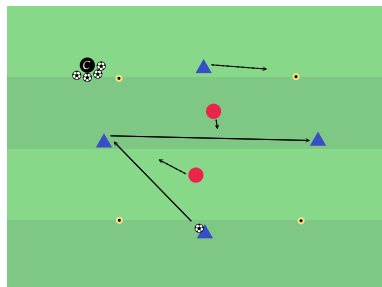


Duration: 0 Min

4v2 Rondo - Building from the back

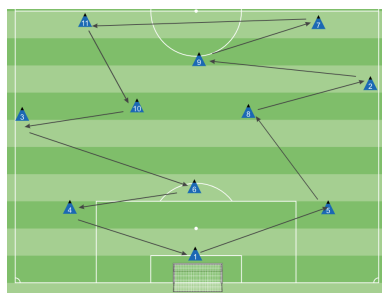
Coaching Points

Objectives

Player Actions Include: Spatial awareness, movement and support off the ball, body shape and scanning, decision making (dribble vs. pass) and proper passing technique.

Attacking

Field Dim: 60 x 70 Duration: 10 Min

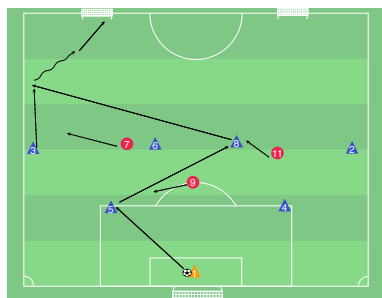
Playing out from the back, Unopposed pattern of play.

Coaching Points

- Identifying options to play to in priority.
- Midfielders checking shoulders and receiving on the half turn.
- All players receiving with an open body shape.

Attacking

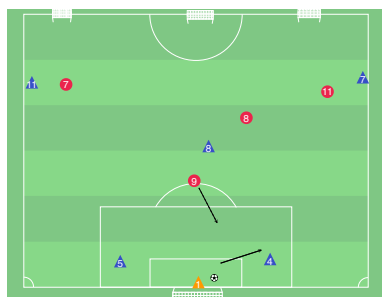
Field Dim: 70 x 70 Duration: 20 Min

6v3 Build up from the back

Coaching Points

- Open to create space in initial phase of build up
- Make sure your body shape is open to see passing lines
- Be calm on the ball, pass (ball speed) firm to attract opponent to one side
- 4/5 push with ball at speed to commit opponent (move the opponent)
- 2/3 make counter movements to create passing lines
- 2/3 moves into next line
- 2/3 receives ball with open body shape to prepare for next action

Duration: 0 Min

6v4 Build out

Coaching Points

4v2 Rondo - Building from the back



PLAYERS

1 players

INSTRUCTIONS

Set Up

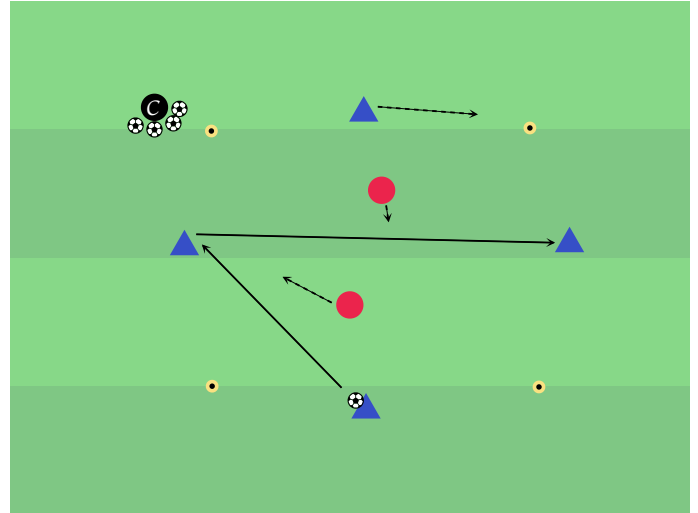
Play begins when coach plays the ball into one of the offensive players. The offensive players can move side to side on their line and must possess the ball around the exterior. If the offensive player loses the ball, they switch places with a defensive player and play resumes.

Focus

- Technical point related to building out of the back (Passing, Body Shape, Receiving)
- **Passing mechanics** (Non kick foot beside ball, strike center of the ball with inside of the foot, firm ankle etc.)
- **Body Shape** (Open, Can you see the ball and where you want to go? Can your teammate on the ball see your feet?)
- Receiving (Eyes on the ball, inside/outside of the foot to control, first touch in to 'safe space')
- Communication (Talk, body language, eye contact)

Progression

Limit touches to 2 touch & 1 touch.



Playing out from the back, Unopposed pattern of play.



