



NSSDC Coaching Clinic 1 Developing 1st Touch (Breaking Lines Theory)

Introduction

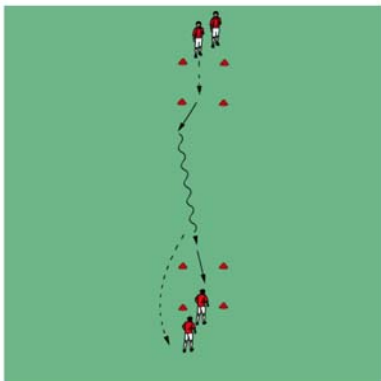
This document is to supplement the on field coaching clinic the NSSDC ran on Friday 5th Nov 2010 focusing on how to use the breaking lines theory to develop a good 1st touch when receiving the ball.

Breaking lines was developed as a method to teach players on how to develop a good positive 1st touch by breaking an imaginary line as they receive the ball. This theory is widely used in many youth academies in England and is a method Arsenal FC has introduced into their youth system.

In this document we show some common exercises where you can introduce this theory as a teaching tool when working with your teams, all exercises can be adapted based on the age and ability of the players.

Breaking Lines Technical Exercises

Technical Exercise 1

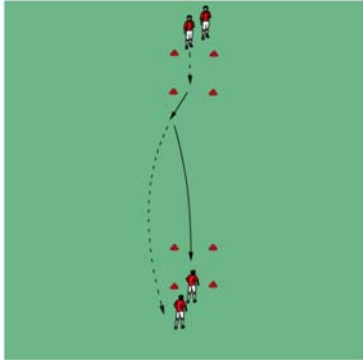


Set up area and line up players as shown in the diagram:

Players dribble the ball across to the other line letting the ball roll into the box for the next player to receive the ball.

Key Coaching Points to observe:

- Players on toes ready to receive ball
- Move towards ball to Break 1st line to receive ball in the square
- Break 2nd line with 1st touch lifting head up and keeping ball within stride
- Accelerate into space



As above now players pass into the square on 2nd touch

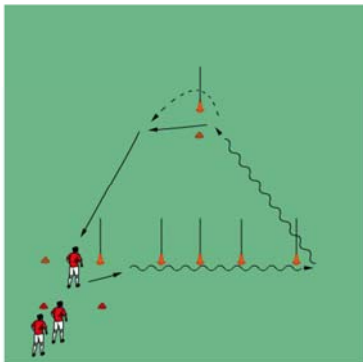
Key Coaching Points to observe:

- Players on toes ready to receive ball
- Move towards ball to Break 1st line to receive ball in the square
- Break 2nd line with 1st touch lifting head up and keeping ball within stride
- Quality of the pass
- Call for the pass as the player breaks the line with their 1st touch.

Progressions and Variations

- Players break the line on the side of the square vary techniques: Receive with the inside, outside or Sole of foot
- Player Chip ball into the square for players to receive a ball in the air. (for younger players bring squares closer together and have players serve the ball from their hands)
- Player passing the ball runs to block one of the sides of the square, so the player receiving reacts to their movement and breaks the opposite line on their 1st touch

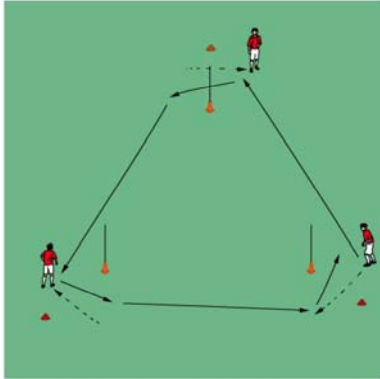
Technical Exercise 2



Set up area as shown in diagram, 1st player dribbles through poles as shown in the diagram, passes the ball through the gate on the inside of the Pole and runs around the outside and then passes into the next player in line who receives the ball in the square who breaks the line on their 1st touch

Key Coaching Points to observe:

- Players on toes ready to receive ball
- Move towards ball to Break 1st line to receive ball in the square
- Break 2nd line with 1st touch lifting head up and keeping ball within stride
- Close control through obstacles
- Good touch through gate to set up pass, head up
- Quality of the pass



Set up area as shown in diagram players pass in the sequence shown taking 2 touches.

