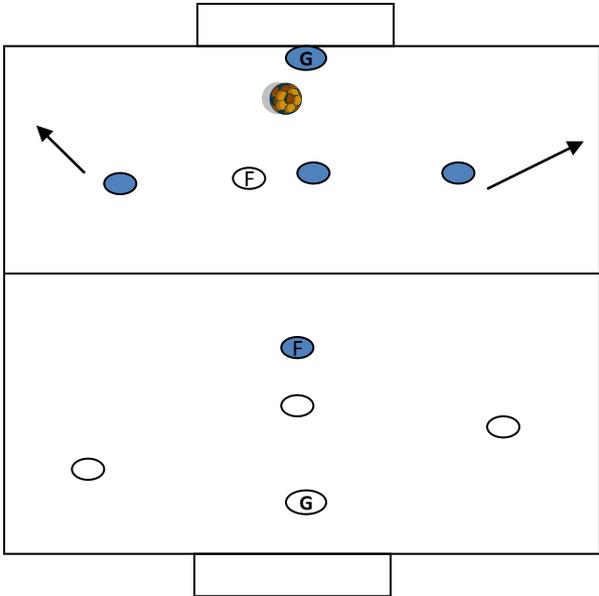
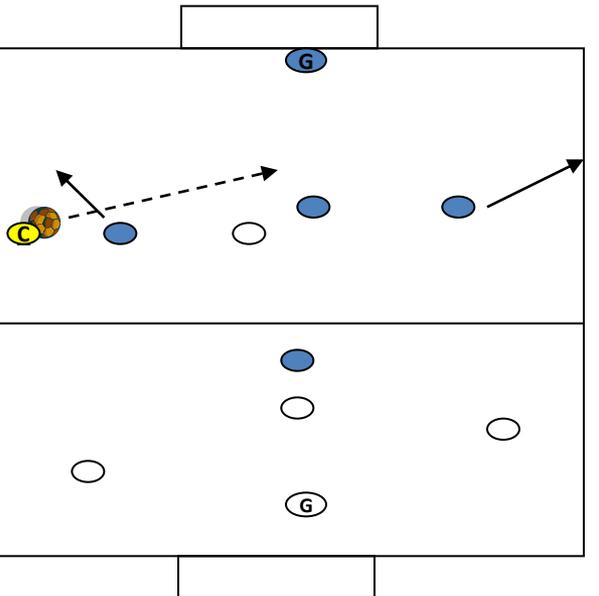




# Playing out of the back



From the goalkeepers hands



From a pass in behind the defenders

## Organization

Area 30x 40 yards with a halfway line

5v5- Each team has the formation of 3 defenders, 1 goalkeeper, 1 forward

Positioned like across

Players are restricted to staying in their own half of the field

1. To score players either pass to forward or dribble over halfway line. (At 1<sup>st</sup> forward is unchallenged)
2. Game restarts with a coach passing to GK or behind back line
3. Players can only leave their half of the field when in possession of the ball
4. Free play with no restrictions
5. Periodically the coach will restart from

- The goalkeeper Save/goal kick
- With a defender facing their own goal
- A pass in behind the defenders
- A pass into the opposing forwards

- Coach the team to move off the ball as the ball moves to its target
- Coach the team to provide good angles of support
- Coach the team to pass the ball the way they face and not to turn when in high risk areas

Once success has been achieved allow one more defender to go across

## Coaching points

- Communication
- Open body shape
- Awareness of forward
- Move to support as the ball moves
- Angle and distance of support
- Supporting players keep open body shape to the field (don't turn their backs)
- Quality of pass- accuracy/power
- Play the way you face- make attack predictable
- Recognize which side of the field to attack
- Forward working to get open

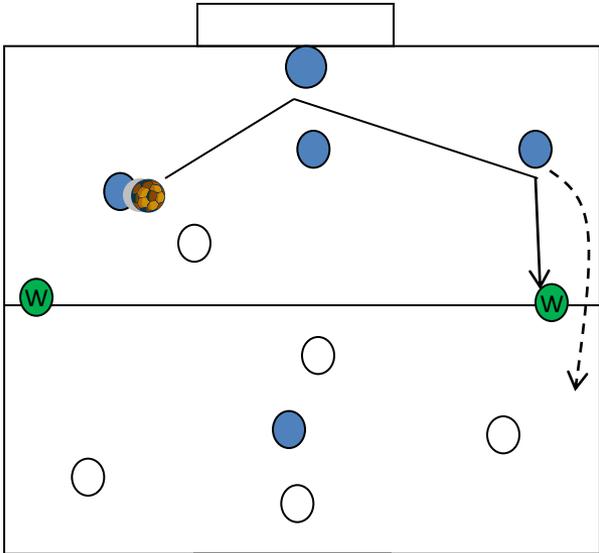
## **Older players U11/12**

- Speed of play
- Timing (draw defender into an area)
- Deception



# Playing out of the back

## Building out of the back- Addition to U11/12



Ball is played into Neutral player and fullback overlaps

### Organization

Area 30x 40 yards with a halfway line 5v5

Each team has the formation of 3 defenders, 1 goalkeeper, 1 forward

Positioned like across

Two neutral wide players that must pass to the team that passed to them or to the opposite Neutral player

Teams score in goals

Defenders are restricted to their own half unless they overlap the neutral player when they are in possession of the ball

•Put the two wide players on a team and add 2 coaches to make 6v6

•Play 3 defenders 2 wide midfielders 1 forward

•Teams score by putting 5 passes together in their own half or scoring in the goal

•Free play

### Coaching points

- Communication
- Move to support as the ball moves
- Angle and distance of support
- Supporting players keep an open body shape to the field (don't turn their backs)
- Selection of pass- Long/Short
- Awareness of space
- Awareness of forward
- Awareness of Neutral players

### Overlapping player

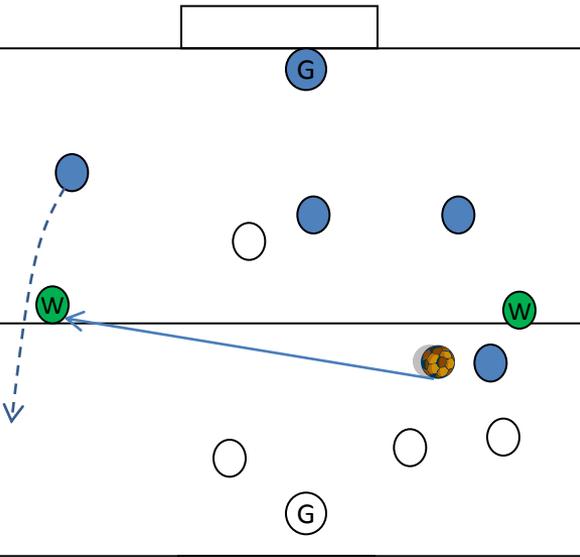
- Communication (Hold the ball)
- Timing of run

### Neutral player

- Ready to receive
- Weight of pass into overrapper
- Awareness of pressure

### Remaining defenders

- Coach the remaining defenders how to fill in when a fullback or central D goes forward
- Coach the players to recognize when to go forward
- Coach the players speed of play slow to pull in opponents and quick to hit out
- Make players aware of the reaction opponents have when teams play close to their own goal



Player being invited to overlap