

Defensive Breakouts



Organization

- The activity starts with the **COACH** passing the ball into the keeper. The keeper will then look to pass the ball to one of their defenders.
- As soon as the defender receiving the ball touches the ball, the 3 attackers are free to pressure the ball.
- The team in possession will now look to get the ball to 1 of 3 target zones to score a point. If the attackers win possession of the ball, they look to head to goal.
- Each team will get 5 - 8 minutes to attack and defend.

Set up

Total Duration = 15 minutes

- Total Grid Size = Half field
- Number of Players = 12 — 16 players split into 2 groups
- Number of Soccer Balls = 4 - 6 balls
- Number of Goals = 1 big goal, 3 target zones

Coaching Points

- ⇒ Control the pass from the keeper.
- ⇒ Head up, where is the pressure coming from.
- ⇒ Find the open space and dribble with pace towards it.

Regression / Progressions

- ⇒ To make it easier, remove an attacker to make the activity a 2 v 2 instead of 3 v 2.
- ⇒ **To make it harder, have players pressure the defenders once the keeper plays the ball out.**