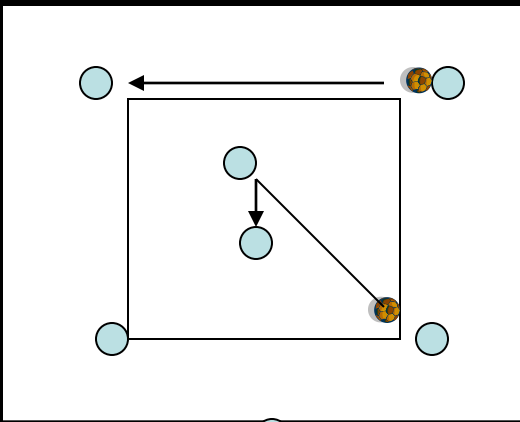


Playing out of the back



Warm up- 15 yd square

Group of 6 with Two balls

One player each corner and two in the middle

Ball one is passed around the outside of square

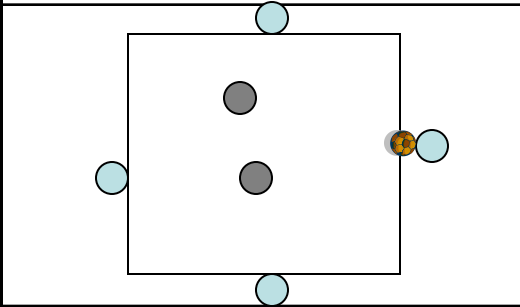
Ball two is passed into the middle players who

combine and pass out

Change direction of outside ball

Coaching points

- Communication
- Ready to receive
- Early movement
- Open body shape
- Pass to front foot
- Awareness of other ball



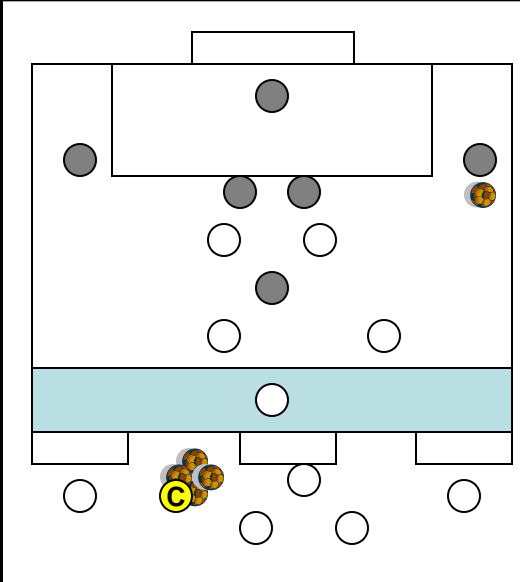
Progression -15 yd square 4v2

Outside players pass as many times as possible

Middle players are restricted to inside the area

If middle players intercept pass they change places with the player that touched the ball last

- Early movement
- Angle of support
- Awareness of split pass
- Recognition of support



Area- half the field with a 10x50 yard safe zone

3 teams of 5 one goalkeeper

Defending team - 1 Gk 4 defenders 1 midfielder

Attacking team 2 forwards 2 midfielders

1 support player restricted to mid zone

White team scores in goal, Grey team scores by

passing/dribbling through counter goals

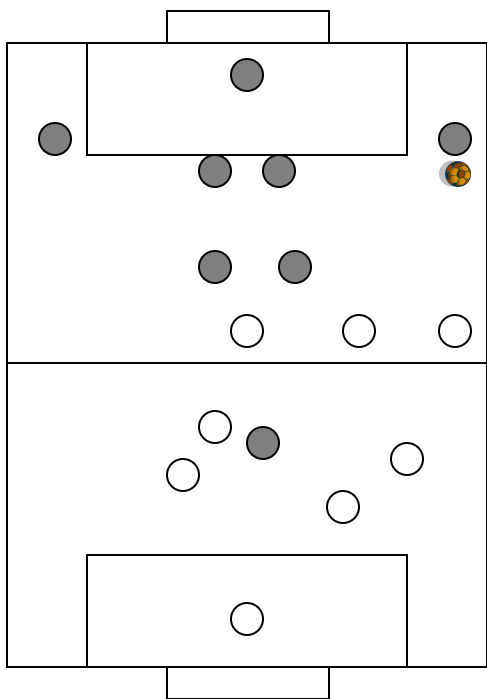
When Gray team scores the teams switch

Restarts 1. Passing to GK 2. Ball behind back

line 3. Pass to forwards

Progress to eliminating the safe zone

- Team Shape
- Angle/ Distance of support
- Look Direct 1st
- Awareness of opposition



Final Game

Area -Edge penalty area to edge of penalty area

16 players

8v8

Teams play

4 defenders

2 midfielders

1 Forward

Regular rules apply including offside

Trigger points

Back to the goalkeeper

Goalkick

Behind a pushed up back four

Coaching points

- Team Shape
- Angle/distance of support
- Body shape open to the field
- Awareness of opponents
- Awareness of weak side