



## Session Preview: Breaking Lines

**Session Link:** [Breaking Lines](#)

**Objective:** Develop players' ability to advance the ball by breaking opponents' lines, creating scoring opportunities, and finishing attacks—while retaining possession when forward options are limited.

### **Core Principles:**

- Break lines to progress the attack.
- Recognize when to drive into space or engage defenders.
- Find and combine with free players between or behind the lines.
- Be decisive in 1v1 situations.
- Finish with speed and limited touches.

### **Session Flow:**

- Technical Passing Pattern: Small groups work through passing sequences with mannequins. Focus on one-touch play, scanning, and supporting angles.
- Possession Game with Mini-Goals: Teams progress the ball through thirds using neutrals. Encourages breaking lines and quick transitions.
- Rondo with Goals: Functional build-up leading to 3v2 attacks. Develops releasing forward, supporting play, and finishing.
- Modified Game: Game-like activity to apply principles in realistic conditions. Emphasizes scanning, support, 1v1 decisions, and quick finishing.

### **Why Run This Session:**

This session builds a progression from technical repetition to tactical application. Players repeatedly face decisions about when to pass, drive, or take on defenders, directly translating into breaking lines during matches.