



Session Date

Season

2

Age Group

Players

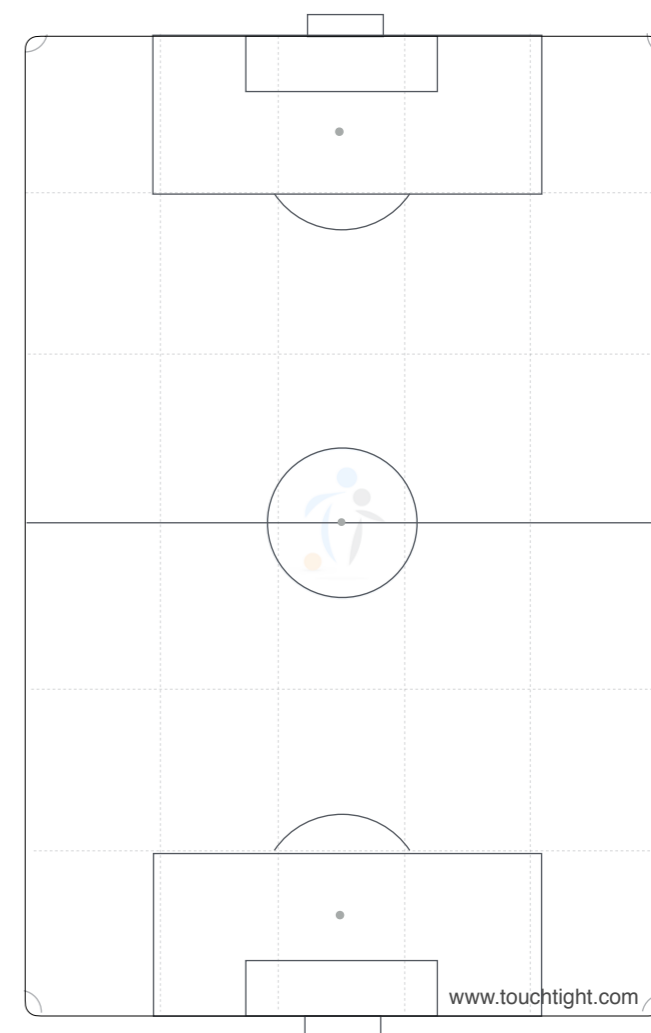
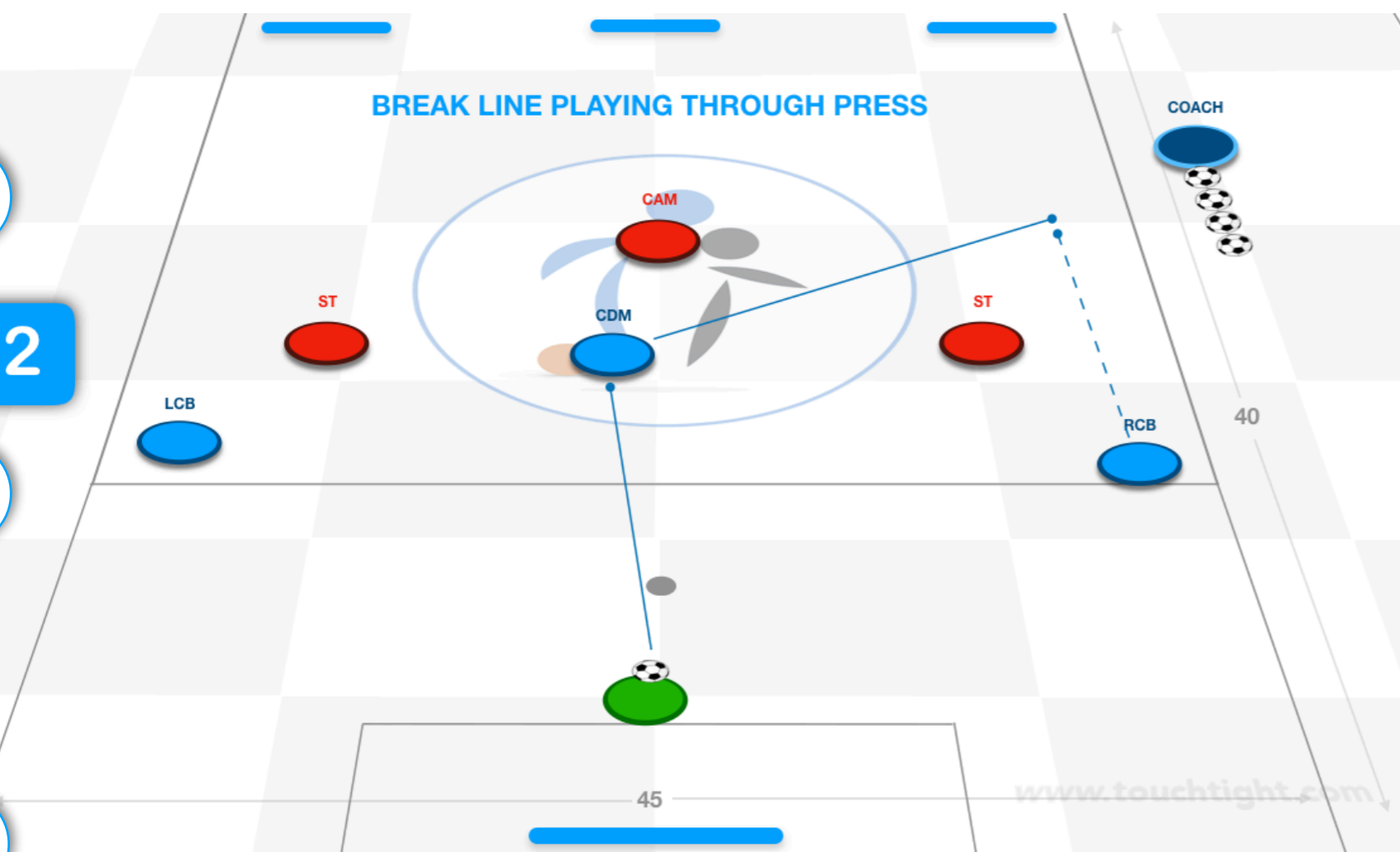
Duration

