them to play that high line.

If possession teams can break over end line in control, coach initiates counter with pass into strikers

KEY COACHING POINTS:

Understanding of one short and one long

Ability to make effective well timed runs in behind.

Forward penetrative pass to break lines

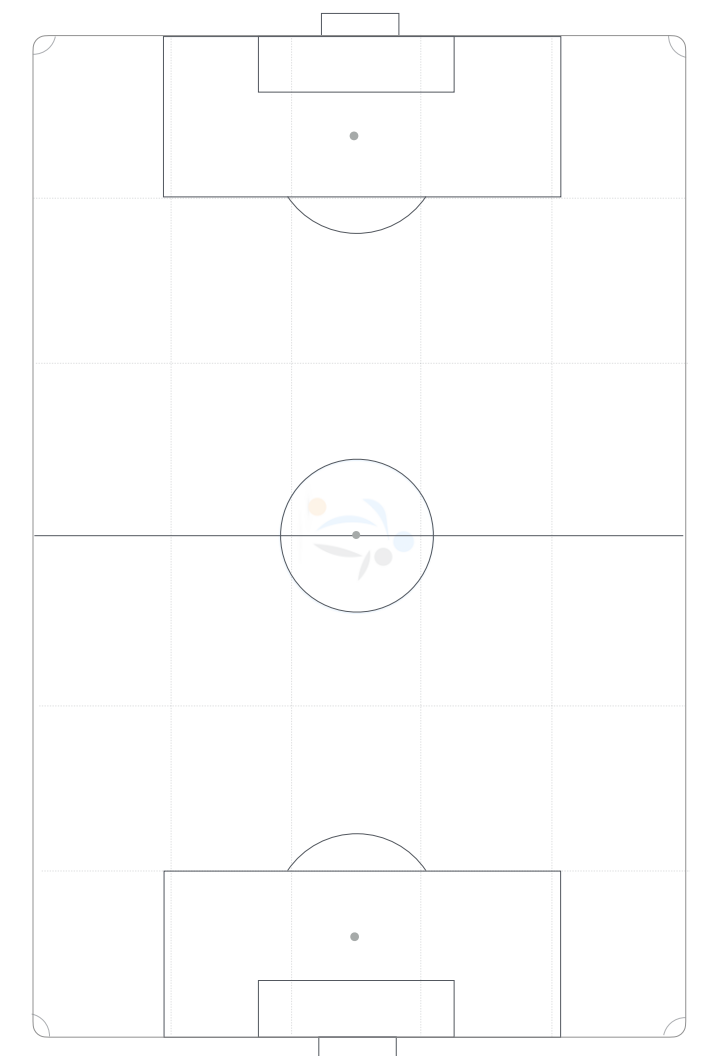
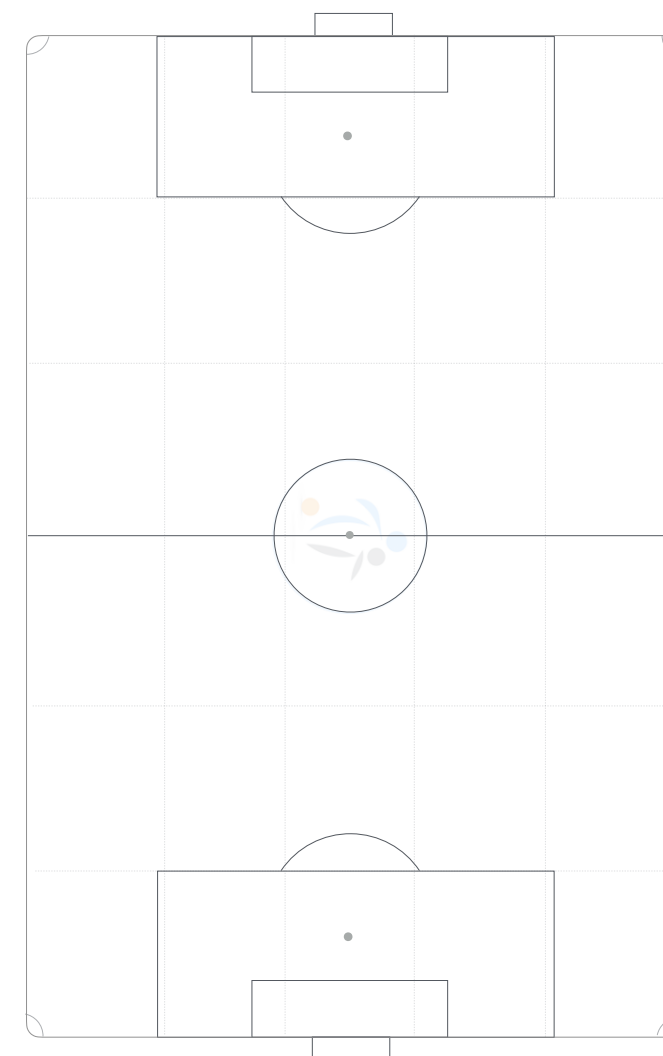


PROGRESSIONS:

ADDITIONAL INFORMATION

PLAYER QUESTIONS:

COACH PLANS



ADDITIONAL INFORMATION:



Detail any individuals, pairs, trios and units to work on in the group and specify what detail you will be developing within each session element.

