

Breaking the block 1

Practice organisation

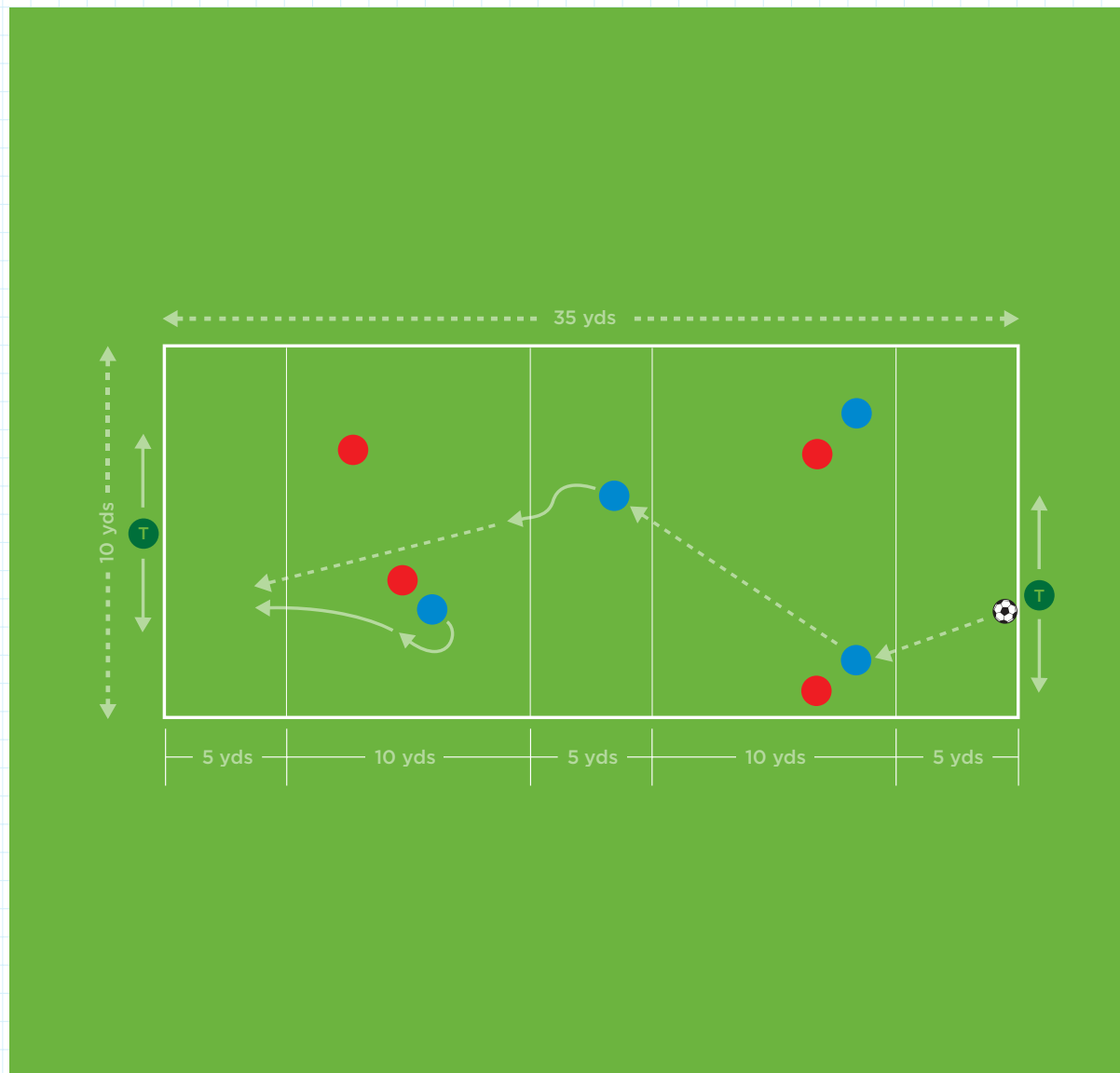
- Area 35x10yds, including 2 end zones 5x10yds each.
- Main practice area divided into two 10x10yd zones, with a central pocket of space 5x10yds, as illustrated.
- 10 players, 1 ball.
- 2 groups of 2v2 in main gridded area, either side of safe zone & 1 Target player at back of each end zone.
- Practice starts with: T feeds ball into Attackers who try to play through opponents.
- Supporting player from advanced group can move into free zone, unopposed to receive a get-out pass.
- Receiving player looks to penetrate opponents with a pass or run into the end zone, for team mate running on, to receive or run with the ball at the defender.
- Off-side rule applies.
- Sequence is successfully completed with quality pass into T.
- Play resumes in opposite direction, from T player.

Detail

- Attention to receiving skills with open body shape.
- Control ball into desired space.
- Looking for disguised passes, with players electing to use ground or aerial passing techniques.
- Timing runs to remain on-side.
- Clever movement aimed at unbalancing & moving D's out of good defensive positions.
- Quality accurate passes into T.
- A simple progression for this practice is:
 - Remove free zone & allow D to support play from behind.

Key coaching points

- Early identification of space available.
- Weight & accuracy of pass.
- Intelligent movement & turning.
- Looking forward & behind defence.
- Selecting whether to pass or run with ball to advance play.
- A's pulling D's short, to then get behind.
- A's threaten behind to receive to feet & turn.
- Creating & exploiting 1v1 situations using skill & imagination.
- When to use quick play & one touch football.



Attacking when opponents are
'in balance'

Age group
17-21 years