Type: Skill Practice

Area:

Team Objectives:

### BREAK LINE PLAYING THROUGH PRESS



#### Set up / Organisation:

- Practice 5 of Theme 28: Goalkeepers Playing Out, is an opposed skill practice based around a 433 point down and is played the width of the 18 Yard box and half a pitch in length (this is dependent on age group). Begin with the Goalkeeper playing out to 3 players (2 Centre backs and a deep midfielder) who are pressed by 2 strikers and an attacking midfield player. Objective is to play under pressure, breaking this first line of pressure to score in one of 3 mini goals

#### Key Coaching Points:

- (Tactical Key Point) Dispersal to move opposition out of spaces to exploit
- (Technical Key Point) Play under pressure, recognising the bounce or play forward
- (Social Key Point) Movement for teammates, eye contact to communicate

#### Progressions / Constraints:

- Challenge players to play through the press rather than around, increasing awareness of our midfielder with 180-degree visibility when receiving.
- Challenge further by encouraging the goalkeeper to look for through passes for runners. This would normally occur once defenders commit to the press, so consider how your players can encourage this opposition behaviour.

#### Questions & Notes:

- Where are gaps appearing to break through? When is the moment to break?
- With progressions, how can you move defenders differently to achieve success.

Work / Rest Ratio:



mins



sets

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

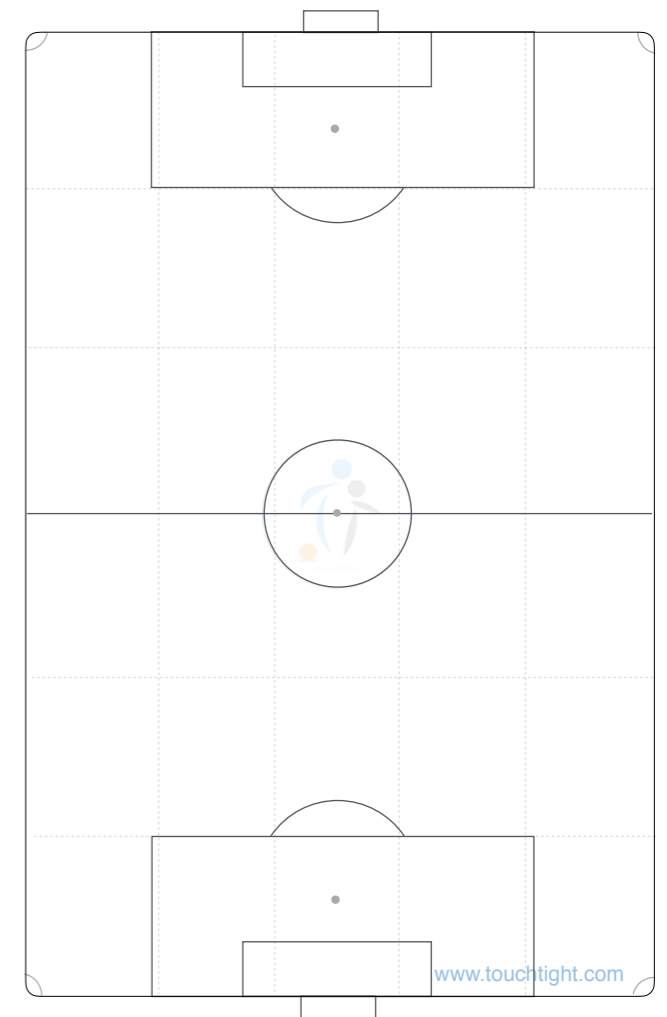
Player Trios initials	Objectives

Player Units initials	Objectives

Post Session Outcomes

What went well?	What did we learn?

Absentees: initials



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**Big Game Question**

How will we apply this session to a game situation?

