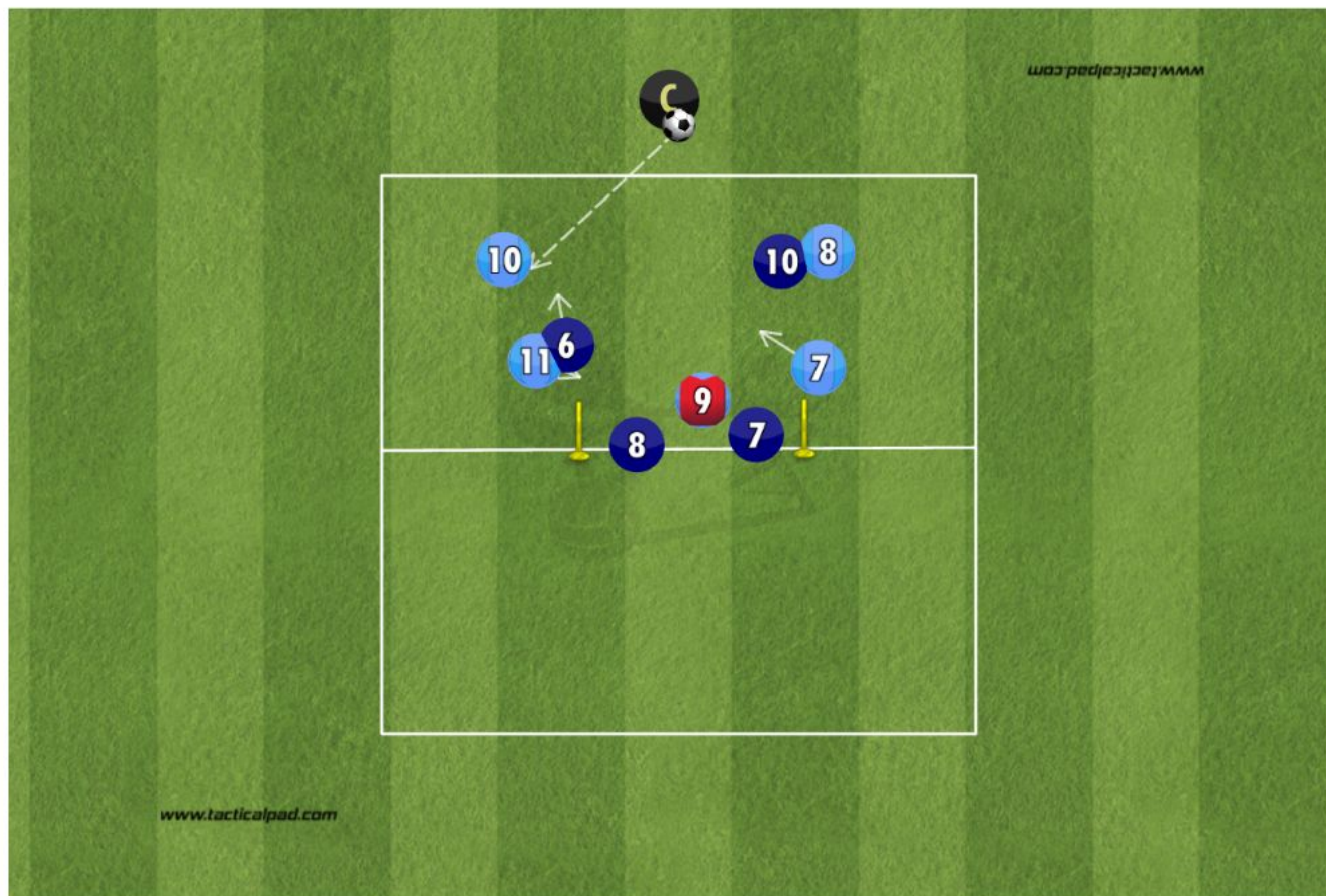
