

Topic: Building out of the back 1

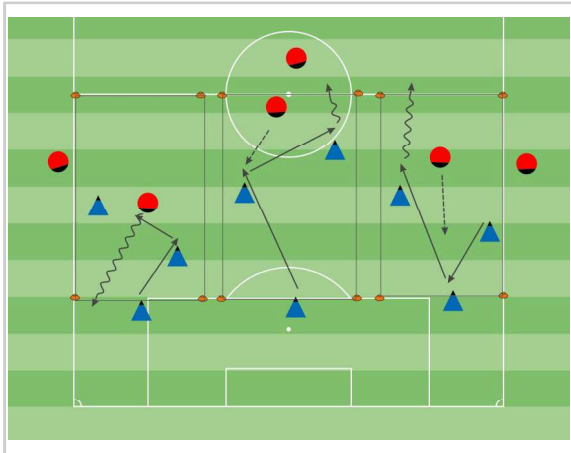
Objective: To keep possession and move the ball forward in our defensive third

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



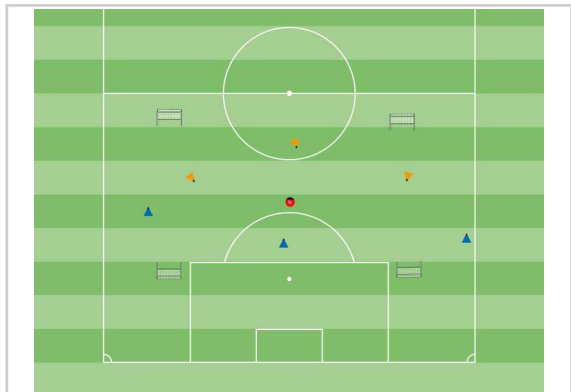
Objective: To dribble to set up the pass

Organization:

Create multiple 12 x 18 yard grids in the defensive third
Ball starts with player on back line - rotate through
Can just do 2v1 without support and go to endlines to score

Coaching Points/Guided Questions

How can we get defender to commit? Dribble at them with small touches
Once they commit to defend us, what kind of space does your teammate have?
Where can we play that ball to our teammate? Back foot to put them in space
What foot should we receive with if we are that teammate? Back foot into space



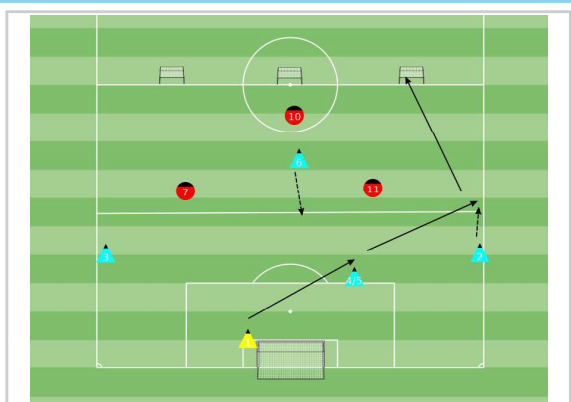
Objective: In larger numbers, dribble to find space to pass into

Organization:

Width of field - length as shown - adjust as needed
3v3 plus a neutral. Can go 4v4 with success - maybe add a neutral support on the endline behind team

Coaching Points/Guided Questions

What happens when the ball is played central? Where do we go? How should we look?
Wide and available
What happens when I dribble and how does it change the defensive shape?



Objective: Introduce building out of the back

Organization:

Width of field - length of half field

4+1 vs 3

Start with GK 75% of the time

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.

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

Play 6v6 - 7v7 (U10) or 7v7-9v9 (U11 and up) - Play a 1-3-1-2 if playing 7v7 or 1-3-2-3/1-4-2-2 if playing 9v9 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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