

Topic: Building out of the back III - Wrap up for the week

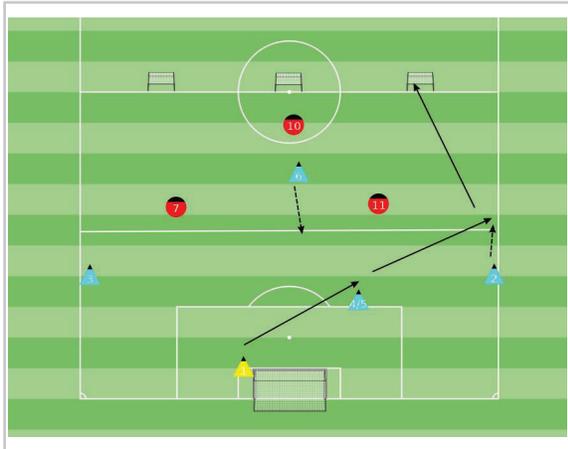
Objective: To keep possession and move the ball forward in our defensive third

Player Actions: Dribble, Receive, Pass, Defend, Support



Initial Play Phase - Play as the players arrive

In a 20x30 area, play 1v1, 2v1, 2v2 - up to 3v3 or 4v4 depending on numbers. Set up area prior to player arrival



Objective: Possession with numbers advantages to get OB forward

Organization:

Width of field - length of half field

4+1 vs 3

Start with GK 50% of the time

Adjust attackers/defenders as needed to increase success or pressure

Coaching Points/Guided Questions

When the ball is played central or back to GK - what does our shape look like? How, when (cues like GK, save, passback), where.

How can we possess to manipulate defense to open other areas? Can we go in to pressure to get out?



Objective: Building out of the back with larger numbers

Organization:

Width of field - length of 3/4 of field

6+1 vs 6

Start with GK 50% of the time

Add CB if higher success is needed

Coaching Points/Guided Questions

When the ball is played central or back to GK - what does our shape look like? How, when (cues like GK, save, passback), where.

Can we go backwards if we can't go forward?

Can we use our CM to get our OB forward?

Objective: Go to Final Play Phase

Organization:

11v11

Coaching Points/Guided Questions

Expect high - they have had 2.25 sessions for repetition of building out of the back and our expectations of them should be high.

Keep pace of play at a high level - encourage and positive reinforcement of pace of play

Final Play Phase - Scrimmage in a larger setting to bring out the topic.

Play 11v11 with midfielders in central areas to encourage outside backs to go forward into the space while building.

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next



4v4  7v7  9v9  11v11

Moment: Possession in our own third

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