

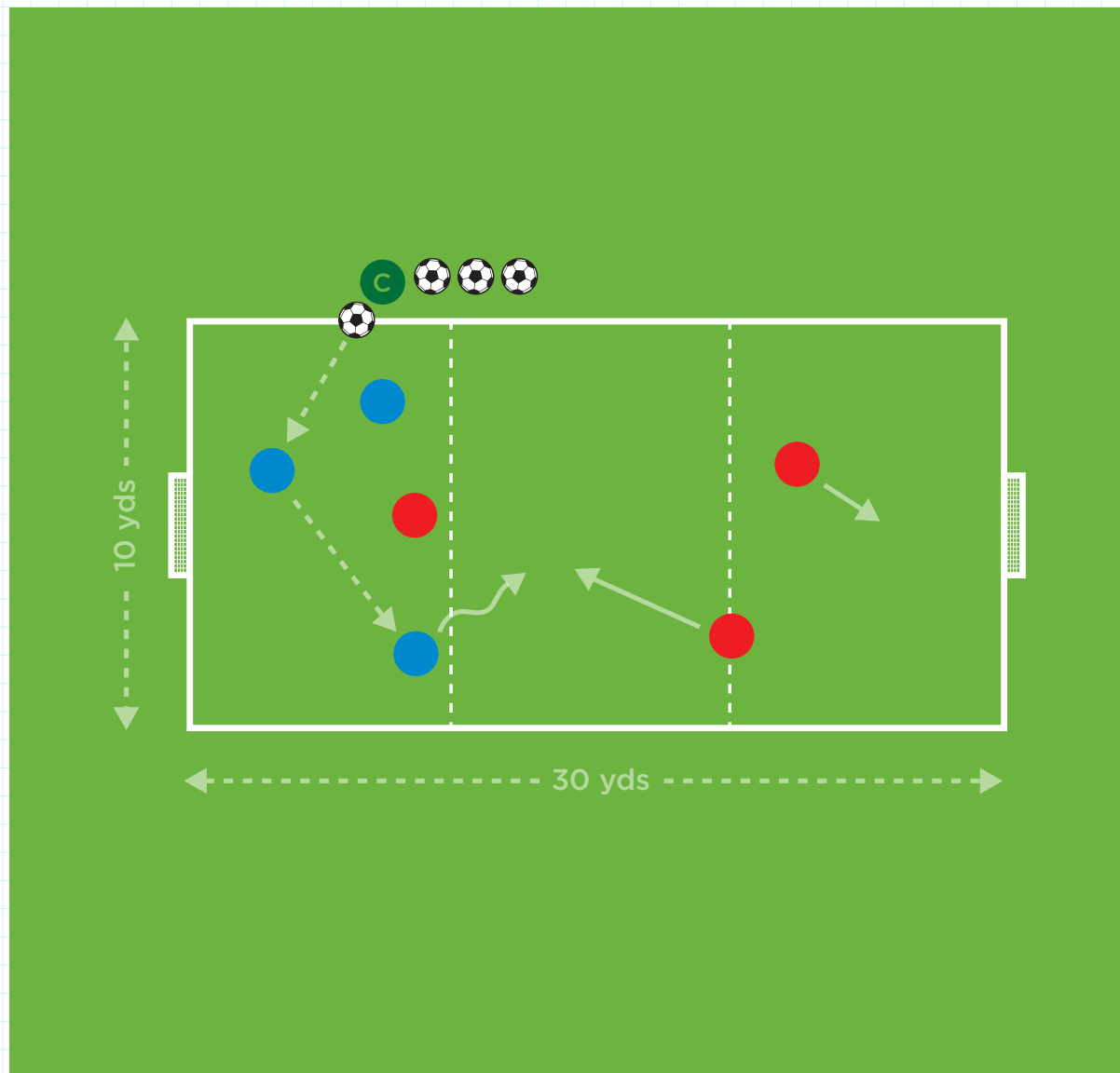
# Break-out game 1

## Practice organisation

- Area 30x10yds with goals at each end, as illustrated.
- 6 players, in 2 teams of 3.
- Practice starts with: ball fed in by coach to A's who have 3v1 advantage in defensive third.
- A team releases 1 player into mid third, where player is confronted by D to create 1v1.
- 3rd D becomes the goalkeeper whilst initial D makes a recovery run to defensive third.
- After 6 sets, players rotate roles.

## Detail

- Area can be modified, depending on age & ability of players.
- Preparing body & feet to receive ball in a side-on position.
- Attacking D at speed: attack player or space to side of D.
- Awareness of D providing cover behind 1st D.
- Disguising intended strike at goal.
- Simple progressions for this practice are:
  - Initial D recovers to defend in middle third.
  - Third D allowed into middle third to pressurise & support early.



The finishing phase

Age group  
12-16 years

## Key coaching points

- Receiving & strength & direction of 1st touch.
- Decision to shoot early at goal or attack D before strike.
- On eliminating D assess the position of the GK.
- Decision on how to beat last GK.