

BREAK THE LINE



Players:
+12



Time:
15-20 min



Focus:
Line-Breaking Passes



Level:
Medium



Intensity:
5 (1-10)

SETUP

- Create a 45 x 30 meter field divided into three zones (10 x 45 m each)
- Place 4 players in each end zone and 4 defenders in the middle zone.
- Adjust the field length if needed to suit your players.

KEY POINTS

The teams in the end zones work together to pass the ball through the middle zone to the opposite side using ground passes. The four defenders in the central zone must stay compact and coordinate their movements to block passing lanes and limit the angles available. The drill focuses on good communication, positioning, and timing from both the passing players and the defenders.

