



London United

10v11 Phase of play game: Beating low defensive block

Duration: 25 Min

Set-Up

Organise a **phase-of-play game 10v11** on the attacking half of the pitch, with the attacking team set up in their usual structure and the defending team organised in a compact **low block** inside their defensive third. All play begins with the attacking team, whose objective is to manipulate the block, create gaps, and break into the penalty area through combinations, switches, and positional rotations. The defending team aims to stay compact, protect central spaces, and counter when possible. Reset each attack from the coach to maintain rhythm and focus on rehearsing patterns to break down deep, organised defences.

Coaching Points

- Maintain **high width** and **positional occupation** of all five lanes to stretch the low block horizontally.
- Use **patient circulation** to shift the block, then accelerate when a gap appears.
- Encourage **third-man and bounce combinations** to break lines in tight areas.
- Attackers between lines must continually **scan, arrive in pockets**, and offer forward-facing body shape.
- Full-backs or wingers create **wide 2v1s** to force defensive decisions and open central lanes.
- Be ready to **rotate positions** (e.g., 8s dropping, wingers coming inside) to destabilise the block.
- Around the box, use **disguised passes, wall passes, and underlaps** to enter the penalty area.
- Immediate **counter-press** after loss to keep the opposition pinned in and sustain pressure.

