PASSING THROUGH THE LINES

Scan -> create the lane -> receive between lines -> play forward

SESSION OVERVIEW

SESSION AIM

Develop players who recognise passing lanes between and beyond opponents, receive between lines and play forward with quality.

THEME	PRACTICE 1	PRACTICE 2	END GOAL
Pass Through Lines	**Split-Pass Rondo**	**5v5 + Targets**	**7v7 to Goal**

ACTIVITY 1 | 4V2 SPLIT-PASS RONDO

ORGANISATION

Mark out a 15 x 15-yard area. Place four possession players around the outside and two defenders inside the grid.

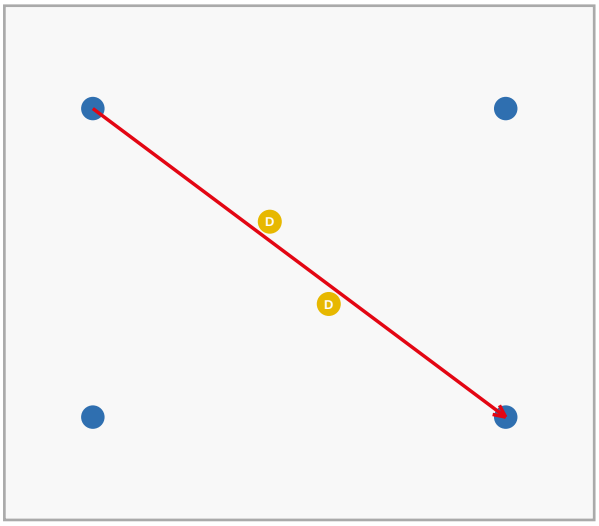
HOW IT WORKS

The outside players keep possession and score a point whenever they successfully pass between the two defenders to a teammate. Encourage the player on the ball to move the defenders first, then recognise the moment when a passing lane opens. Receivers should adjust their position to stay visible through the gap.

COACHING POINTS

- Scan before receiving so the next pass is already identified.
- Move the ball quickly enough to shift the defenders.
- Create a clear passing angle rather than standing behind a defender.
- Play through the gap with firm, accurate passes.
- Support immediately after the split pass so possession continues.

DIAGRAM



Move the defenders, recognise the gap and pass through the line when the lane opens.

PROGRESSIONS

1. Limit outside players to two touches.
2. Award two points if the split pass is followed by a forward first touch or one-touch continuation.

PASSING THROUGH THE LINES

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ACTIVITY 2 | 5V5 + END TARGETS

ORGANISATION

Use a 30 x 40-yard area. Play 5v5 inside with one target player positioned at each end.

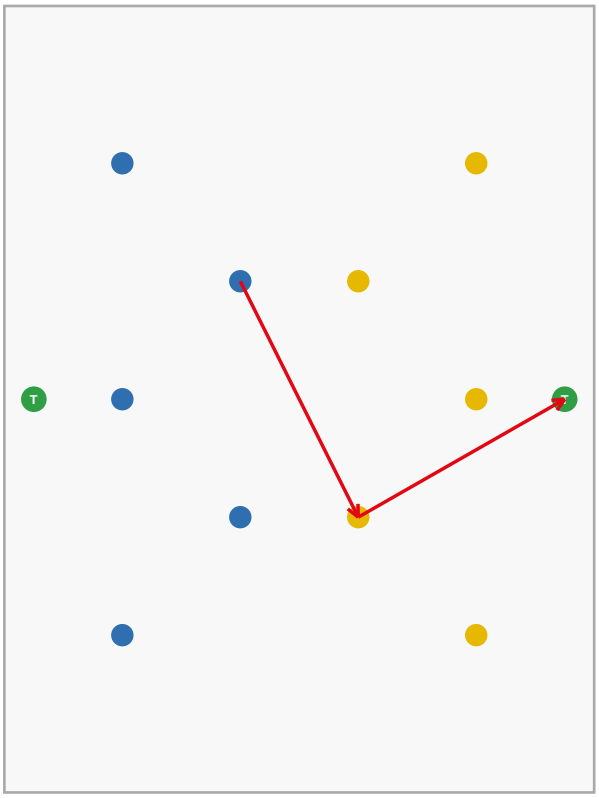
HOW IT WORKS

Teams keep possession and score by passing into the target at the opposite end. Encourage players to pass through midfield pressure rather than always around it. Players away from the ball should create pockets between opponents and show on different lines so the player in possession has a forward option.

COACHING POINTS

- Create width and depth to stretch the defending team.
- Look through the first line of pressure before playing sideways.
- Find players between opponents, not directly behind them.
- Receive side-on so the next forward pass stays available.
- Use bounce passes and third-player movement when a direct forward turn is not possible.

DIAGRAM



Create pockets between opponents and connect through the lines into the far target.

PROGRESSIONS

1. Target players are limited to one or two touches.
2. Award a bonus point for reaching the target through a pass that breaks a defensive line.