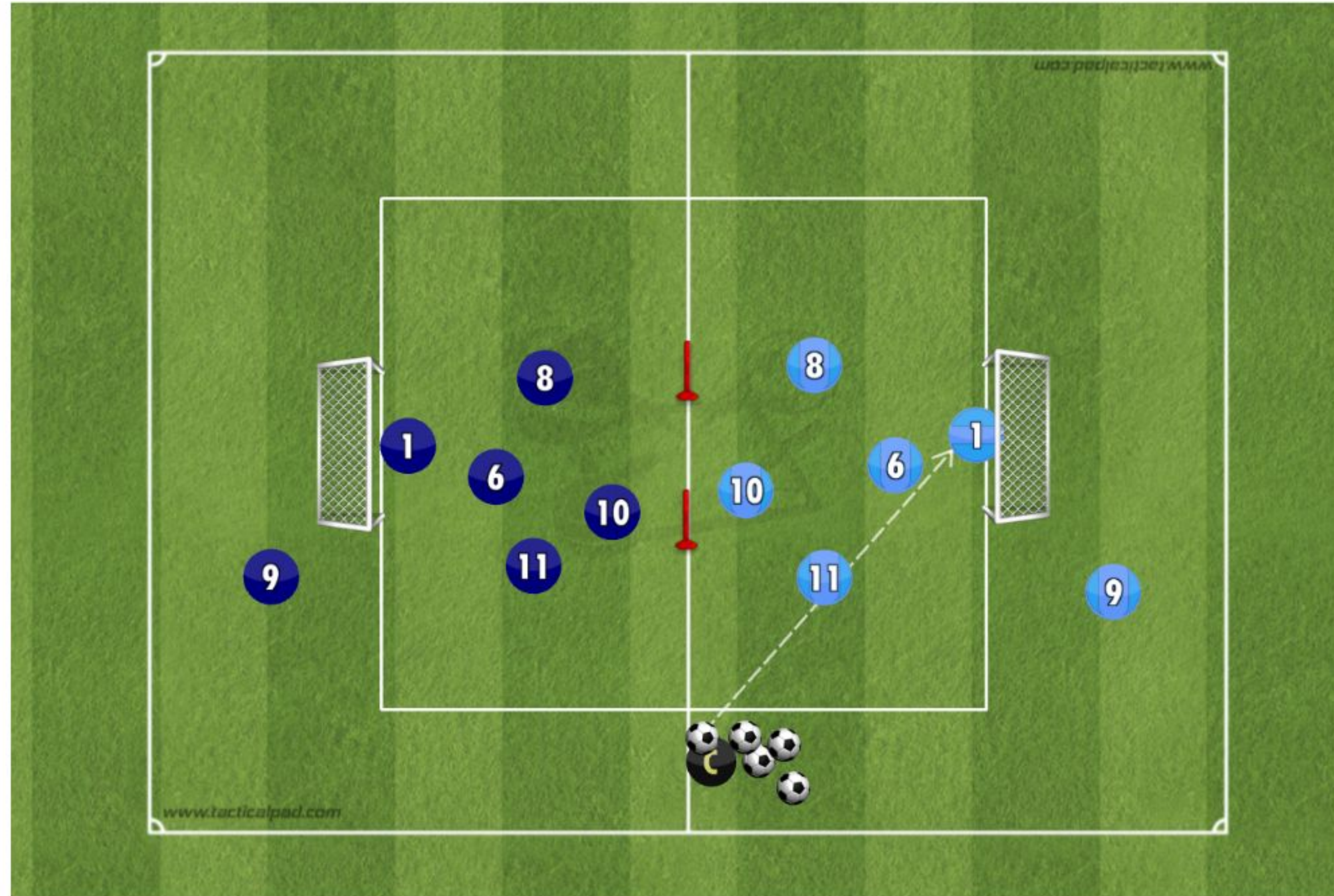