PREPARATION

Balls, Goal
70 x 60 area

PLAYERS

11 players

INSTRUCTIONS

Set Up

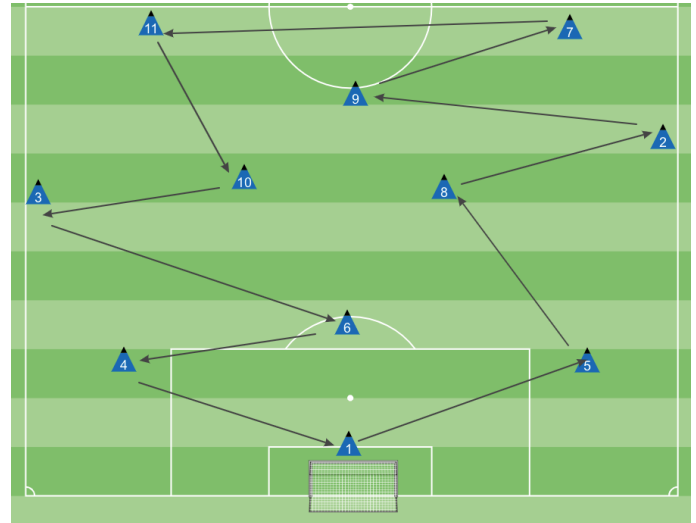
Have players position themselves according to your formation and how you would like them to play out from the back.

Information

Keeper starts with the ball and plays out from the back which starts the passing pattern. Use various passing patterns playing from the back through the midfield and to the strikers and then back down to the goalkeeper. Have multiple going at once.

COACHING POINTS

- Identifying options to play to in priority.
- Midfielders checking shoulders and receiving on the half turn.
- All players receiving with an open body shape.



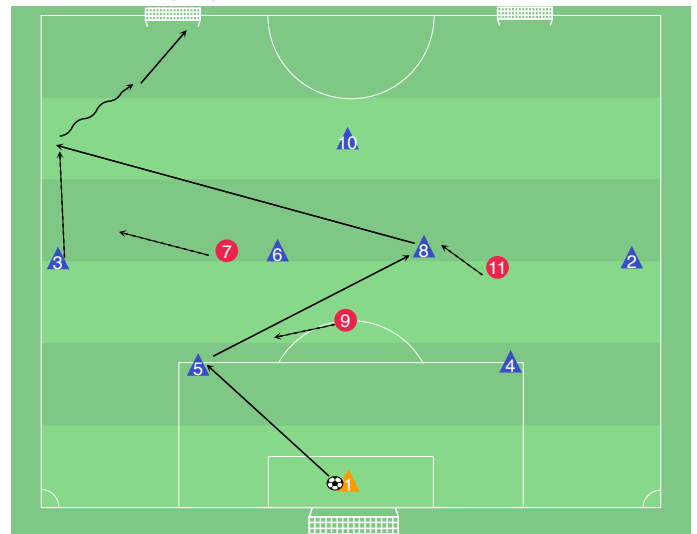
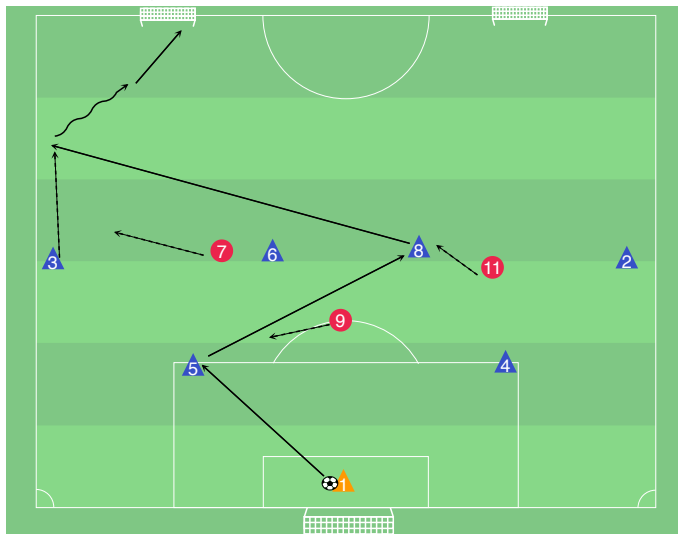
PLAYERS

9 players

COACHING POINTS

- Open to create space in initial phase of build up
- Make sure your body shape is open to see passing lines
- Be calm on the ball, pass (ball speed) firm to attract opponent to one side
- 4/5 push with ball at speed to commit opponent (move the opponent)
- 2/3 make counter movements to create passing lines
- 2/3 moves into next line
- 2/3 receives ball with open body shape to prepare for next action

Less Challenging 7v3



A diagram of a football pitch with 11 players. The players are represented by numbered icons: a goalkeeper (1, orange), and outfield players (2-11, blue triangles). Red numbers 3, 7, 8, 9, and 11 are placed near the players. Arrows indicate movement: a solid arrow from 1 to 5, a solid arrow from 5 to 8, a solid arrow from 8 to the top center, a dashed arrow from 8 to 3, a dashed arrow from 3 to the top left, a dashed arrow from 8 to 7, a dashed arrow from 9 to 8, and a dashed arrow from 11 to 8. The pitch features a goal at the bottom, a center circle, and a large rectangle in the top third.

6v4 Build out



PLAYERS

1 players

INSTRUCTIONS

