

Soccer Session for Breaking the Lines to go Forward



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4v2 soccer rondo for breaking the lines to go forward

Time: 15 minutes

Set up:

- 7x7 yard area
- 6 players (4 attackers, 2 defenders)
- 1 soccer ball per group of 6 players

Instructions:

Create your area and place 4 attackers (players keeping possession of the ball) on the outside, with each player having their own side of the area.

The remaining two players will go into the middle of the square and they will become the defenders.

The aim of the attackers is to try and retain possession of the ball and gain points by successfully passing the soccer ball between the defenders to a teammate.

If the possession team is able to do this they will receive 1 point.

Rotate the defenders every 5 minutes so everyone will be the defender at least once.

Coaching points:

- Be patient with the build up, do not force the ball through the defenders if the space is not there
- Work the ball around as a team to get the defenders further away from each other to allow a great space to pass the ball through
- Support your team mates by constantly looking for angles to receive the ball

Questions that can lead to more coaching points:

- Should you try force the ball through the space if it not there? Why?
- What should you try to do instead? How can you do it?
- How can you help support your teammates on the ball?



6v3 Soccer possession game for breaking the lines to go forward

Time: 20 minutes

Set up:

- 30 x 15 yard area divided in thirds (10x15 yards)
- 1 soccer ball
- 3 teams of 3

Instructions:

Set up your area into 10 x 15 yard thirds with a team of 3 in each of the thirds.

The team in the middle section will be the defending team with the other 2 teams trying to keep possession of the ball.

When the ball is in the possessing teams area 1 defender can move into their section to try to win the ball back with the other 2 defenders staying in the middle.

The possessing team must keep the ball and try find gaps to pass the ball to the team also keeping possession on the opposite side.

For every time the 2 possession teams are able to successfully do this they will get 1 point.

However if the defending team is able to win the ball back the team that gave away the possession will go into the middle to become the defenders.

Coaching points:

- Work the ball around as team to create an opportunity to switch the play to the team on the opposite side
- If you are looking to receive the ball try to find gaps between the defenders in the middle to do so
- Be patient in the build up

Questions that can lead to coaching points:

- When should you look to switch the play?
- If you are waiting to receive the ball where should you be looking to receive it?



6v3 soccer possession game progression

Time: 20 minutes

Set up:

- 30 x 15 yard area divided in thirds (10x15 yards)
- 1 soccer ball
- 3 teams of 3
- 2 goals

Instructions:

For this soccer drill you want to keep the set up the same however introduce 2 goals.

Instead of trying to retain possession the drill now focuses on creating chances going towards goal.

There will still be 3 players in each area but it will become a 5v4 in the attacking teams favor instead of 3 teams of 3.

For the attacking team there will be 3 players in the first section and 2 players in the final section who will be trying to score in the goal in the final section.

The defending team will have 3 players in the middle section and player in the final section, they will be trying to score in the goal in the first section.

The attackers in the first section must try to break the defensive lines by playing a pass to the attackers in the final section to score a goal.

When the attackers have the ball in the first section only 1 defender can come into the area, the other 2 defenders must stay in the middle section.

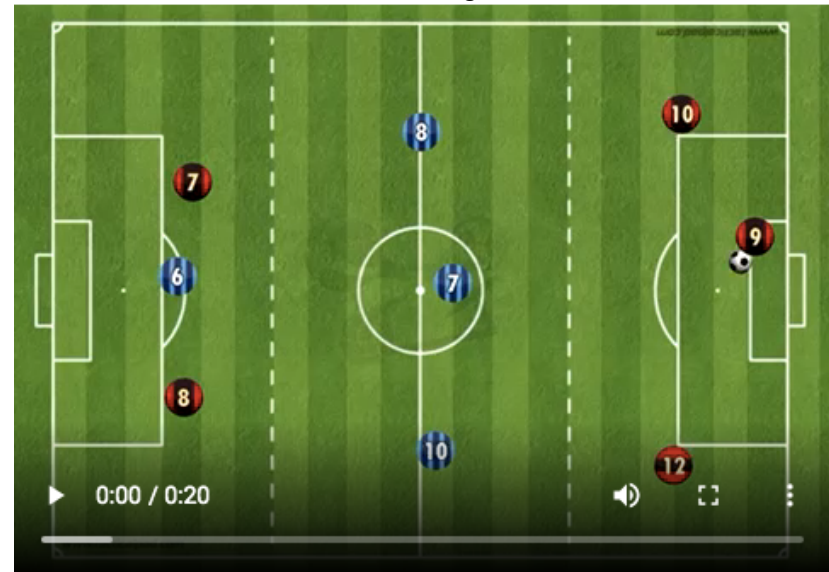
If the defending team is able to win the ball the defenders can enter the first section and try to score in the goal.

Coaching points:

- If you are an attacker move to find gaps between defenders to receive the ball
- When retaining possession try to drag defenders out of position to create larger gaps that allows more space for passes to break the defensive line
- Change the tempo of the passing when you are looking to go forward, this will catch the defenders off guard.

Questions that can lead to coaching points:

- If you are looking to receive the ball what should you be trying to find?
- How can you drag defenders out of position when keeping possession of the ball?
- How can you catch the defenders off guard?



Conditioned soccer game for breaking the lines to go forwards

Time: 25 minutes

Set up:

- 30 x 15 yard area
- 2 goals
- 2 teams 3
- 1 soccer ball

Instructions:

This will be a regular game of soccer, however if a player a player is able to make a successful pass to a teammate that goes between two players the goal will be worth 3 goals instead of 1.

Coaching points:

- Reinforce previous coaching points from throughout the session
- Allow players to play with minimal impact from the coach.
- Give individual coaching points where necessary

Regular game of soccer: 15 minutes

