



U13: Breaking The Line of Pressure session 2

Category: Tactical: Attacking principles
Difficulty: Moderate

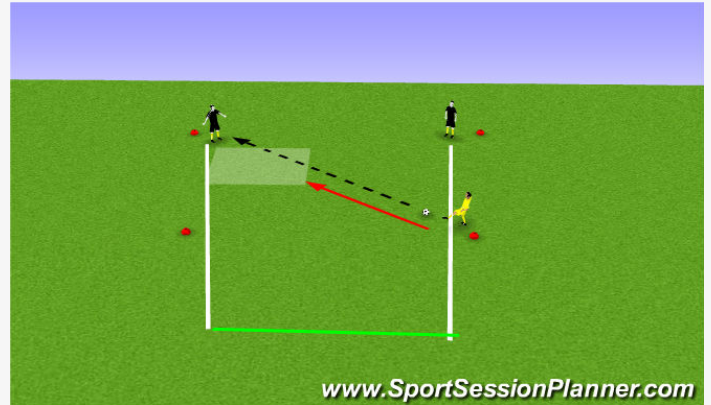
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Description

Building on the progression of Breaking the Line of Pressure. We now go from 2v1 to 3v1 with different variations.

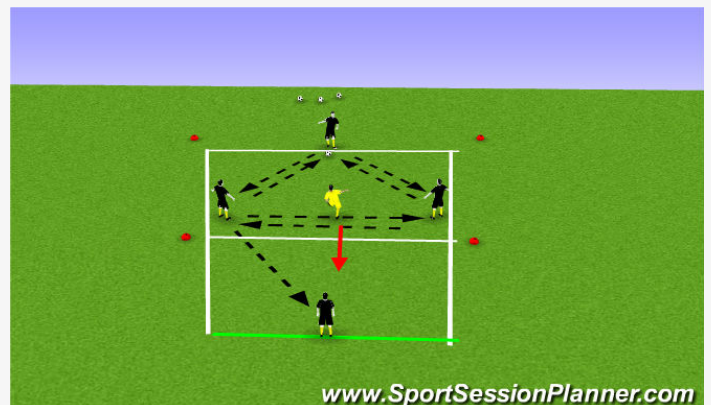
2v1 (15 mins)

2v1:
Recap of previous session.
First variation is the A1 needs to decide based on the defender.
They can run or pass into the zone.
Second variation.
They must pass into the zone



3v1 (15 mins)

3v1:
Increased the progression from the previous session of 1v1 and 2v1.
In each zone the attackers must complete 3 passes before passing to the other zone. The defender will defend in both zones. The attackers can pass to anyone within the zone. they should base the decision on the defender and know where the 3rd person is.
If the wide player is NOT behind the line of pressure then the ball should quickly be played back (negative).
If the wide player is behind the line of pressure then across to the other wide OR to the other zone is more than 3 passes.
Once the ball is moved into the other zone the defender comes to and the 2 wide players go into the zone and the game continues for at least 3 more passes.
FOCUS POINTS:
The center attacker should move the ball quickly away from D1.
The wide players need to decide on the pass based on the line of pressure
The wide players should be receiving the ball with the forward foot.



3v1: dribble into the zone (20 mins)

3v1 dribble into the zone:
Same as previous but the wide player must dribble into the zone after the 3 passes.
FOCUS POINT:
The wide player must decide based on the defender. If lower than the line of pressure then it should go negative. If higher than the line of pressure then they should attack the new zone with speed the pass to the center or across.
Ball must be to the front foot of the wide player or he can't attack the new zone.

