

BREAK OUT TO SCORE

AGES 12 TO 16

HOW TO PLAY

- Split the players into two teams and place 2 goalkeepers in each goal.
- The players must connect 6 passes within the central box. Once they have connected 6 passes a player on that team can break out of the box and try to score.
- The team that completes the 6 passes will be the only players allowed out of the box to score on goal.
- The central teams can break out towards either goal. If they score they stay the attacking team. If the Red goalkeeper saves the ball then the red team becomes the attacking team.

KEY COACHING POINTS

- Movement within the central box. Don't move towards the ball, move and time you're run into space.
- Be aware of where your players are within the playing central box. Can you connect the ball quickly?
- Think about the weight of your pass to your teammate. Can they play quickly from your pass? If your pass is the third pass can you put a teammate through on goal?