# INTRODUCTION



This is a drill where coaches might introduce the way of breaking defense lines to their players. Simple drill, where the number 9 is neutral player working as “the breaker”. Once successfully done, the opponents become his mates and play again to the other side. The number of passes or time at each zone specified by the coach. Recommended to start longer periods, more passes, low pressure or less defenders. When the coach feels his players are capable of more, he might add goals to both sides or a target player who the breaker has to deliver the ball to.

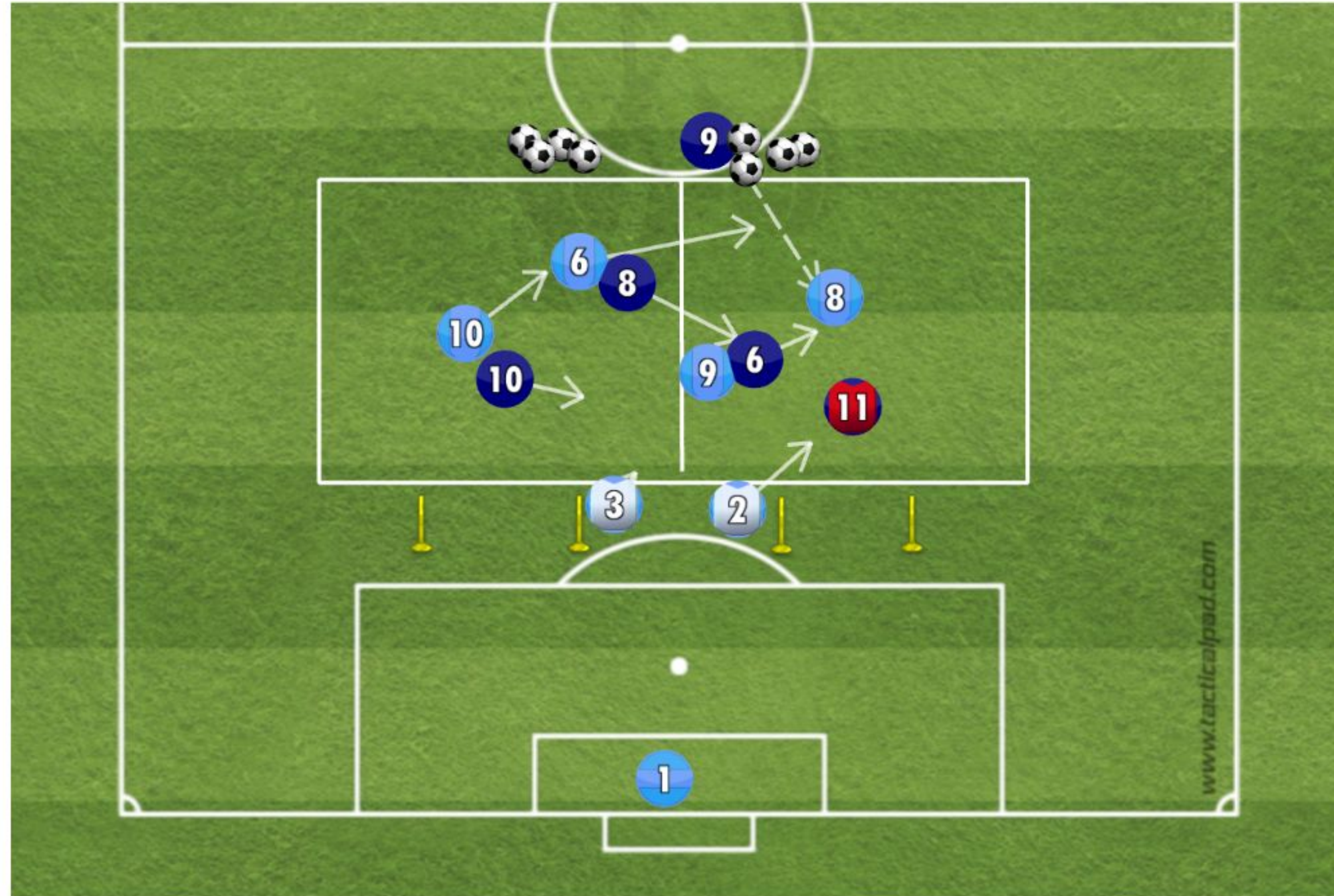
# BEHIND LINES



Here, the field is broken into 2 halves. The role is to pass the ball over before the breaker is triggered by the whistle. The breaker runs and his mates time the pass through the gate to the other side. He receives the pass and finish. Then transition happens with the coach making his pass to the defending team to start their attacking role.

The game could be progressed in different ways. The breaker might have to deal with 1v1 situation when successfully receives the ball. Another zone could be added after the gate where the player will undergo high pressure...

