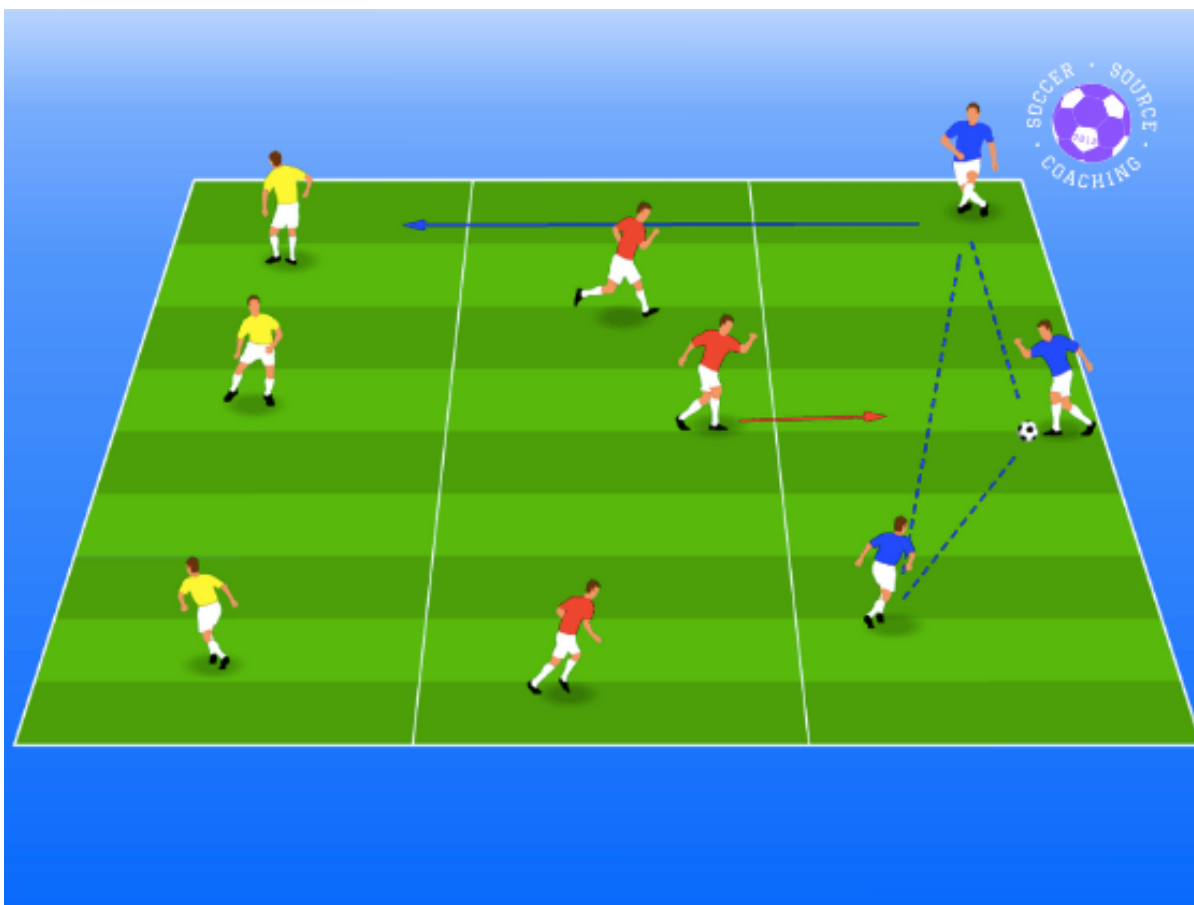


# Passing through defensive lines



## How it works

The ball starts with one of the attacking teams who will attempt to complete 5 passes and then pass the ball through the middle section to the attacking team on the other side.

1 player from the defending team will come into the attacking section and apply pressure.

If the defender wins the ball or if the ball is intercepted by the defenders in the middle the team that lost possession will become the defending team.

## Coaching points

- Head up before you receive a pass
- Create angles to help support the player on the ball
- When looking to play through defensive lines look to receive the ball between gaps of the defending team

## Purpose

The purpose of this soccer drill is to help the team retain possession and work the ball into a position where the team can pass through defensive lines

## Set up

- 15 x 20-yard area divided into vertical
- 3 equal teams
- 2 attacking teams in the outer sections and 1 defending team in the middle section

**Advanced**

## Questions

- What should you be doing before you receive a pass? Why?
- If you do not have the ball how can you support your teammate on the ball?
- If are looking to receive the ball through a defensive line where should you be moving to?