

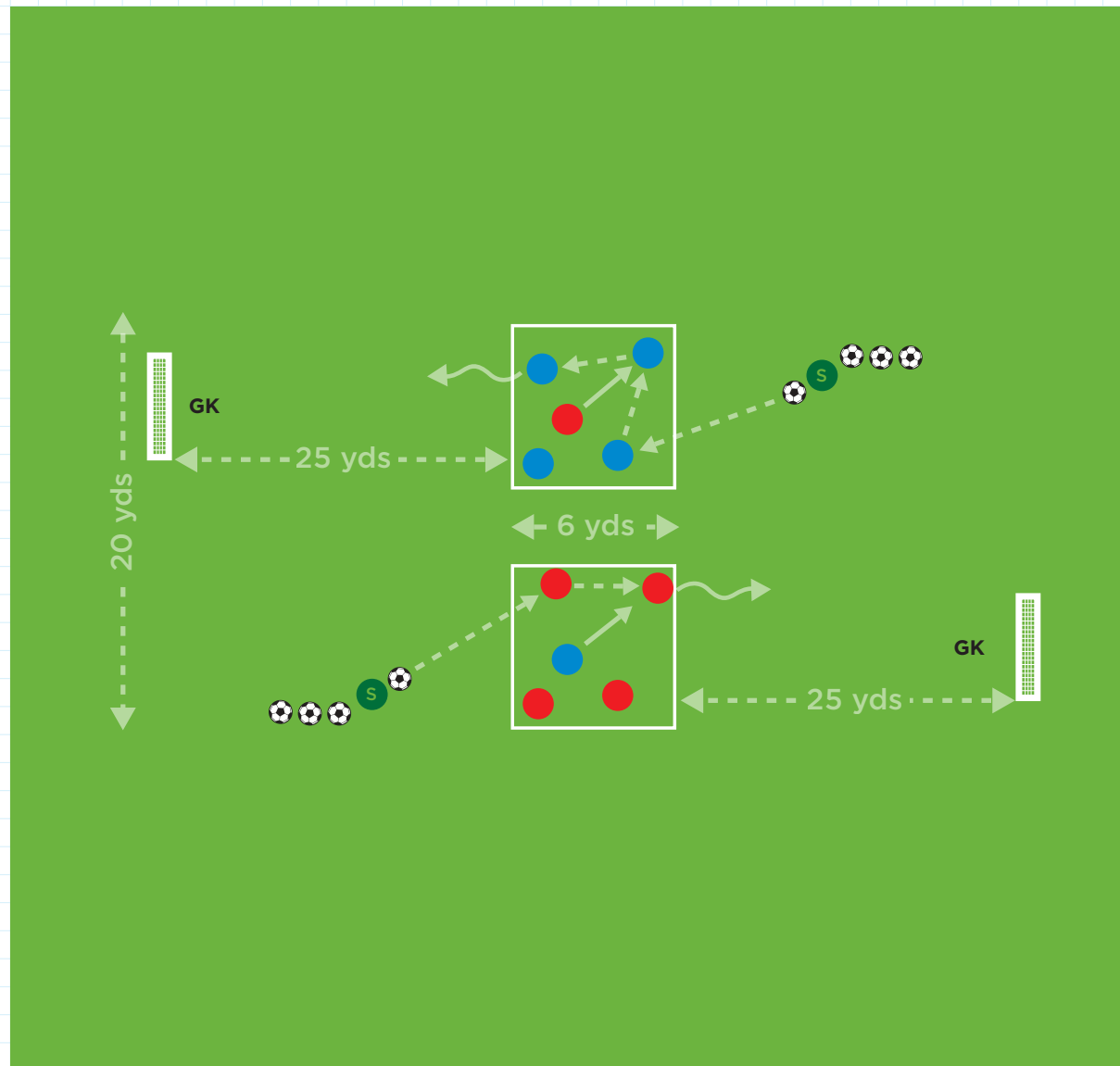
# Break-out game 2

## Practice organisation

- Area 56x20yds with goals at alternate ends, set-out as illustrated.
- 14 players (incl. 2GK's), with outfield players in pairs, working 4v1 in each grid & Server for each.
- Practice starts with: ball fed into grid by Server to A's who play 4v1.
- A's keep ball, looking to release one player out of grid to go onto score 1v1 with GK.
- A's observe off-side rule, using edge of grid.
- D cannot pursue break-out player.
- After 6 sets, players rotate roles.

## Detail

- Awareness of position in which player may receive ball.
- 1st touch on receiving ball.
- Assessing situation on or after 1st. touch.
- Early strike or attacking GK to go 1v1.
- Disguising strike at goal.
- Rebounding all strikes on goal.
- Simple progressions for this practice are:
  - D recovers to pressurise A breaking at goal.
  - D recovers & additional A supports breaking player.



## Key coaching points

- Making quick decisions based-on when to dribble, when to pass out of grid.
- Quick passing & wall-passes in the grid.
- Sharp receiving & turning skills in the grid.
- Movement with & without ball in the grid.
- Combination play, body shape to receive, pass & move to set-up breaking player.
- Setting-up break-out passes & patience.
- Shot selection in 1v1 against GK.