PASSING THROUGH THE LINES

Scan -> create the lane -> receive between lines -> play forward

ACTIVITY 3 | THREE-ZONE LINE-BREAKING GAME

ORGANISATION

Mark out a 30 x 45-yard area divided into three zones. Play 5v5 with one neutral midfielder who can move across all zones.

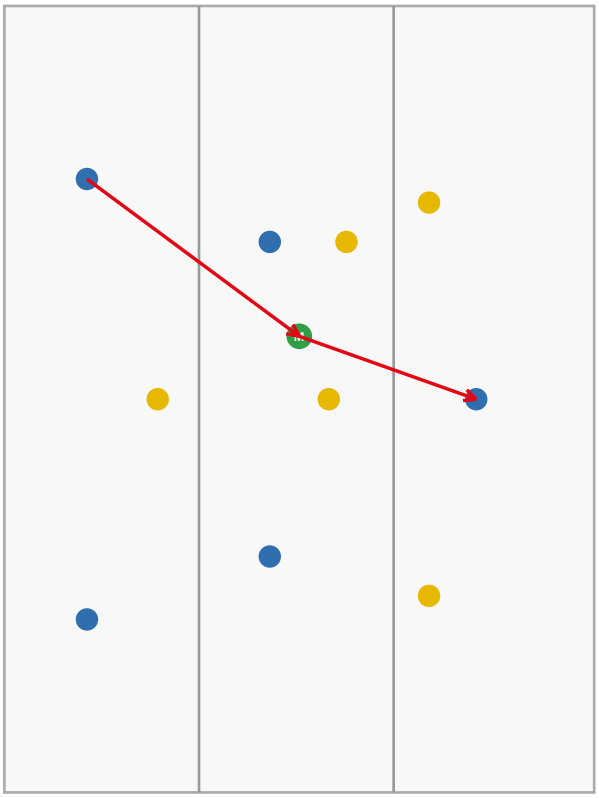
HOW IT WORKS

Teams score by moving the ball from the first zone into the final zone under control. The neutral midfielder helps create an extra central option. Players should recognise when to pass directly through a line, when to bounce through a teammate and when to carry the ball forward to draw pressure before releasing the pass.

COACHING POINTS

- Position between and beyond defenders to stay available.
- Scan before the ball arrives and receive on the half-turn.
- Pass through the line when the receiver can play forward.
- Use a set or bounce pass when pressure prevents the turn.
- Move beyond the ball after a forward pass to support the next action.

DIAGRAM



Receive between lines and connect forward through the central area.

PROGRESSIONS

1. Limit the neutral midfielder to two touches.
2. Award a bonus point when a line-breaking pass leads directly to entry into the final zone.

PASSING THROUGH THE LINES

Scan -> create the lane -> receive between lines -> play forward

FINAL GAME | 7V7 + GOALKEEPERS

ORGANISATION

Play 7v7 plus goalkeepers on an appropriate pitch with normal rules and no fixed zones.

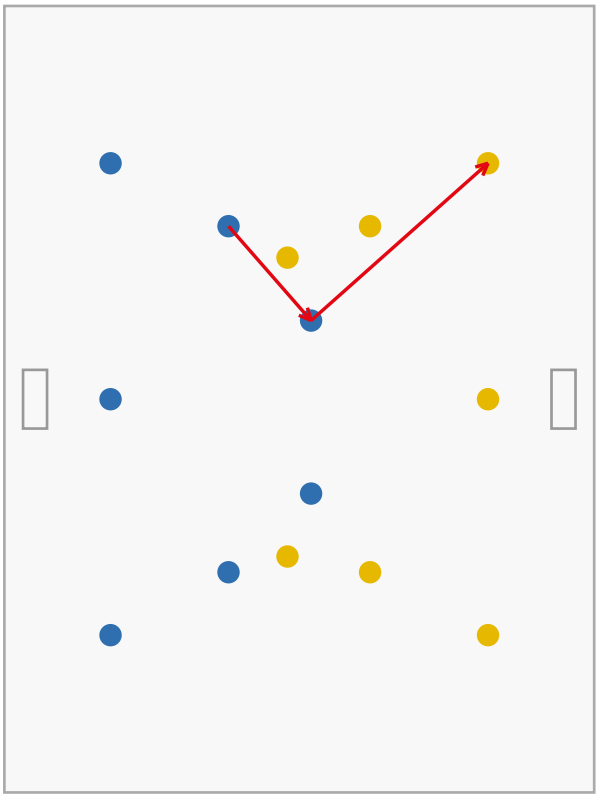
HOW IT WORKS

Play freely and encourage players to transfer the session principles into realistic play. The focus is on recognising when the opposition can be played through rather than around, finding teammates between lines and supporting quickly after the forward pass.

COACHING POINTS

- Scan beyond the nearest defender before receiving.
- Create passing lanes with movement off the ball.
- Play through pressure when the forward option is secure.
- Receive between lines with an open body shape.
- Support beyond the pass so the attack can continue at speed.

DIAGRAM



Final game to transfer line-breaking passes and forward support into realistic play.

PROGRESSIONS

1. Award a bonus for goals created from a clear line-breaking pass.
2. Finish completely unrestricted and observe whether players continue to look through the opposition.