



Breaking lines

Read pressure, create the spare player and exploit the advantage. Choose through, around, over or a carry from the picture.

Organisation: A: 15 players; B: 16; C: 17. Plan rotations or adapt attendance. A/B/C: 25 x 30 m. Transfer: 11v11 reference, adapted if required. Balls, team/common-player bibs, markers and two secure goals.

Time	Stage	Starting format
0-10 min	Prepare	Adapt to the group
10-22 min	Connect	4-4-2 positional relationships
22-37 min	A - Recognise	6v6 + 3 common players
37-52 min	B - Create	7v6 + 3 common players
52-67 min	C - Exploit	8v6 + 2 goalkeepers + 1 common player
67-87 min	Transfer	11v11 reference; adapt to attendance
87-90 min	Reflect	Whole group

Prepare: Prepare for multidirectional movement, changes of speed and reacting to visual information.

Connect: Connect through, around, over and carry decisions to familiar positional relationships.

Recognise

Scan before receiving; see forward; first touch away from pressure. A controlled end-to-end transfer scores 1.

Create

Carry to commit; time the release; support beyond and underneath. Use teammates and common players. End-to-end = 1; an agreed pressure-eliminating transfer can earn a second point.

Exploit

Support the next action before recovery. Goal = 1; goal following a recognised line break in the same attack = 3. Crossing a reference line alone does not qualify.

Harder: Reduce space or numerical advantage; remove/protect less of the common-player support. Change one condition, then observe.

Easier: Increase space, reduce pressure or briefly protect the common player. Keep free touches when needed.

Transfer test: Coached 8-10 min + free play 10-12 min, 20 min total. Remove rewards: do the decisions remain?

Debrief: What did the pressure offer? How did we create the spare player? What happened immediately after the line break?

