

# Factfile

Category

Evasion

Competition Type

Integrated, opposed, contact

Area Dimensions

5m x 5m - 10m x 10m

Number of Players

4 - 5

Time Per Game

5 - 10 minutes

Objective

To constantly identify where there is space to run.

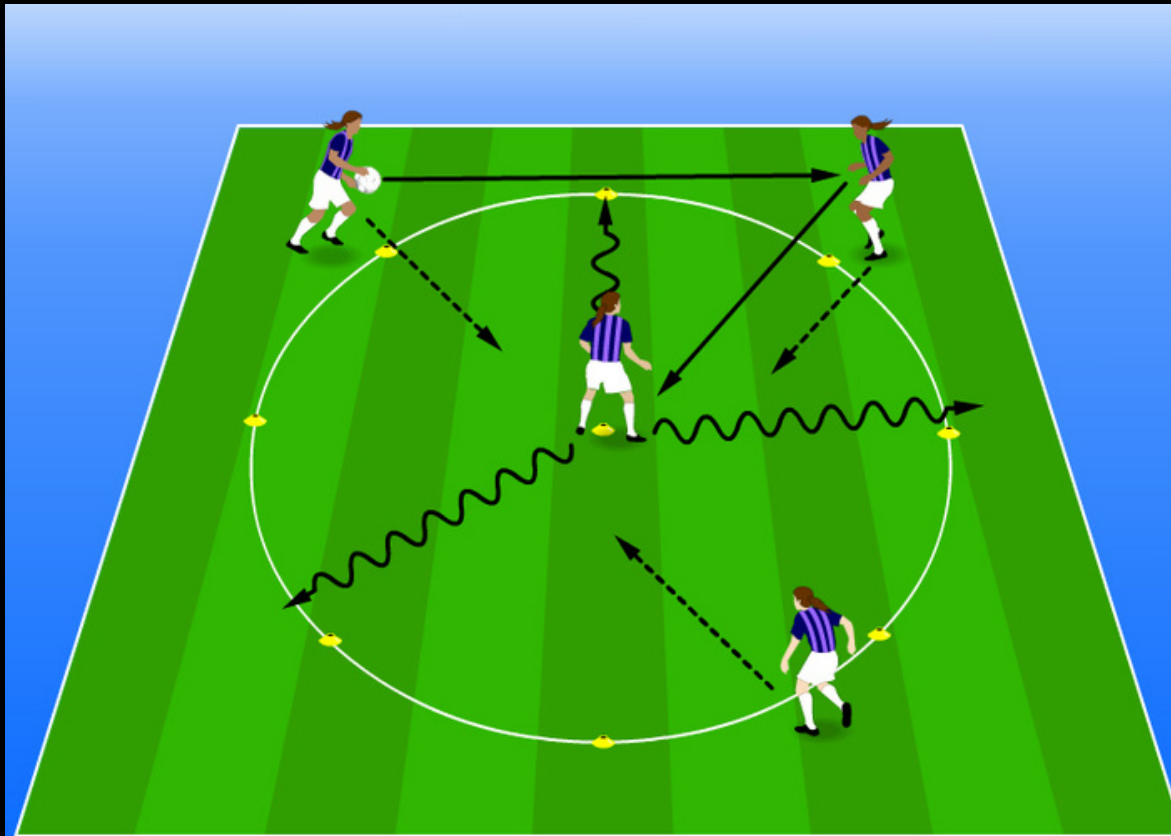
## Equipment

- 9 Marker Cones
- 1 ball

## Safety Tips

- Point knee towards direction you're going and lunge when changing direction.
- Don't swing the ball about to prevent impact.

## 2) Breakout



Created using SoccerTutor.com Tactics Manager

## Tips For Success

- Keep looking around you when the ball is moving so you are ready.
- Adjust your feet to catch the ball but not so much that you're unbalanced.
- Outside players pass the ball quickly and move to challenge central player.

## Independent Personalisation

- Throw the ball at a pace that the receiver is comfortable catching.
- Move in quickly for more confident central players.
- Have more outside players for more confident central players.



## Rules

- 3 players start on the outside with the other in the middle.
- 3 outside players throw the ball around in any order. They can also move around the circle to change the angles.
- Between 3 - 6 passes, 1 player throws the ball to the central player.
- The central player catches the ball but must then place in one hand (not arm) and run out of the circle to win.
- If an outside player grabs the ball or knocks it out of their hand, they win. Then swap roles.