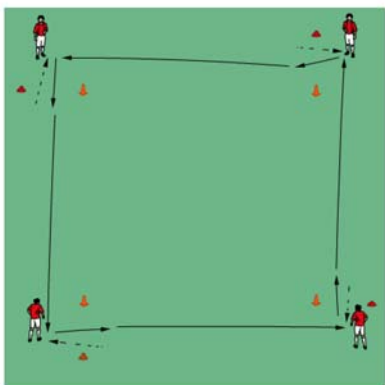
Key Coaching Points to observe:

- Players on toes ready to receive ball
- Break line with movement to create space before receiving the ball
- Break line with 1st touch lifting head up and keeping ball within stride
- Quality of the pass
- Call for the pass as the player breaks the line with their 1st touch.

Progressions and Variations

- Vary techniques: receive with the inside, outside or Sole of foot
- Player plays a Chip pass for players to receive a ball in the air. (for younger players make area smaller and have players serve the ball from their hands)
- Player passing the ball closes down player receiving the ball.

Technical Exercise 3



Set up area as shown in diagram players pass in the sequence shown taking 2 touches.

Key Coaching Points to observe:

- Players on toes ready to receive ball
- Break line with movement to create space before receiving the ball
- Break line with 1st touch lifting head up and keeping ball within stride
- Quality of the pass
- Call for the pass as the player breaks the line with their 1st touch.

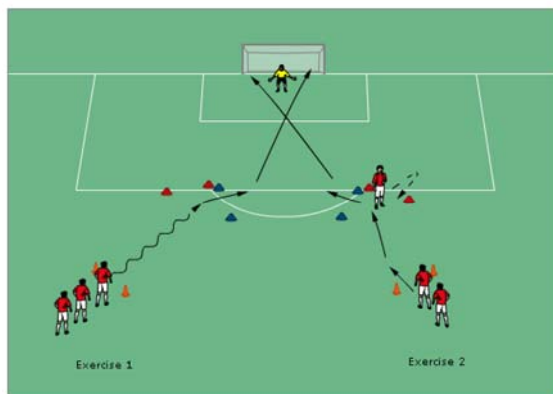
Progressions and Variations

- Vary techniques: receive with the inside, outside or Sole of foot
- Player plays a Chip pass for players to receive a ball in the air. (for younger players make area smaller and have players serve the ball from their hands)
- Player passing the ball closes down player receiving the ball.

For other variations of this exercise follow link below:

<http://www.youtube.com/watch?v=fJBUKqP7v-0>

Technical Exercise 4



Set up area as shown in diagram

Exercise 1: Players dribbles ball towards arrowhead and breaks either the blue or red line to shoot

Key Coaching Points to observe:

- Keep ball close when dibbling
- Break either blue or red line to set up shot
- Head up observe keeper
- Select type of shot
- Correct shooting technique, approach, body shape, placement of non kicking foot, Kicking foot, follow through.

Exercise 2: Exercise starts with the first player in the line pushing the ball forward to break the line made by the 2 orange cones, on doing this the player inside the arrowhead moves to break the red or the blue line to create space and then receives the ball to break the opposite line and shoots on goal. (in the example the player breaks the red line to create space and then breaks the blue line with their 1st touch before shooting on goal)

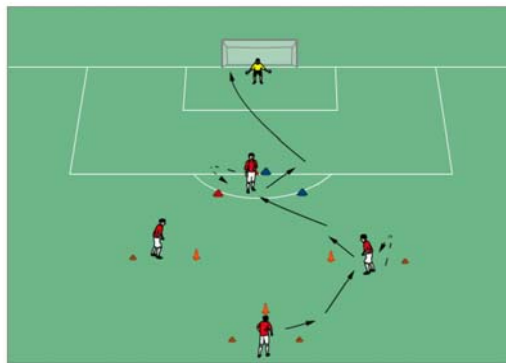
Key Coaching Points to observe:

- Break either red or blue line with movement to create space before receiving the ball
- Break opposite line on receiving the pass to set up shot
- Head up observe keeper
- Select type of shot
- Correct shooting technique, approach, body shape, placement of non kicking foot, Kicking foot, follow through.

