



## Description

### Session Objective

- Improve players' ability to play line breaking passes to take defenders out of the game

## Part 1 (10 mins)

### Organisation

- 20m x 20m grid
- 9-12 players (3 even teams)
- 3 balls

### Explanation

- Split groups into 3 even teams (pictured) with 1 ball per team
- All 3 balls are in play at once, with each team keeping possession of their own ball inside the grid

### Progressions

- Make it a game
  - Score a point every time a team completes a pass between 2 defenders
  - Most completed line breaking passes in 90 seconds wins
- Take out one of the teams and their ball and have them defending the 2 other teams
  - 90 seconds per round
  - Possession teams counting line breaking passes (receiving between 2 defenders)
  - Defenders count the number of balls they win from the opposition

### Coaching Points

- **Positioning to receive** in space between opposition players
- Play the pass with **inside of the foot** - larger surface area
- Contact the **middle of the ball** to minimise the bobble on the pass
- **Firm weight of pass** to eliminate defenders from the game



## Part 2 (10 mins)

### Organisation

- 15m x 10m area
- 6 players
- 2 bibs
- 1 ball

### Explanation

- 2 players with possession in each half (red)
- 2 defenders locked on half way line
- Team in possession scores a goal every time they can play to the opposite side
- Defenders score a goal every time they win the ball
- Rotate defenders every 90 seconds



### Progressions

- Allow one defender to apply pressure in a half (other must remain locked on the half way line)
- Reward extra points if team can play a pass between the 2 defenders to the other side

### Coaching Points

- **Positioning to receive** in space between opposition players
- Play the pass with **inside of the foot** - larger surface area
- Contact the **middle of the ball** to minimise the bobble on the pass
- **Firm weight of pass** to eliminate defenders from the game

## Animation 3 (15 mins)

### Organisation

- 25m x 15m area (including 5m x 15m zone)
- 9-12 players (3 even teams)
- 1 ball

### Explanation

- 4 players with possession in each end zone (red and blue)
- 4 defenders locked in middle zone (black)
- Team in possession scores a point every time they can play through the defenders across to the other team
- Defending team scores a point every time they win the ball
- Rotate defenders every 90 seconds

### Progressions

- Allow 1-2 defenders to apply pressure to the team in the end zone
- Allow 1 player in possession from the far side to drop into the middle zone to receive a pass
- Team that loses possession becomes new defending team

### Coaching Points

- **Positioning to receive** in space between opposition players
- Play the pass with **inside of the foot** - larger surface area
- Contact the **middle of the ball** to minimise the bobble on the pass
- **Firm weight of pass** to eliminate defenders from the game