Player initials	Technical	Tactical	Social	Psychological

Player Pairs initials	Objectives

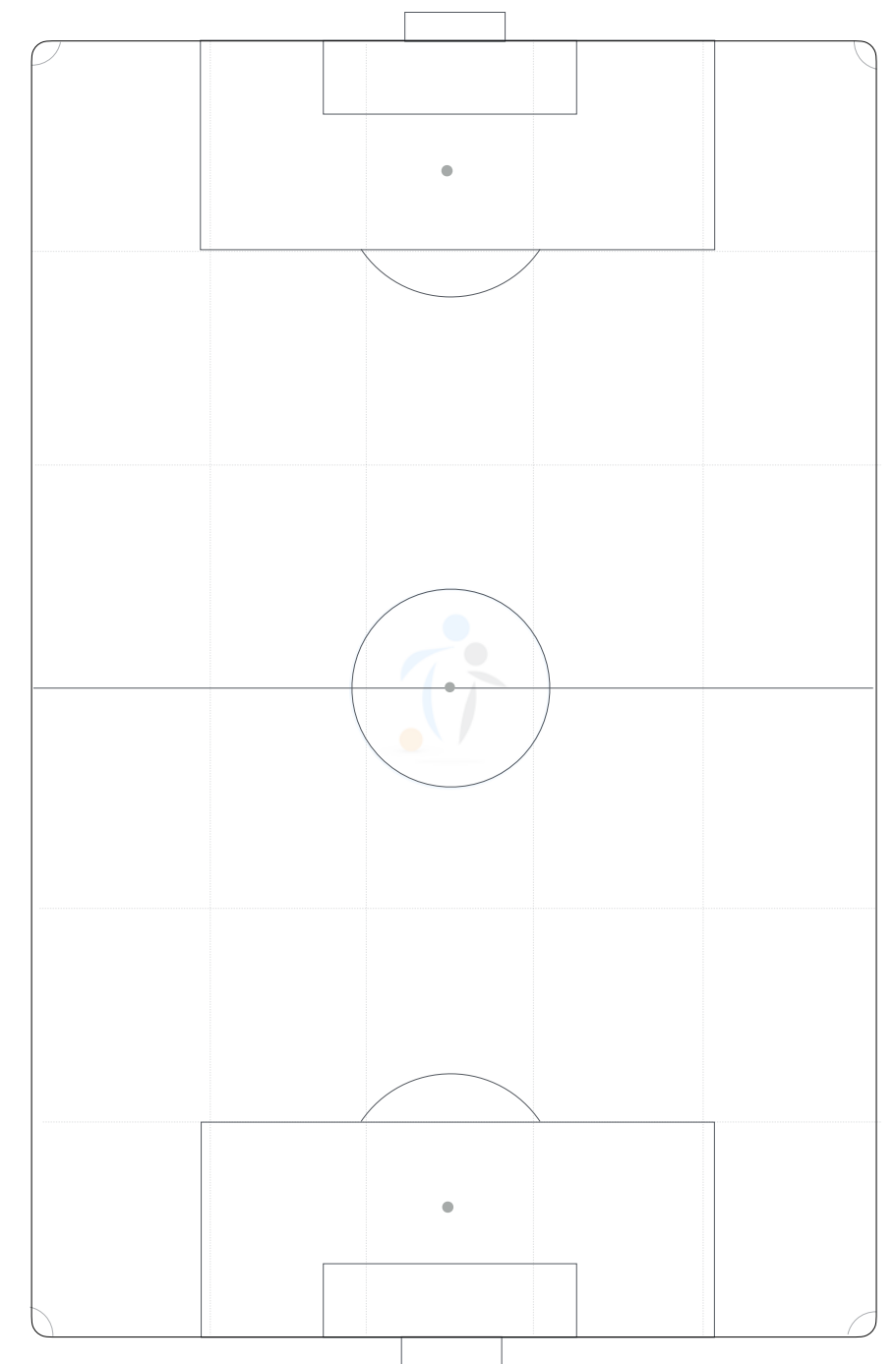
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

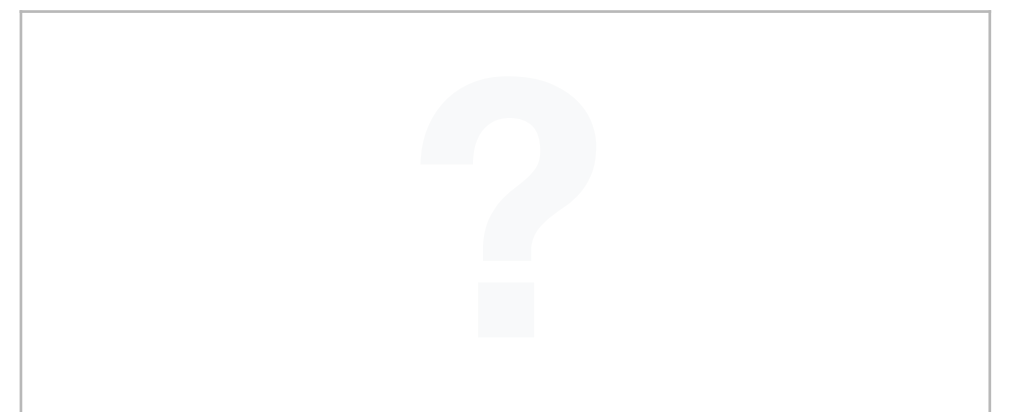
What went well?	What did we learn?

Absentees: initials



[LINK TO THE BIG GAME](#)

How will we apply this session to a game situation?



Individual Player objectives by team to measure progress

Player	Objective 1	Objective 2	Objective 3	Player Evaluation



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