Progressions and Variations

- Exercise 1 player disguises intentions by feinting towards red line to create space and then breaks the blue line to set up shot or vice versa.
- Exercise 2 Player plays a Chip pass for players to receive a ball in the air. (for younger players make distance shorter and have players serve the ball from their hands)
- Exercise 2 Player passing the ball closes down player receiving the ball.

Technical Exercise 5



Set up area as shown in diagram players pass in the sequence shown taking 2 touches.

Key Coaching Points to observe:

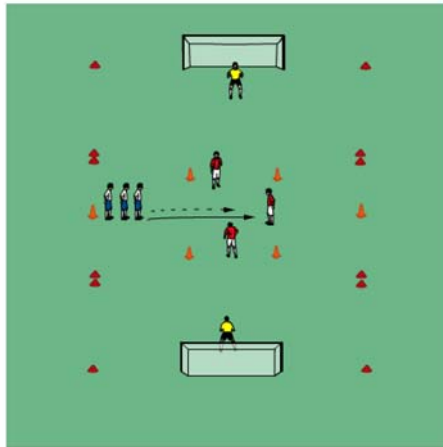
- Break line with movement to create space before receiving the ball
- Break line with 1st touch lifting head up and keeping ball within stride
- Quality of the pass
- Break either red or blue line with movement to create space before receiving the ball
- Break opposite line on receiving the pass to set up shot
- Head up observe keeper
- Select type of shot
- Correct shooting technique, approach, body shape, placement of non kicking foot, Kicking foot, follow through.
- Call for the pass as the player breaks the line with their 1st touch.

Progressions and Variations

- Vary techniques: receive with the inside, outside or Sole of foot
- Player passing the ball closes down player receiving the ball.

Breaking Lines Tactical Exercises

Tactical Exercise 1



Set up area as shown in diagram Players play a 3v1, attackers after completing a set number of passes if in a position to do so the attacker receiving the ball can break either of the 2 lines on their 1st touch towards one of the goals and shoot on goal, if defender wins the ball they can dribble out of the area towards either goal and shoot

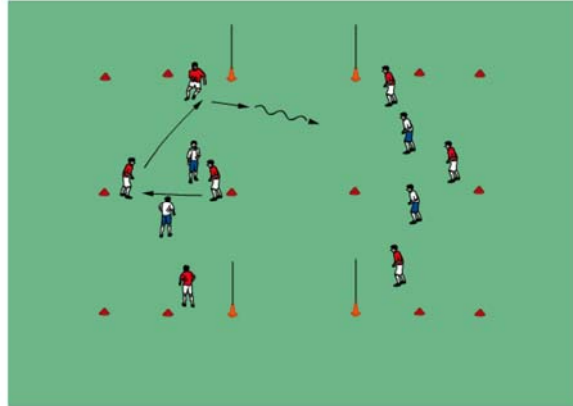
Key Coaching Points to observe:

- Spread out to create space
- Provide good supporting angles and movement off the ball
- Quality of the Pass
- Quality of 1st touch (away from pressure)
- Look to create opportunity to break line when receiving the ball off the final pass if possible, if not maintain possession until opportunity arises
- Good 1st touch to break line keeping ball within stride
- Quality of shot on goal.
- Communication

Progressions and Variations

- Reduce or increase number of passes
- Reduce or increase maximum number of touches on the ball
- Add a defender to create a 3v2

Tactical Exercise 2



Set up area as shown in diagram with a 4v2 in one grid and a 3v2 in the other grid. The 4 attackers start with the ball creating a 4v2 situation. After making 4 passes one player can break the line between the 2 poles on their 1st touch and run the ball across to the other grid. If the defender wins the ball they attempt to pass the ball to the other defenders inside the middle zone.

