

Break out

Test a range of attacking skills with this drill that requires your players to escape from a central area and keep their cool to beat the goalkeeper.



What you tell your players the session is about

1. Passing.
2. Shooting.
3. Break-away attacking.

Session planner

Warm up	Session	Developments	Game	Warm down
10 mins	10-15 mins	10 mins	15-20 mins	10 mins

Activity	Kit	Outcome
Warm-up	Balls	Static and dynamic stretching, gentle running, ball work
The session	Balls, disc cones, bibs, goal	Improving passing, receiving and possession skills, plus 1v1 versus the goalkeeper
Development	Balls, disc cones, bibs, goal	Practising break-away skills
Game situation	Balls, disc cones, bibs, goals	Combining basic principles of attacking in a competitive game
Warm-down	Balls	Gentle running, ball work, static stretching for longer, de-brief Q&A



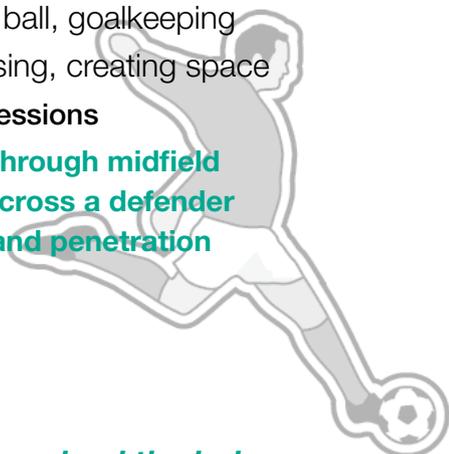
Where it fits

Individual skills: Control, receiving, shooting, running with the ball, goalkeeping

Team skills: Passing, creating space

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What to think about

- Movement/passing/receiving (side-on to receive etc) and communication.
- Timing of breakaway run/pass.
- Through ball – into attacker's path so they can assess situation before taking a touch.
- Running with the the ball (cut across chasing defender etc).
- Finishing (observe keeper's position – power, chip, sidefoot, instep? Dribble around keeper?).
- Goalkeeper (start position etc).





Set-up

- Half-size pitch (age appropriate).
- Mark out a 30 x 25 yard playing area around the centre circle.
- 1 goal with a goalkeeper at one end.



What you get your players to do

Play 4v2 in the marked-out playing area. Once the attackers have completed a required number of consecutive passes, say 5, a pass can be played along the ground, through the front of the playing area, towards the goal for a team mate to run onto to have a shot.

Give defenders points for winning the ball or whenever the ball goes out of play before the attackers complete their set number of passes.

Repeat the drill but with an extra defender. You can also increase/reduce difficulty by increasing/reducing the number of passes the attackers must complete before playing the through pass.

Switch players around so everybody spends some time attacking and defending.



What to call out

- “Explode onto the through pass”
- “Tell/show where you want the ball”
- “Hit the target”



Development

This time, one defender is allowed to give chase, but can only leave the playing area from the side.

This replicates a recovery run and increases the pressure on the attacker.



Game

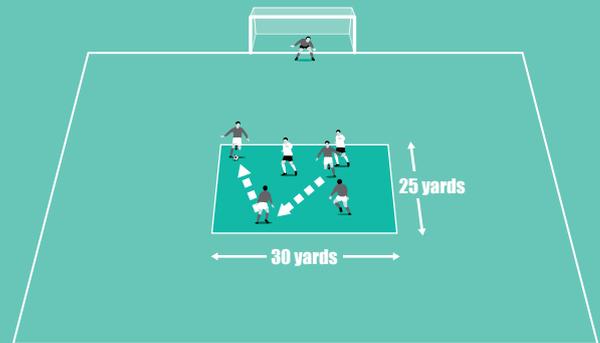
Add another goal and goalkeeper at the opposite end and play 4v4 in the centre area without pass restrictions (although teams do get points for completing passing sequences of say, 3 passes).

Teams score goals as before.

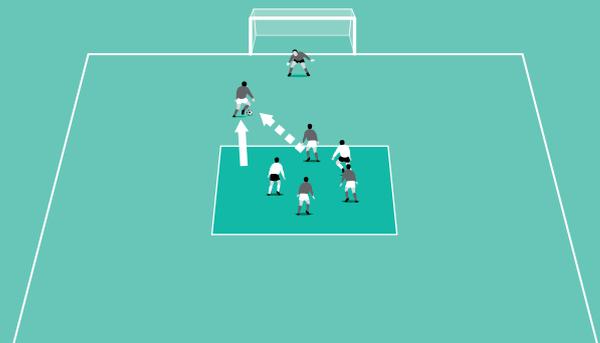
To vary the game you might allow a second, supporting attacker to break out.

Break out

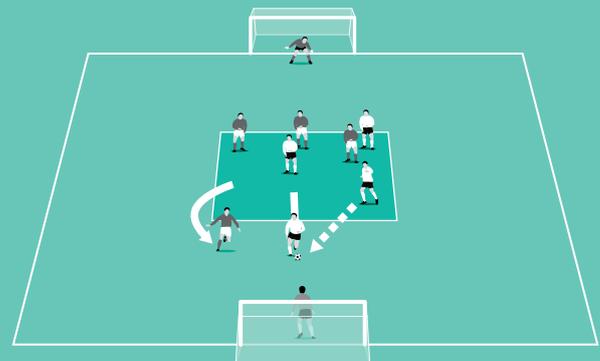
player movement ⇌ pass ⇨⇨⇨⇨⇨



Attacking team complete a set number of consecutive passes.



One of the attacking team releases a team mate, who breaks with pace, with a through pass.



In the game teams can send a defender on a recovery run.