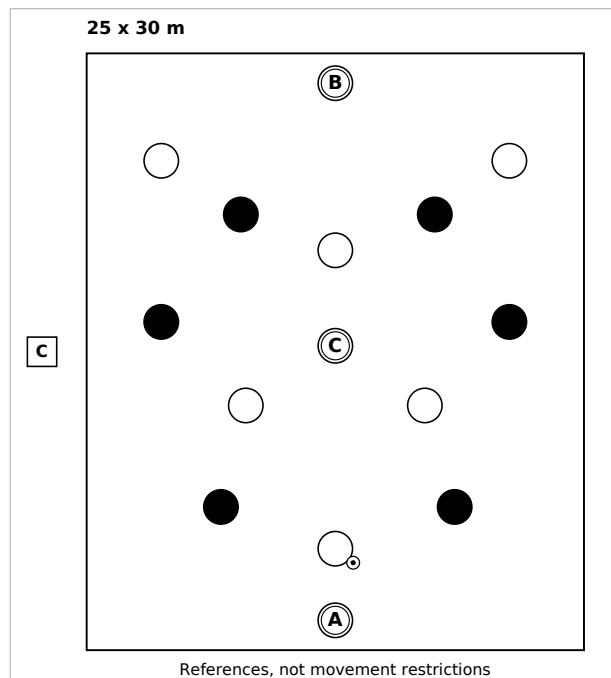


IP01 | Practice diagrams

Breaking lines

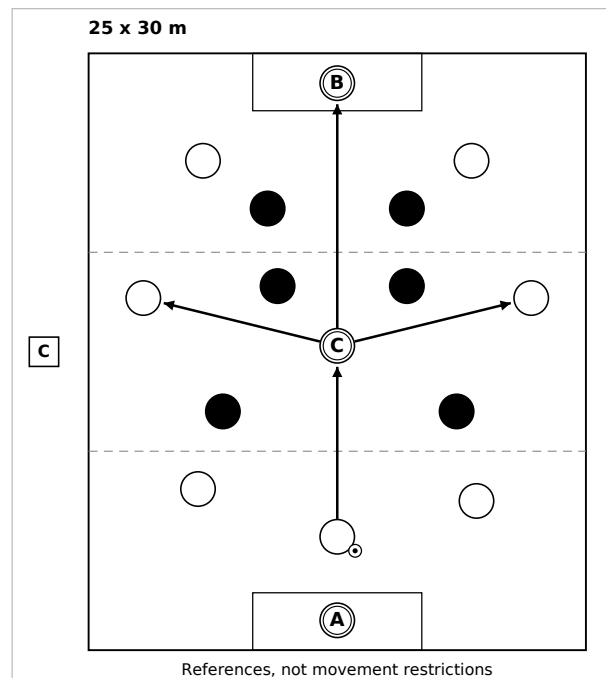
A - Recognise | 15 min

6v6 + 3 common players



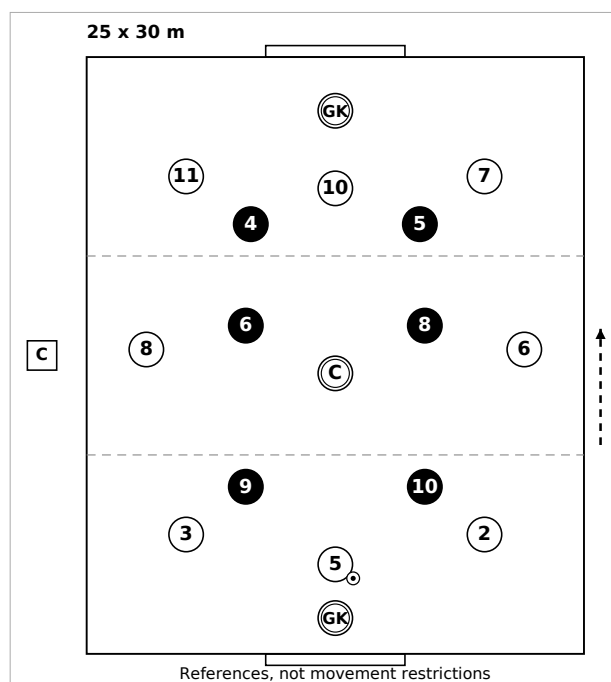
B - Create | 15 min

7v6 + 3 common players



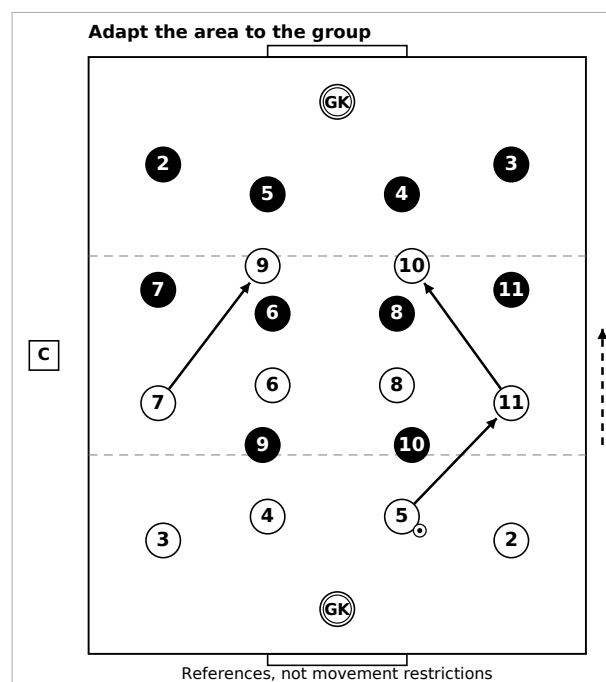
C - Exploit | 15 min

8v6 + 2 goalkeepers + 1 common player



Transfer | 20 min

11v11 reference; adapt to attendance



Outlined = coached team | Filled black = opposition | Double ring = common / GK | Square C = coach (excluded)

Coached team attacks up; opposition down. Passing arrows connect teammates/common players. Full preparation and positional diagrams are in the activity pack.