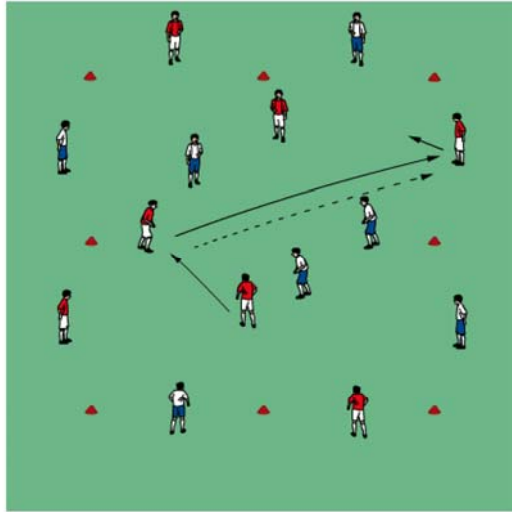
Key Coaching Points to observe:

- Spread out to create space
- Provide good supporting angles and movement off the ball
- Quality of the Pass
- Quality of 1st touch (away from pressure)
- Look to create opportunity to break line when receiving the ball off the final pass if possible, if not maintain possession until opportunity arises
- Good 1st touch to break line keeping ball within stride and accelerate into the space
- Quality of support for player running with the ball
- Communication

Progressions and Variations

- Reduce or increase number of passes
- Reduce or increase maximum number of touches on the ball
- Add a defender to create a 4v3

Tactical Exercise 3



Set up area as shown in diagram players play a possession game and score by making 8 successful passes in a row, if a player in the inside of the grid passes to a player on the outside they switch positions, the player receiving the ball on the outside breaks the line to enter the grid.

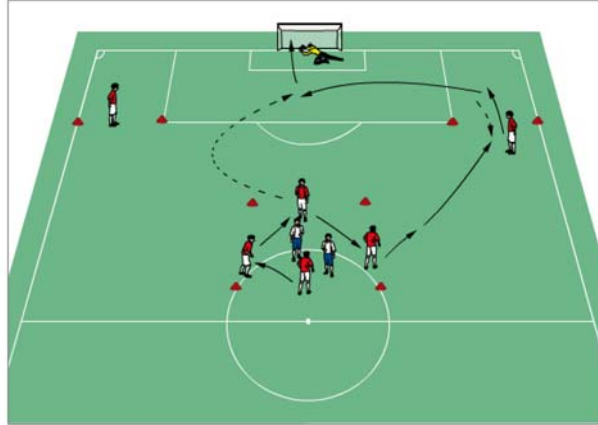
Key Coaching Points to observe:

- Spread out to create space
- Provide good supporting angles and movement off the ball
- Quality of the Pass
- Quality of 1st touch (away from pressure)
- Break line away from pressure when entering the grid
- Communication

Progressions and Variations

- Reduce or increase number of passes to score
- Reduce or increase maximum number of touches on the ball
- Player can't pass to the player they just received the ball from

Tactical Exercise 3



Set up area as shown in diagram, Players play a 4v2 in the grid marked out by the center circle, Attackers after making a set number of passes look to break either of the 2 lines to the right or left of the grid and pass to the winger on that side (see Diagram). On playing this pass the winger breaks the line between the top of the penalty box and the sideline and crosses the ball into the penalty area for the striker to finish.

