



Breaking the Back Line

Category: Tactical: Attacking principles
Skill: U13

Pro-Club: SportSessionPlanner.com
Tony Mee, Doncaster, United Kingdom

Description

Session delivered by Martin Diggie of the FA for the Sheffield & Hallamshire Coaches Association. 21st July 2015.

Game Practice

Practice is whole-part-whole to encourage decision making within game situations, but the FOCUS is on forward runs to break the defensive line.

The white lines are used as "offside" lines.

The practice had 15 players and the coach set up with 8 v 7.

Technical Points

Striker - try to stay away from the build up play to leave space for the midfield to play.

- try to play off the defender's shoulder or in between defenders.
- make runs late and fast.

Midfield players - try to be comfortable in possession.

- try to draw defenders out of position.
- straight passes for diagonal runs & diagonal passes for straight runs.

Defenders - long crossfield passes to switch play and pick out wide players driving inside.

- long straight passes to pick out inside to outside runs by central strikers.

- overlapping runs to get in behind opposing full backs.

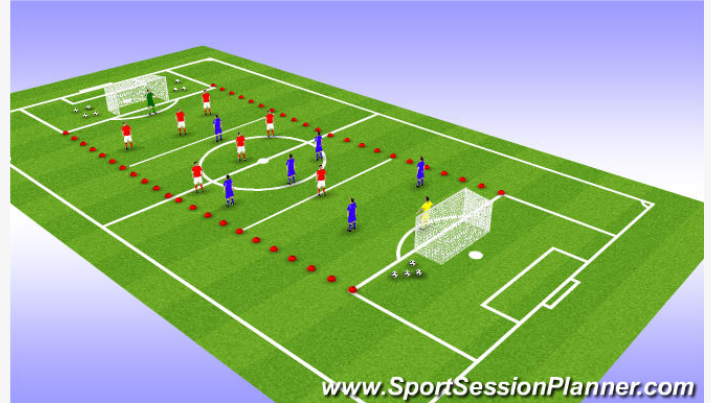
Tactical

Physical

Psychological

Session Objectives (individual)

Session Objectives (Group)

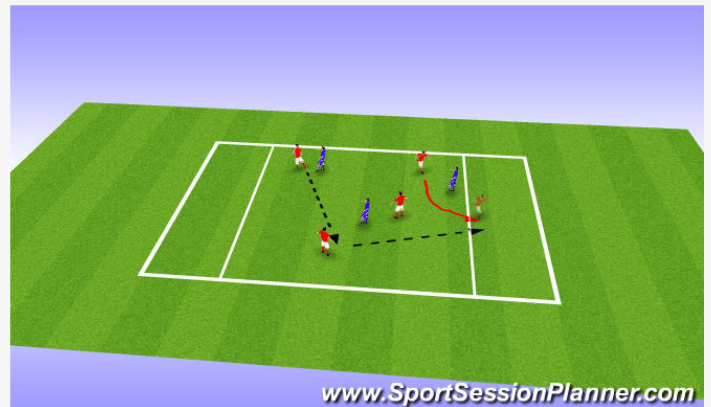


Part - timing runs

One of the groups did the practice shown above, whilst the other group did the practice on the next screen, they switched practices after about 8 minutes.

The practice was designed to keep possession until you could release a team mate into the end zone onto a forward pass. If the pass was successful, the reds would keep the ball and attack the opposite end.

If the blues intercepted they had the same objectives.



Part - forward runs to a finish

The reds play the blues 3v3 inside the shaded area until one of the players can be released with a forward pass. The team in possession must time their runs to get out of the box as the pass is made.



Game Practice

Work on all aspects of play from the previous practices.

