

4V2 BREAKAWAYS TO GOAL

STAGES COVERED BY ACTIVITY

Stages 3, 4 & 5 - 9-18 year old players

THEMES & COMPETENCIES

Theme:

- + Transition and attacking rhythm
- + Switching the point of attack
- + Counter attacking and finishing breakaways

Competencies:

- + Short and medium passing
- + Receiving using different surfaces of the body.
- + Mobility on and off the ball.
- + Attacking in pairs and small groups.
- + Defending in pairs and small groups.
- + Shooting technique

WHY USE IT

This exercise focuses on improving your players' skill at creating and supporting breakaways with "numbers up" in the attacking third of the field.

SET UP

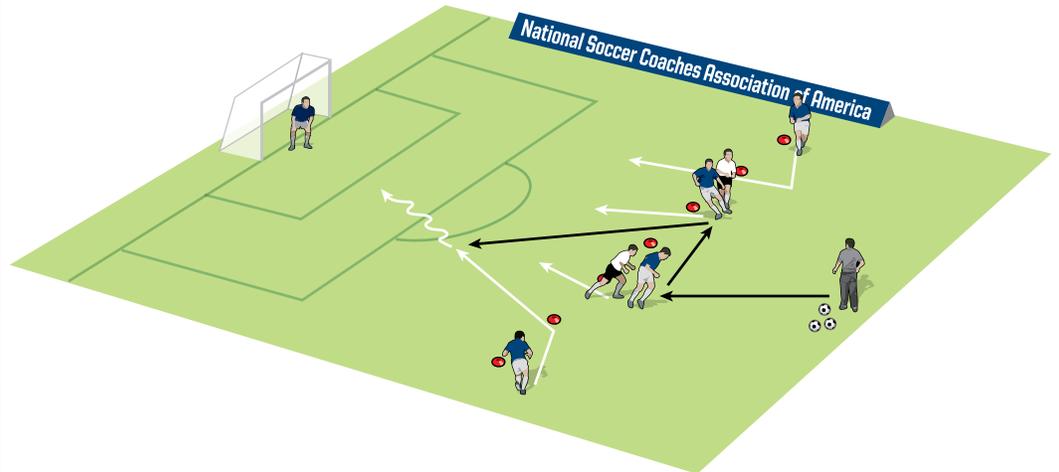
Position a server (with balls) approximately 45 yards out from the goal, and put a keeper in goal. Use cones to mark a restraining line 30 yards out from the goal. Set up four attackers and two defenders in the midfield zone, in front of the cones, facing the server.

HOW TO PLAY

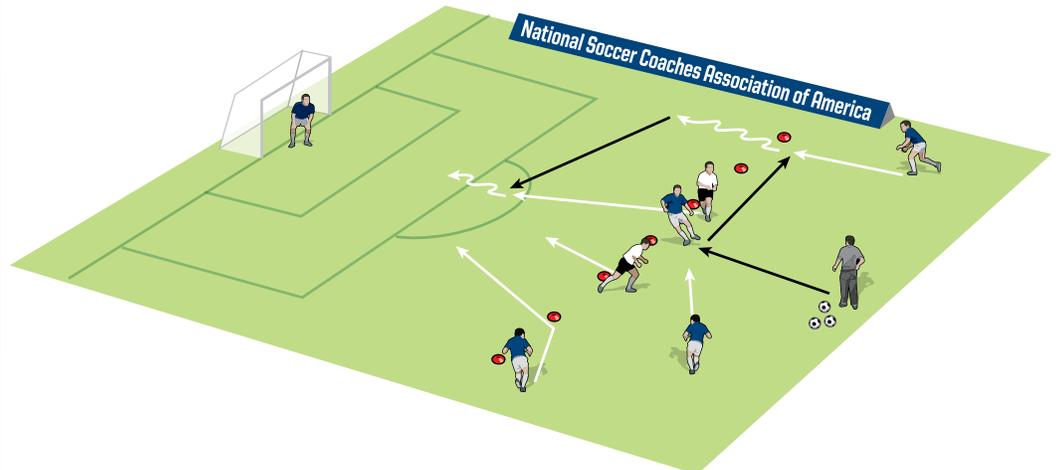
The server begins by passing a ball to one of the four attackers. The attackers use crossover runs, overlapping runs, and wall passes to create a breakaway that results in a quick shot on goal. The defenders can score by winning the ball and completing a pass back to the server, but they cannot drop past the cone line until the ball has entered the final zone.

COACHING NOTES

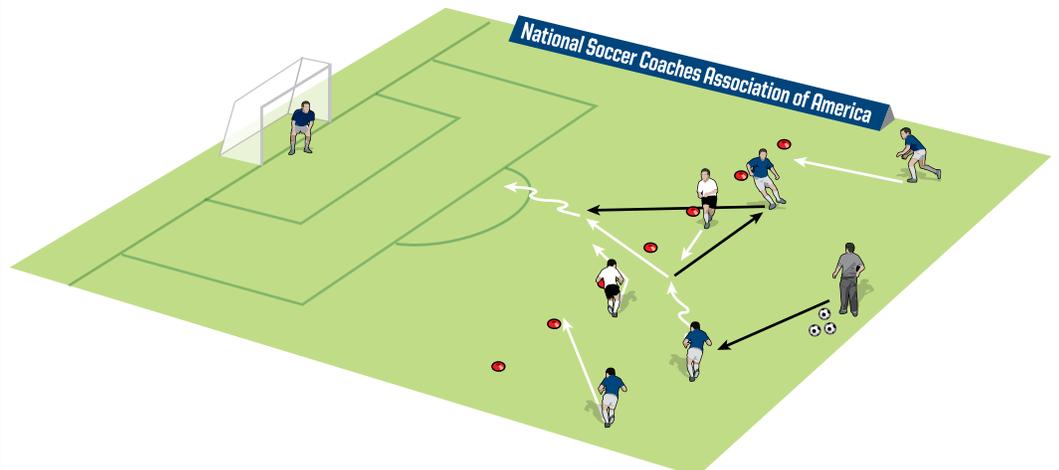
- + Coaching objectives - The attackers need to use quick ball movement and find penetrating passes to create breakaways for their teammates.
- + Coaching tip - Use another coach or player as an assistant referee to help enforce the offside law!
- + Adaptations - First increase the difficulty for the attackers by adding a third defender, then remove the high restraining line.



- + An attacker checks back to receive an entry pass from the server
- + All 4 attackers must be mobile to open seams for penetrating passes or dribbles



- + To create from the flanks, first move the ball to a wide position.
- + Use an early forward cross to initiate a breakaway down the middle.



- + To create from the center, first isolate a single defender with a dribble.
- + Use combination play and overlapping runs to spring a teammate through the defense.

