

# GRASSROOTS PRACTICES



**Practice Title:** 23-P2 The Defence Splitting Pass (Game Based)

**Objectives:** This practice is aimed at developing forward runs and penetrating passes in a game situation

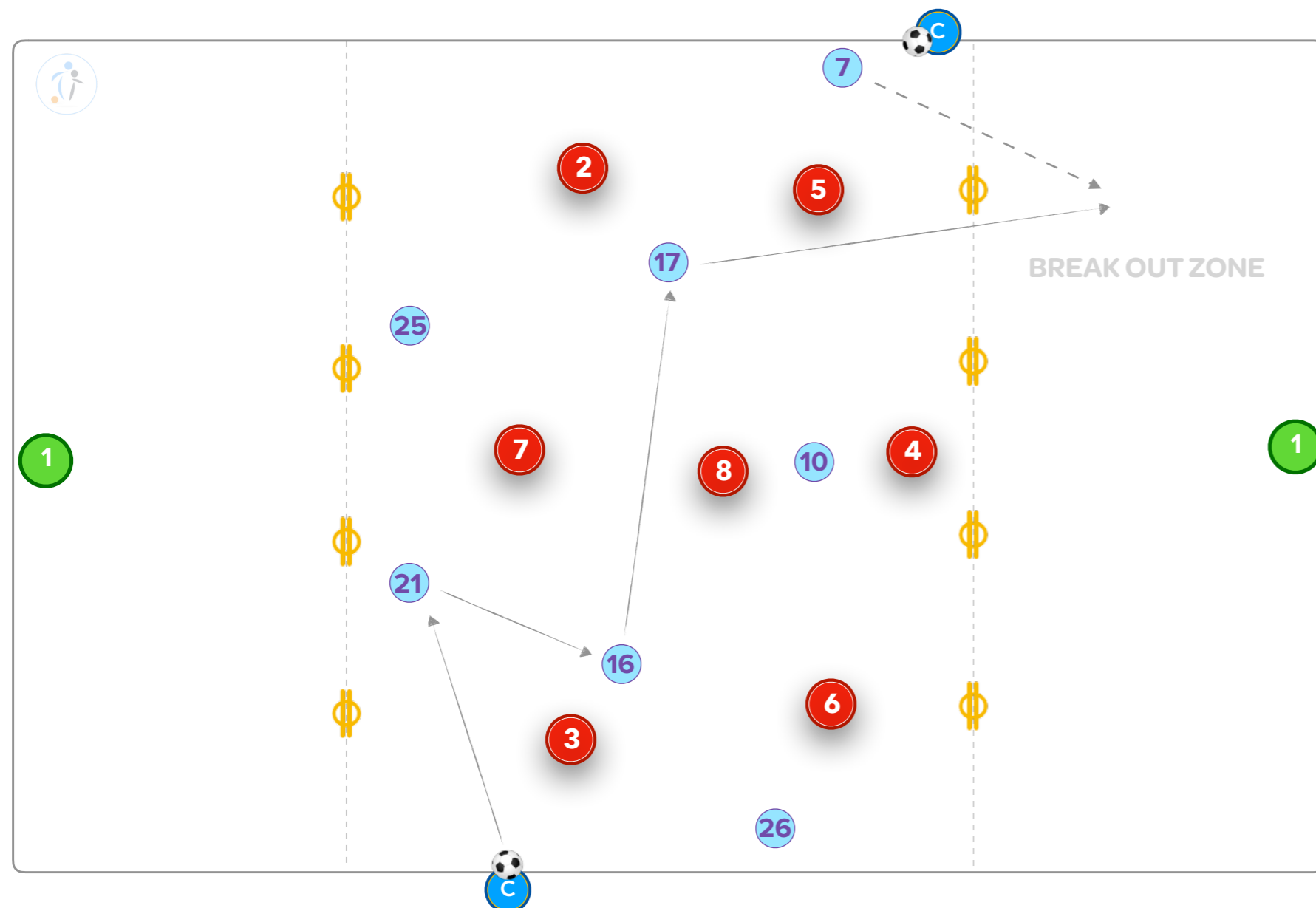
**Duration:** 30 Mins

**Practice Area:** 70 x 50 Yds

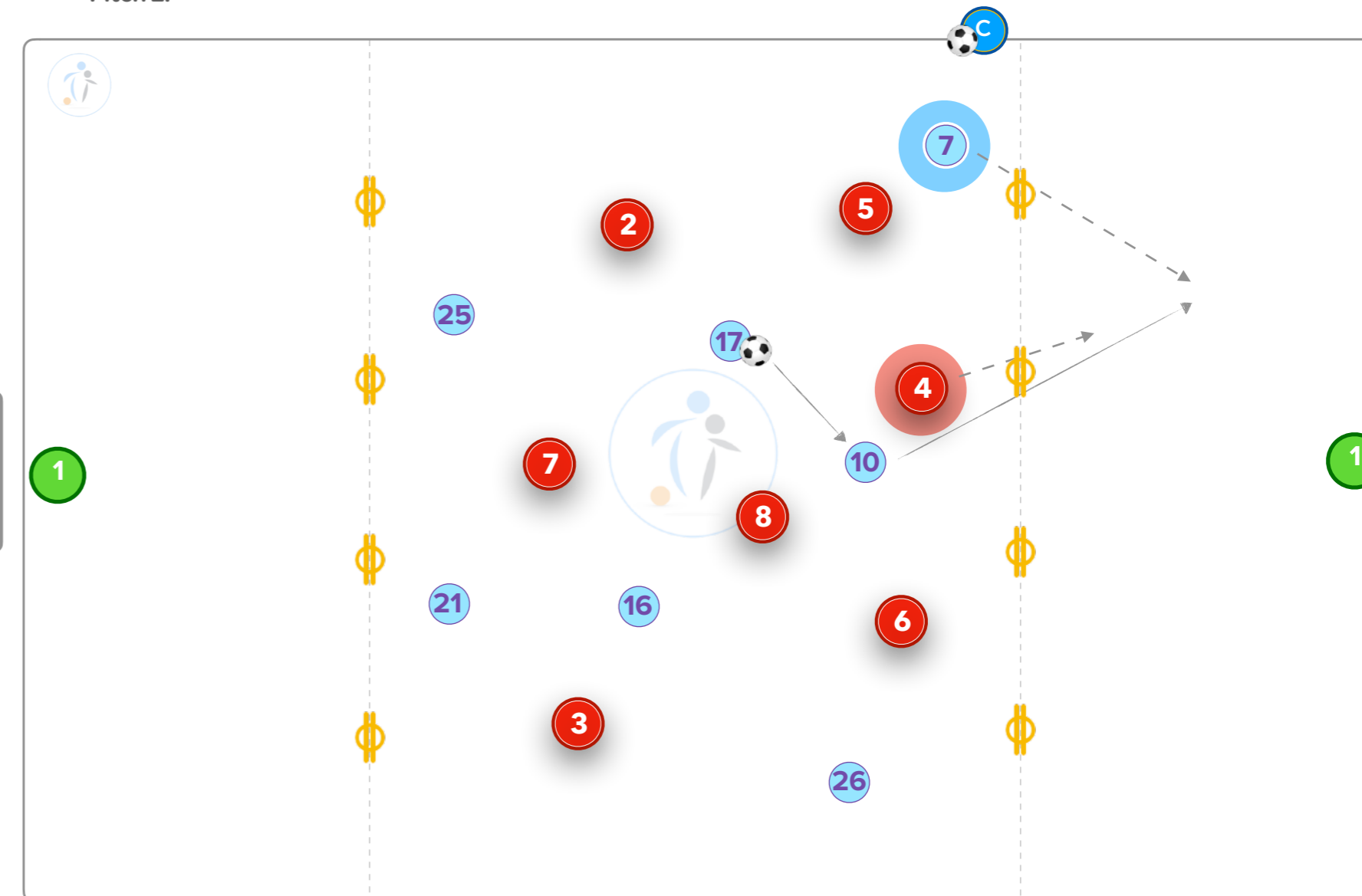
**Number of Players:** 14+

**Work to Rest:**

Pitch 1:



Pitch 2:



## Organisation:

Practice 2 in our grassroots session, is an 8 v 8 game in a 70 by 50-yard area (smaller for younger players that can be adjusted with a minimum of 10 players). With a central playing area for outfield players, individuals are challenged to play a through ball for forward runners into a 20 yard end zone to finish against the GK in a 1 v 1. If available, we can position mannequins across each zone to challenge attacking players to make well timed runs and forward passes to finish.

## Progression / Key Point:

Players cannot break into the finishing zone until the pass is played, encouraging player to player understanding and a recognition of how to break the offside line. Progress this by allowing a defender to recover, forcing quicker decisions in their finishing. Finally, we allow an extra attacker to break creating a 2 v 1, further enhancing supporting decisions and forward passing options.

