

Session 2 – Playing Out From The Back

Passing Practice – 15 Minutes

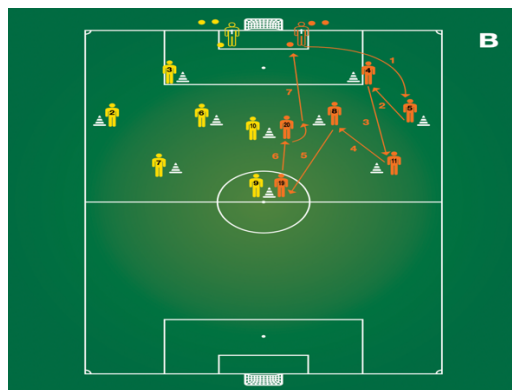
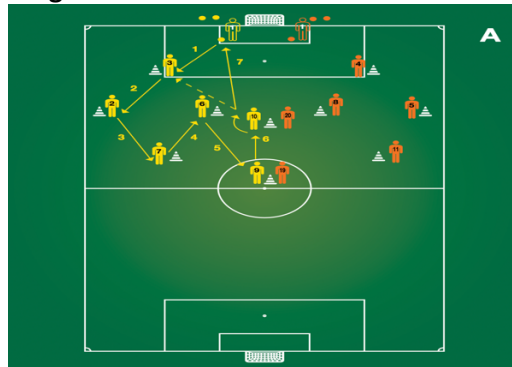
Organisation/ Explanation

- Session set up as illustrated.
- Passing sequence starts with the two goalkeepers, one ball going to the right side and the other ball to the left side.
- Players pass the ball in logical order 1-7, player #10 goes to position #3/#4.
- Get players to follow their pass to next position.
- Encourage passing accuracy and ball speed.
- Gradually increase running speed in between cones.
- Get players to perform dynamic stretches whilst they wait to receive the ball.

Variation

- As illustrated in diagram B.
- Get players to come up with their own passing pattern as a further variation.
- Encourage players to play the pass with good ball speed and accuracy.
- Encourage players to check off the cone to receive the pass.

Diagram

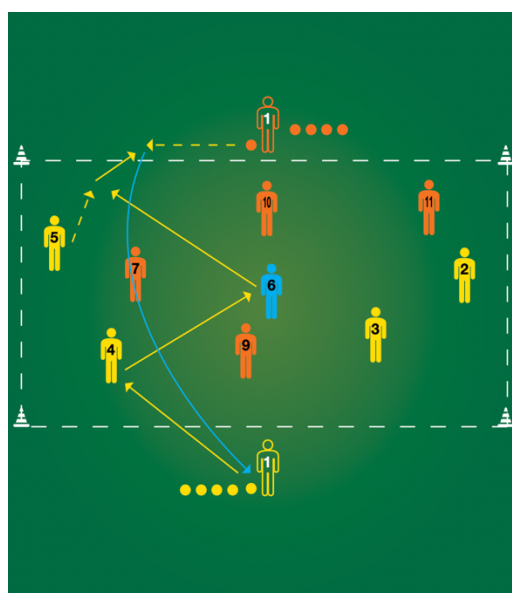


Positioning Game – 20 Minutes

Organisation/ Explanation

- 5v4 + 2 (7 v 4) positioning game.
- Playing Area: 40m wide x 30m long.
- Session set up as illustrated.
- Player #6 is a 'neutral' player and plays with team who is in possession.
- The two goalkeepers are also 'neutral' and play for the team in possession.
- Yellow player #1 starts with the ball, yellow team objective is to get the ball to the orange #1 goalkeeper the other end whilst maintaining player positions.
- If yellow succeed, play restarts with yellow player #1.
- If orange team win the ball, they look to play to yellow #1 player and game then restarts with orange #1.
- Step Up: Make grid smaller and or limit touches.
- Step Down: Make grid bigger and or unlimited touches.
- Points awarded for every completed pass from goalkeeper to goalkeeper.

Diagram



Game Training – 20 Minutes

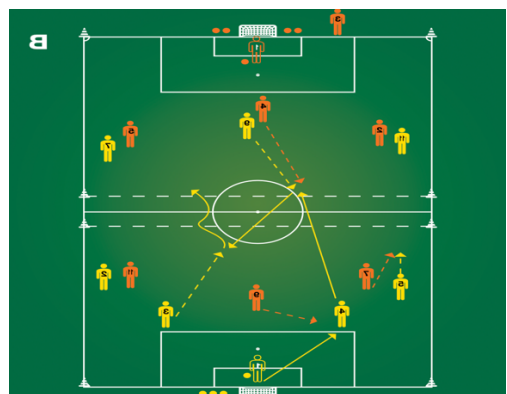
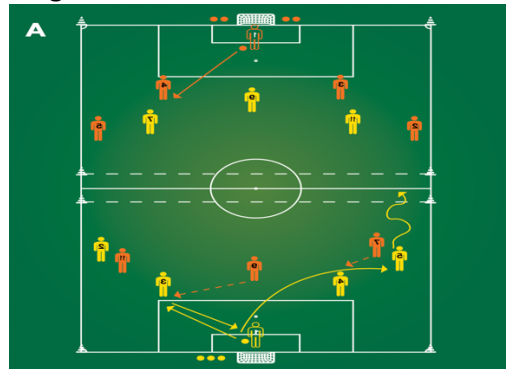
Organisation/ Explanation

- Session set up as illustrated.
- Size of playing area determined by players ability.
- In both grids the defenders of one team play against the attackers of the other team.
- Practice starts with the goalkeeper serving the ball to one of the defenders.
- Objective for team in possession is get a free player on the ball over the end line.
- If defending team win the ball they try to shoot at goal. Limit the time that the opposition has to score against the goalkeeper.
- Practice restarts with the goalkeeper.

Progression

- Both practices now connected to make the one session as illustrated in diagram B.
- Yellow starts playing out from the back and tries to get a spare player across to the other grid to create a 4v3 to try and score.
- If yellow lose the ball in their own half, orange can try and score against the goalkeeper.
- If yellow lose the ball in the attacking half then play, orange play back to the goalkeeper and the resting orange player enters the game. One yellow player then rests next to their goalkeeper and play restarts.

Diagram



Training Game – 20 Minutes

Organisation/ Explanation

- 8v8 training game.
- Formation of both teams 1-4-3.
- All players can move across the whole field.
- Normal game rules apply.
- Pitch size depending on players ability.
- Maintain team formations for both teams.
- Observe improvement in yellow team's ability to play out from the back effectively.

Diagram

