



Playing out of the back, u13 and above

Category: Tactical: Playing out from the back
Difficulty: Difficult

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Screen 1

Keeper with a Back Four and three targets.

Full size field used

Sessions starts with shadow play (No opposition) 5v0, working on keepers distribution and defenders ability to pass and move while finding targets.

Slowly introduce one blue defender at a time, (above shows the progression to three blue defending players) 5v3 the defending players role is to try and close down the group playing out of the back. If Blue team wins the ball they attack the goal. If Red win the ball back in open play they go back to creating width and depth during their build up play

Speed of play is important

Red team must maintain width and depth while being aware the Blue team could win the ball at any time and Attack the goal.



Screen 2

Game has progressed to 10 v 5, keeper, back four, two mids and three targets playing against two blue Attackers & three midfield. Keeper looks for their right defender, quick combination play allows the red team to advance into finding their target. 10 v 5 (build slowly)

CPs: Blue Defending team must work hard to place the Red team under game like pressure. Add more players when needed while maintaining the objective of the topic.

Add restarts for both teams, offside rule should also be added to help with the Red teams organization and game awareness.



Screen 3

Keeper, Back four, midfield four playing into 3 targets, against two blue attackers and four blue midfielder's. 11v6 shown, game can advance into 11v11 on a full field.

Keeper starts attack, objective is to find Targets in the middle third.

CPs:

Allow the keeper to start the game either by goal kicks or receiving a long ball after red team have found their targets. This helps the goalkeeper receiving game like long driven shots into their goal area.

Attacking mindset of the Red team, players demanding the ball, space awareness, movement off the ball, passing & receiving skills.

During open play possession may change, Now the red team must focus on Defending roles.

Transition will become important during the session