### Technical

Passing quality  
Weight and accuracy

### Tactical

Vision to identify spaces to exploit  
Movement to find space and time to play

### Physical

Mobility to adjust body positioning  
Acceleration to break into end zone

### Psychological / Social

Player Connections  
Timing of movement and penetration

Session Date:

Team:

Coach:



Session Objective/s:

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

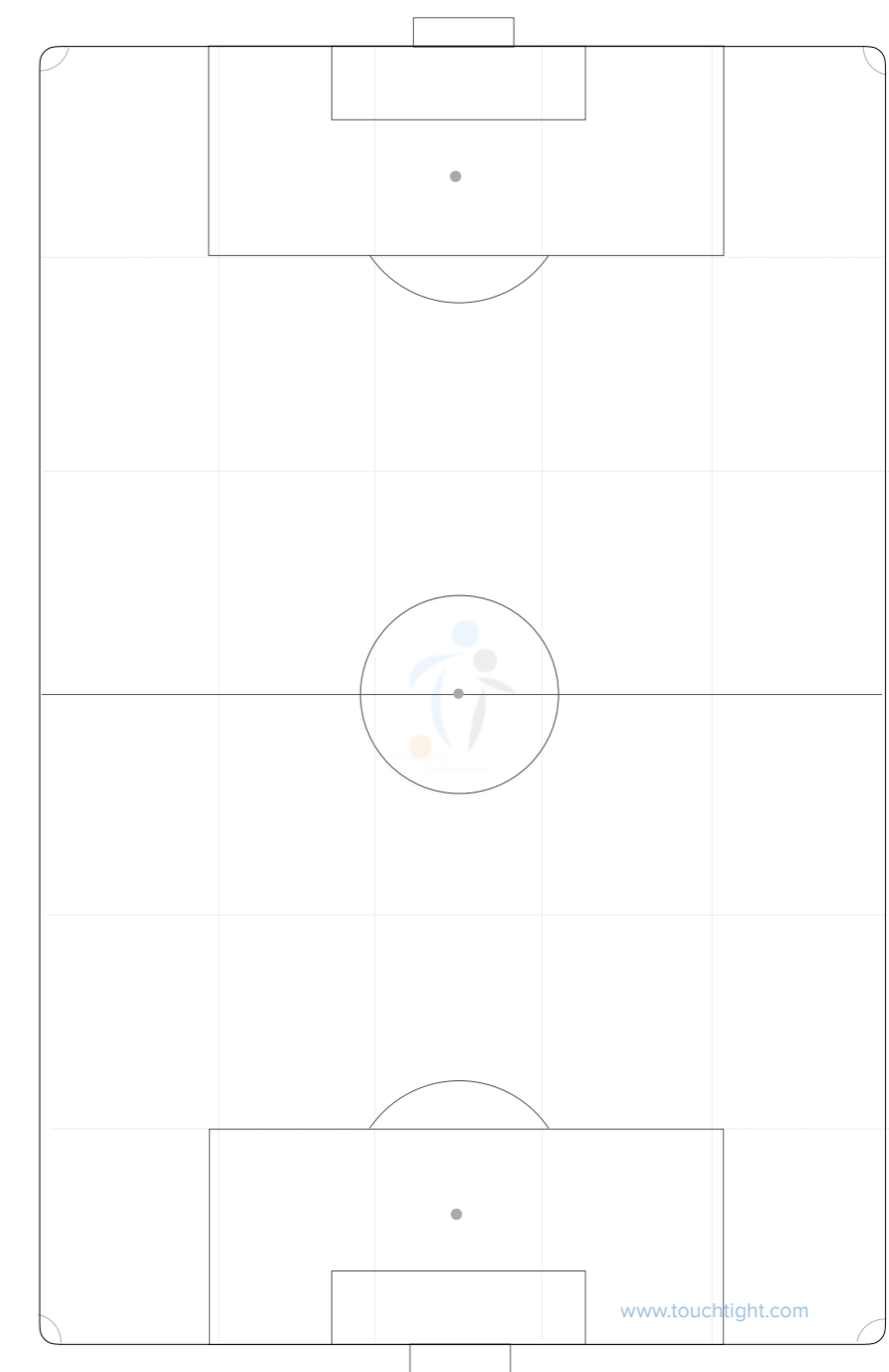
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



**BIG GAME QUESTION**

How will we apply this session to a game situation?

