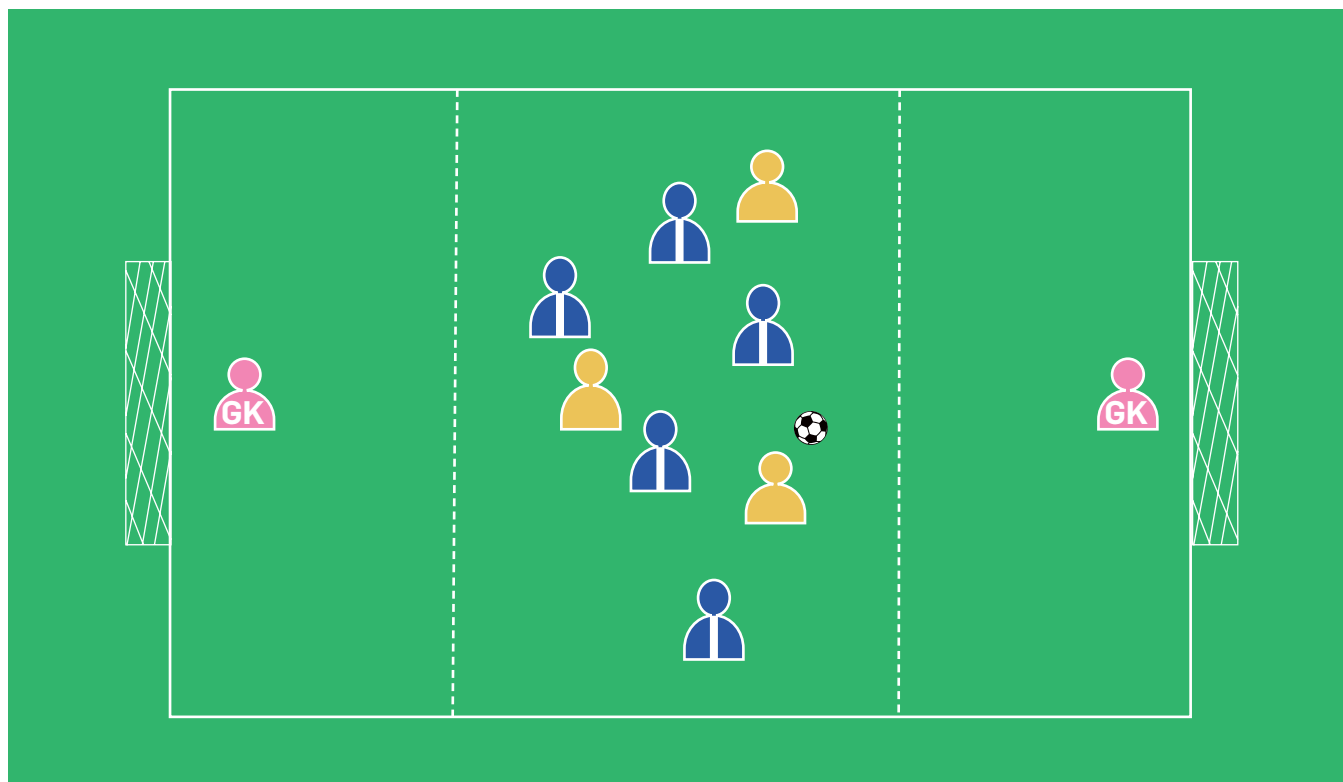


SESSION PLAN

BREAK OUT AND SCORE



OBJECTIVES

Players will develop their understanding of:

- finding and using space
- shielding when staying on the ball
- combining with teammates to keep possession
- pressing to win the ball back to start a counter-attack.

ORGANISATION

- Set up an area appropriate for the age and ability of your players
- Split the pitch into thirds
- Put a goal at each end
- Separate the players into two teams (here we have 5v3)
- Place a goalkeeper in each goal

HOW TO PLAY

- Both teams start in the middle third
- The team with more players must make a set number of passes before they can break into the final third
- The team with fewer players can break into the final third as soon as they win the ball
- When someone breaks into the final third, the opposition can't follow them
- Players can score in either goal
- Encourage the players to find space in the crowded middle third