

Topic: Playing Out From the Back

Objective: To possess the ball from the defensive third up the field

### Session Part: Technical Warm-up



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Organization		Time: 15
Area:	15x10	
Numbers:	4	
<p>Players act as the 3,4 and 2 to work a wall pass to the field. The 3/2 plays into 4 as the opposite player applies pressure to the 4, 4 returns ball wide and runs behind oncoming defender to receive pass from 3/2. This repeats at the other side with the defender has taken the place of the original 4 who is now occupying the wide role of the 3/2 to combine with the new 4 at the opposite end of the grid. Sequence is repeated in opposite direction</p>		
Progressions		Coaching Points
Go in the opposite direction		Timing and angle of run in behind the defender Passing accuracy and timing

### Session Part: Small Sided Game



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Organization		Time: 20
Area:	30x30	
Numbers:	9	
<p>3v3+1+bumpers The neutral player acts as the CM/#8 while the bumper players are the goal keepers. Play always starts from the goal keepers. Players should look to play their way up the field to score in 1 of the 2 goals.</p>		
Progressions		Coaching Points
Playing through the '8'. The team cannot score until the neutral has touched the ball, encourages going through the middle instead of just direct up the line as the only choice		Movements of defenders and midfielder when GK has the ball and movements when a field player is in possession Speed of play to not give the opposition chance to press

### Session Part: Expanded Small Sided Game



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Organization		Time: 25
Area:	10 yards beyond half way to goal line	
Numbers:	14	
<p>8v6 Team of 8 attempt to play their way out of the defensive third to score in 1 of 3 goals just beyond half way. The team of 6 attempt to prevent these attacks and counter on goal. Goal keeper always starts with the ball</p>		
Progressions		Coaching Points
Defending teams tactics; high or low press		Roles of defenders Roles of central midfield Role of wing backs/full backs/wingers

### Session Part: Game



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Organization		Time: 30
Area:	Full Field	
Numbers:	9v9	
<p>3-4-1 vs 3-3-2 Gives the attacking team numerous ways to play out from the back with just 2 opposition forwards closing down on the ball</p>		
Progressions		Coaching Points
Increase difficulty by changing to a more attacking formation such as 2-4-2		Prioritize keeping possession over getting forward, safe passes in defensive third building in creativity and risk as they get higher up the field. Communication from GK & CB