

Topic: Playing Out From the Back

Objective: Maintain possession to advance up the field once an opposition attack has been dispossessed.

Session Part: Technical Warm-up



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Organization

Time: 15

Area: 25x20

Numbers: 9

6v3 with the 2 end groups playing together around the 3 players each in their restricted zones. End teams should look to switch play when possible and perform at least one rotation off the ball as bottom team does in image. Once the defending team get 3 interceptions they switch with an attacking team.

Progressions

Central defender can leave their zone and defend anywhere
 All players must touch the ball before switching

Coaching Points

Safe passes while in defensive area but always looking for a way (pass) out
 Midfielders (in opposite zone) rotating to offer passing options

Session Part: Small Sided Game



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Organization

Time: 20

Area: 35x55

Numbers: 11

6v4 +GK. Back 4 and 2 CMs (8&6) against 4 attackers. Play starts with the GK playing a pass into either the opposition situated in the smaller rectangle or to one of their team mates on the perimeter. The team playing out from the back attempt to maintain possession from within their respective zones. The Counter Attacking Team attempt to score in the large goal.

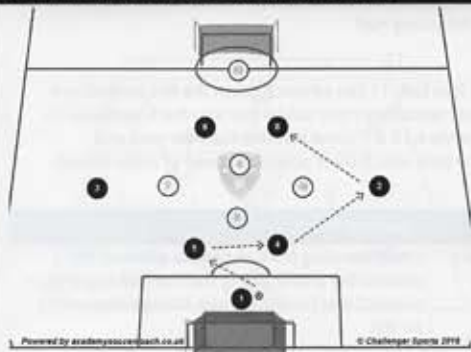
Progressions

Add a holding midfielder into the middle area as well as allowing 1 opposition player to leave the smaller rectangle at a time

Coaching Points

Can full backs get high without cutting off an angle to receive the ball
 Quick ball circulation/speed of play meaning limited touches/time on the ball

Session Part: Expanded Small Sided Game



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Organization

Time: 25

Area: Half Field

Numbers: 12

7v5
 The team of 5 play 1 GK and a diamond midfield against a GK, back 4 and 2 CM's. The ball must go wide once before forwards; it can go wide and back then forwards so long as possession is kept.

Progressions

Add another player to the 5 to make a diamond midfield with 1 player in the center; enabling the right and left of the diamond to get wider and put more pressure on the right and left back

Coaching Points

Look to use the GK if wide players are not available
 Constant movement off the ball to ensure the CB's have continuous passing options

Session Part: Game



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Organization

Time: 30

Area:

Numbers:

4-2-3-1 vs 3-5-2
 Affords wide players some time on the ball while demanding good midfield rotation

Progressions

An attempt on goal after maintaining possession from the GK is worth 2 goals

Coaching Points

Patience and not forcing a forward ball
 Movement/rotation of midfielders to work the defending team
 Safe passes in defensive third increasing in creativity as move up the thirds