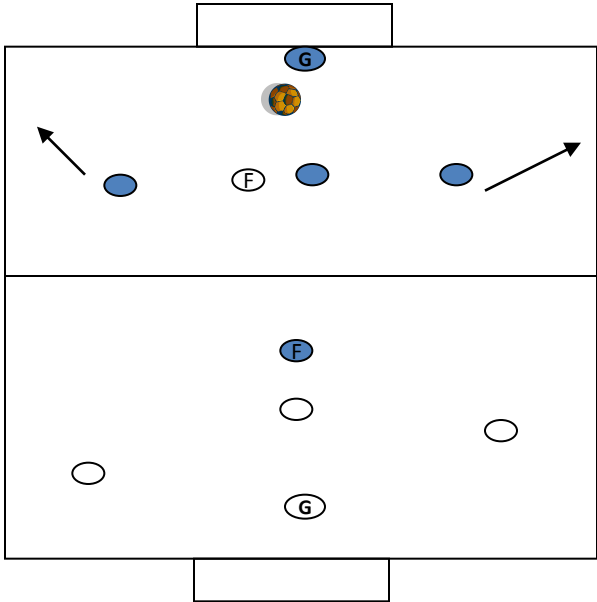
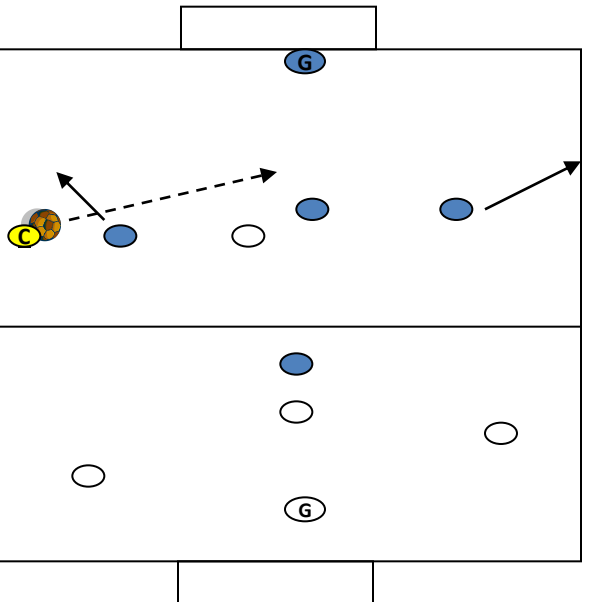




Playing out of the back



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 1st 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