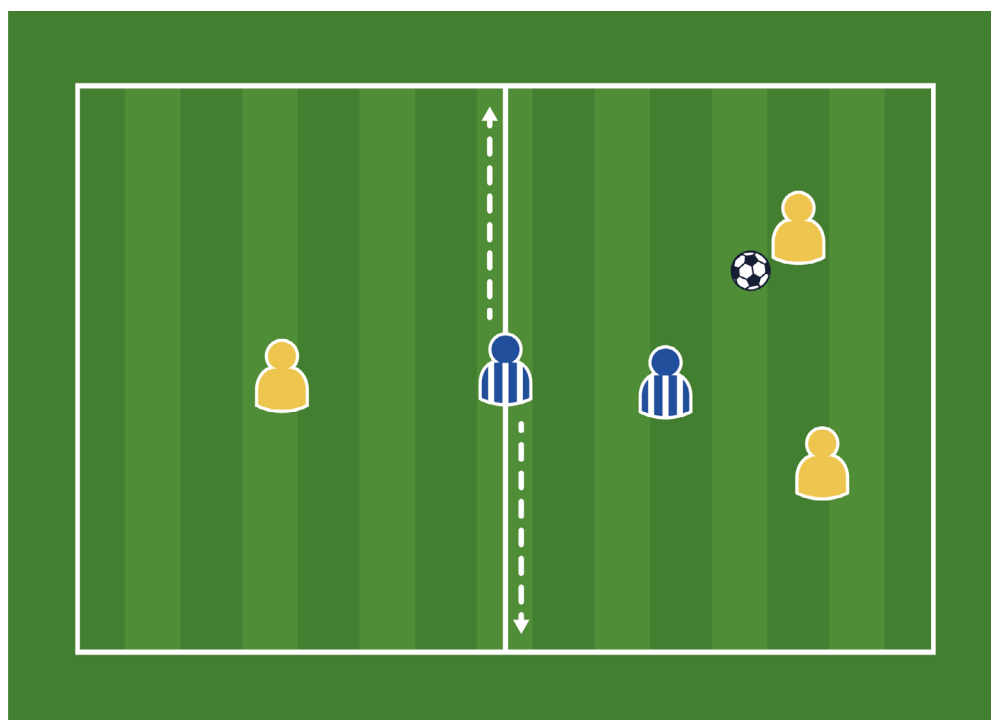


## SESSION PLAN

# BREAKING LINES



**BALL:**



**TEAM 1:**



**TEAM 2:**



**PLAYER MOVEMENT:**



## OBJECTIVES

Players will develop their understanding of:

- when to solve game problems as an individual
- when to solve game problems in combination with a teammate
- the elements that can make a good pass: accuracy, weight, timing and disguise
- opening passing lines and receiving in a variety of ways and positions.

## ORGANISATION

- Set up an area appropriate in size for your players and mark a halfway line
- We recommended starting with a 3v2, but you can adapt the numbers to suit your players
- If you have a large group, set up as many areas as you need

## HOW TO PLAY

- The aim of the game is simple – combine with teammates to keep possession
- The yellow team have two players in one half, and one in the other
- One of the blue players is a 'live' defender – they can move freely in their half
- The second blue player is a screening player – they move side-to-side across the halfway line trying to cut off passing options
- The two yellow players in the same half start with the ball – they're trying to get it to their teammate in the other half
- They can do this by passing it across, dribbling past the screening player, running into the other half to receive a pass, or combining with a one-two wall pass to enter the other half
- If successful, the yellow team keep working together to maintain possession and move between the halves
- Every time the ball is transferred into the other half, a yellow player joins to create a 2v1 (the screening player and 'live' defender also swap roles)