



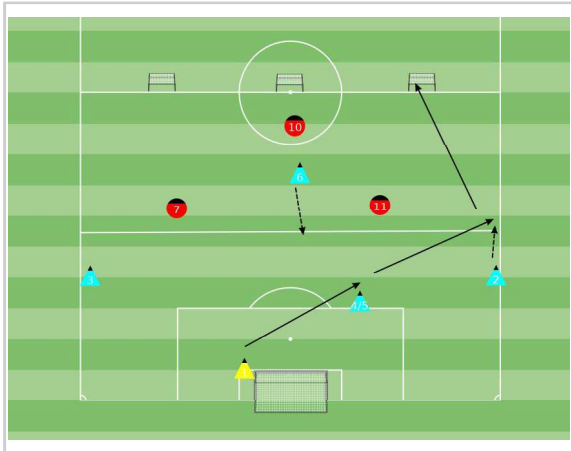
Topic: Building out of the back III

Objective: To keep possession and move the ball forward in our defensive third in a more game oriented session

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: Building out of the back using the OB with CB and CM in support

Organization:  
 Width of field - length of half field  
 4+1 vs 3  
 Start with GK 50% 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.  
 How can we possess to manipulate defense to open other areas?

Objective: Go to Final Play Phase

Organization:  
 Full field - 7v7 or 9v9

Coaching Points/Guided Questions  
 Bring the weekly theme together - freeze the game during important moments if needed  
 Coach individual players and guide them through technique and tactics of the game moment related to building out of the back

Objective: Go to Final Play Phase

Organization:  
 Full field - 7v7 or 9v9

Coaching Points/Guided Questions  
 Juggle active playing with balancing coaching points - let them play for a good amount of time before freezing.

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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