



Playing Forward — When to Keep and When to Break

Session 15 • Possession principles • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

The Forward Gate Grid

0:10 – 0:25 • 15 MIN

Keep or Break

0:25 – 0:40 • 15 MIN

Six Then Forward

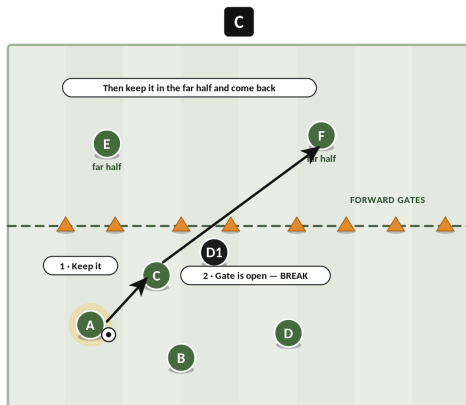
0:40 – 0:55 • 15 MIN

Break the Line Match

0:55 – 1:00 • 5 MIN

Player-led review**15.1 THE FORWARD GATE GRID**

Warm-up • 10 min



KEEP IT UNTIL FORWARD IS ON. THEN TAKE IT WITHOUT HESITATING

SET UP

- 28 × 22 m grid divided in half by a line of flat markers, with four 3 m gates built into that line.
- Groups of four in the near half, two teammates waiting in the far half. One defender patrols the ...

RULES

- The ball crosses the line only through a gate.
- An intercepted forward pass gives the ball to the defender and the group starts again.
- The defender may guard any gate but may not leave ...

COACH IT

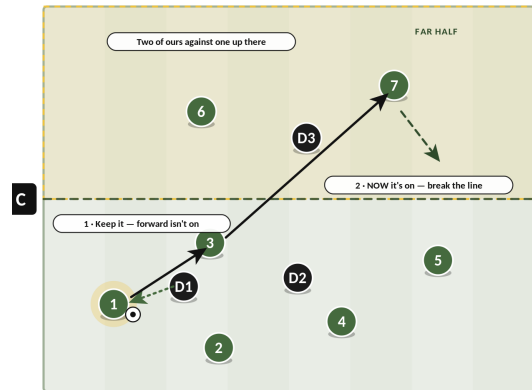
- Technical: The forward pass through a gate must be firm and along the ground — a floated one gives the defender time to move. Receivers in the far half ...

SAY

- Was that gate open, or did you want it to be? Then point at their interception count.

15.2 KEEP OR BREAK

Technical practice • 15 min



A FORWARD PASS THAT IS INTERCEPTED COSTS MORE THAN A SIDWAYS ONE - CHOOSE WELL

SET UP

- One area 26 × 20 m, divided into two equal halves by a clear line of flat markers.
- Near half: five in possession against two defenders. Far half: two attackers against one ...

RULES

- Players stay in their own half. Only the ball crosses.
- 1 point for a completed forward pass; 2 points if the receiver can turn. 2 points to the defenders ...

COACH IT

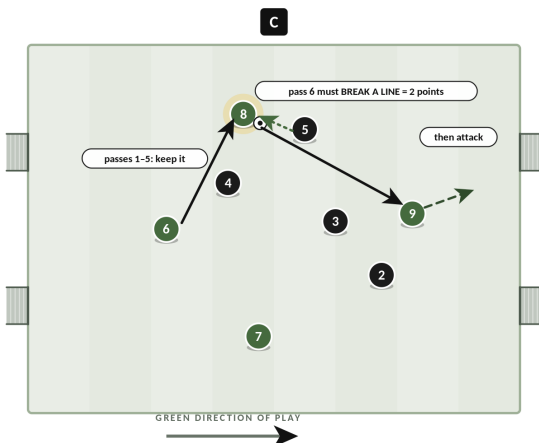
- Technical: Head up before the pass. The forward ball is usually driven, along the ground, into the receiver's front foot if they can turn and into ...

SAY

- How many points have you scored? Keeping it isn't the job — it's how you get the job done.

15.3 SIX THEN FORWARD (4 v 4)

Skill game • 15 min

**SET UP**

- Two pitches, each 32 × 24 m, side by side with a 5 m corridor between them.
- Per pitch: two mini goals at each end, 4 red bibs, 4 blue bibs, 2 balls.

RULES

- Goal = 2 points. A sixth consecutive pass that beats an opponent = 2 points. From game 3, any line-breaking pass = 1 point.
- 'Beating an opponent' means the ball travels past ...

COACH IT

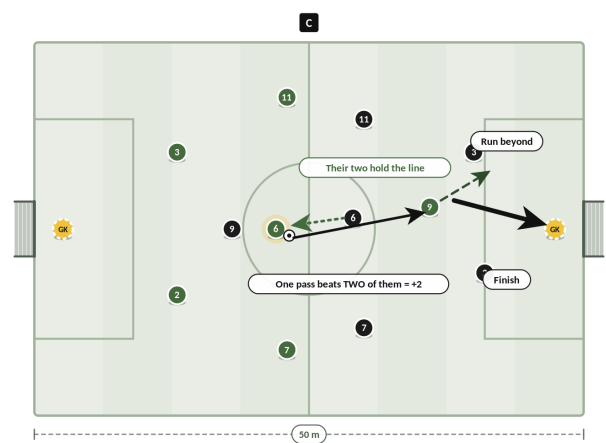
- Technical: Driven passes through gaps. Receivers taking the ball on the half-turn so a line-break isn't wasted by a poor first touch.

SAY

- Did that pass move anybody? Then what did it achieve?

15.4 BREAK THE LINE MATCH (7 v 7)

Conditioned match • 15 min

**SET UP**

- 50 × 34 m with full-size goals.
- Four spare balls in the back of each goal.
- 7 v 7 including goalkeepers (14). With 15–16, play 8v8 or roll subs every 90 seconds.

RULES

- Goal = 3 points. A pass that beats two or more opponents and reaches a teammate = +2.
- The pass may be along the ground or in the air, but must be controlled by a teammate.

COACH IT

- Technical: Head up before the pass. Driven and firm, into the correct foot. The receiver's first touch decides whether the line-break is worth ...

SAY

- The break question does the work: how many did that pass take out?