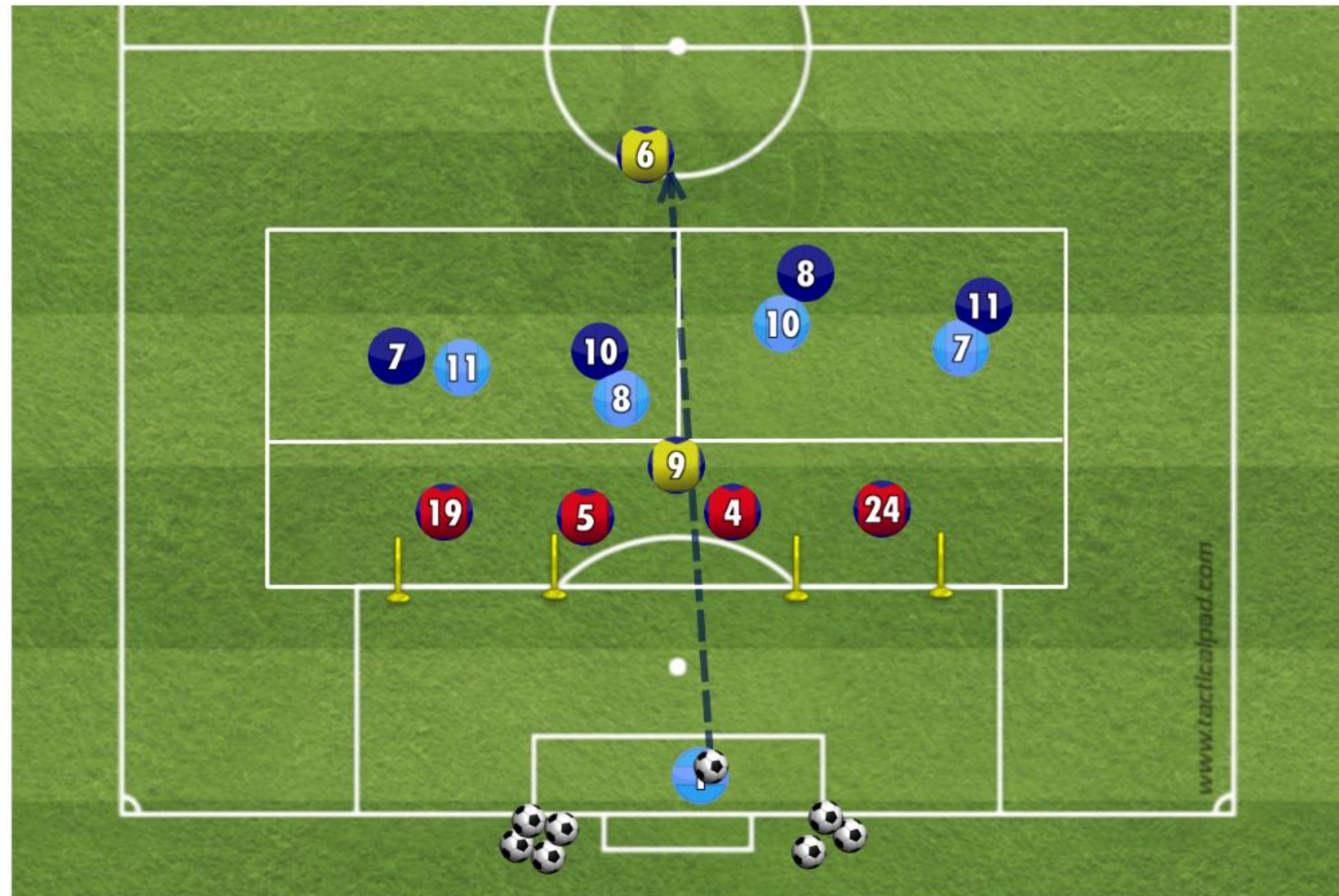
# SMALL SIDED GAME 2



This is a more advanced drill. The players will have to compete in a more game-like situation. Now another player assists the breaker, 2 defenders protect the 2 gates. The role is to do set number of passes before creating a successful pass through one of the gates and finish in 2v2 situation with the defenders.

The game could be progressed in many ways. For example, the players can't make through the gates pass before they successfully transfer thr side of play. They will have to pass left to the right zone then break through...

# SMALL SIDED GAME 3



More game like situation with the breakers now under more pressure by full time defenders.

As the players advance in this drill, the coach must consider include more and more players as breakers. Full backs, wing players, or any midfield player can take the role in that.