Key Coaching Points to observe:

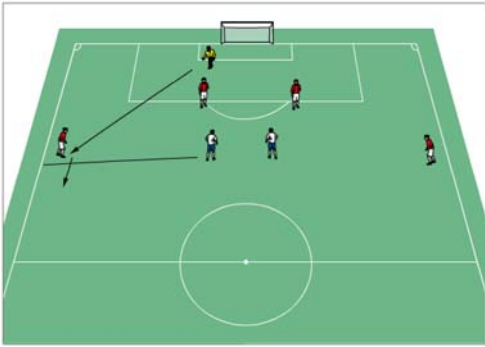
- Spread out to create space
- Provide good supporting angles and movement off the ball
- Quality of the Pass
- Quality of 1st touch (away from pressure)
- Look to create opportunity to break line when receiving the ball off the final pass if possible, if not maintain possession until opportunity arises
- Good 1st touch to break line to set up pass to the winger
- As the attacker breaks the line, winger on the side of the ball shows for the pass
- Quality of the pass into the winger
- Good 1st touch to break line to set up cross by winger
- Quality of the cross
- Timing and quality of the strikers run into the box
- Strikers judgement of the flight of the ball, and selection of technique to strike the ball
- Quality of Finish

Progressions and Variations

- Reduce or increase number of passes
- Reduce or increase maximum number of touches on the ball
- Reduce or increase defenders and attackers

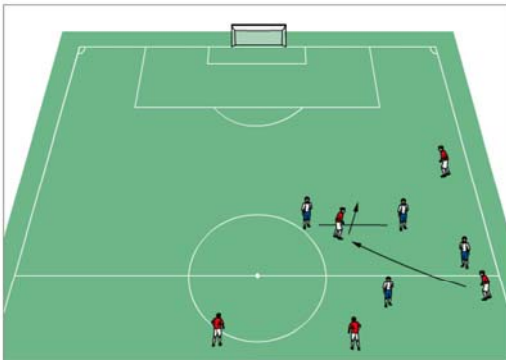
Breaking Lines Game Situations

Game Situation 1



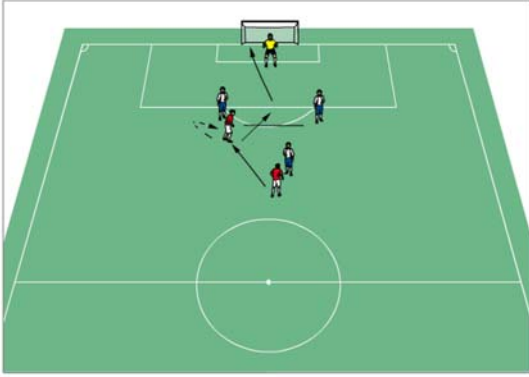
Right Full Back receives pass from goalkeeper and breaks line between striker and touchline on their 1st touch, bypassing the strikers to move forward into space and move into the midfield third of the field

Game Situation 2



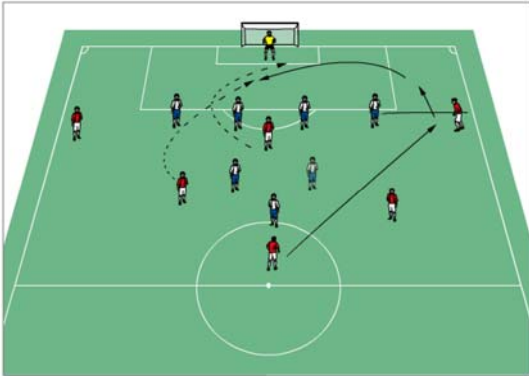
Central Midfield player receives pass from Right Full Back and breaks line between 2 midfield players on their 1st touch, bypassing the midfielders to move forward into space and move into the attacking third of the field

Game Situation 3



Striker creates space to receive pass from attacking midfield, Striker breaks line on their 1st touch between the 2 center backs to create space for a shot on goal

Game Situation 4



Right Winger receives a ball from Central Midfield, Right Winger breaks line on their 1st touch between Left Full Back and touchline to create space for a cross into the penalty area.