



Tactics Manager



Coach: Brendon Holbeck
Club: Franklin Township Soccer Club
Role: Director of Player Development
Qualf: USSF 'E' (United States)

Date: 23/02/18

Duration: 1:00 hour

Session Playing Out The Back in a 1-2-3-1 Formation

Time: N/A

Age/Level: U8 - U10

Objective:

Build Out Line Lesson Plan 1-2-3-1 Formation

PLAYING OUT OF THE BACK 1-2-3-1 - PHASE 1



Description:

Players play 3v3 in the middle and aim to keep the ball. The players on the outside are neutral and play for both teams. Including the 4 neutrals, who represent the GK, LM (3/11), RM (2/7) and CF (9). Inside the square you have a 3v3 which are your CB (4), CB (5) and the CM (6). The team that connects the most consecutive targets is the winner, targets can play from target to target. Players can win possession from the players on the outside. The players on the outside may not enter the square.

Coaching Points:

1. Team Shape-Organization 2. Support off the ball - angles (distance) 3. Open up the ball side ways on - peel off to face the field 4. Recognize when to go forwards and when to go back - do not leave the ball in 1 area to long 5. Every back pass should be followed by a switch



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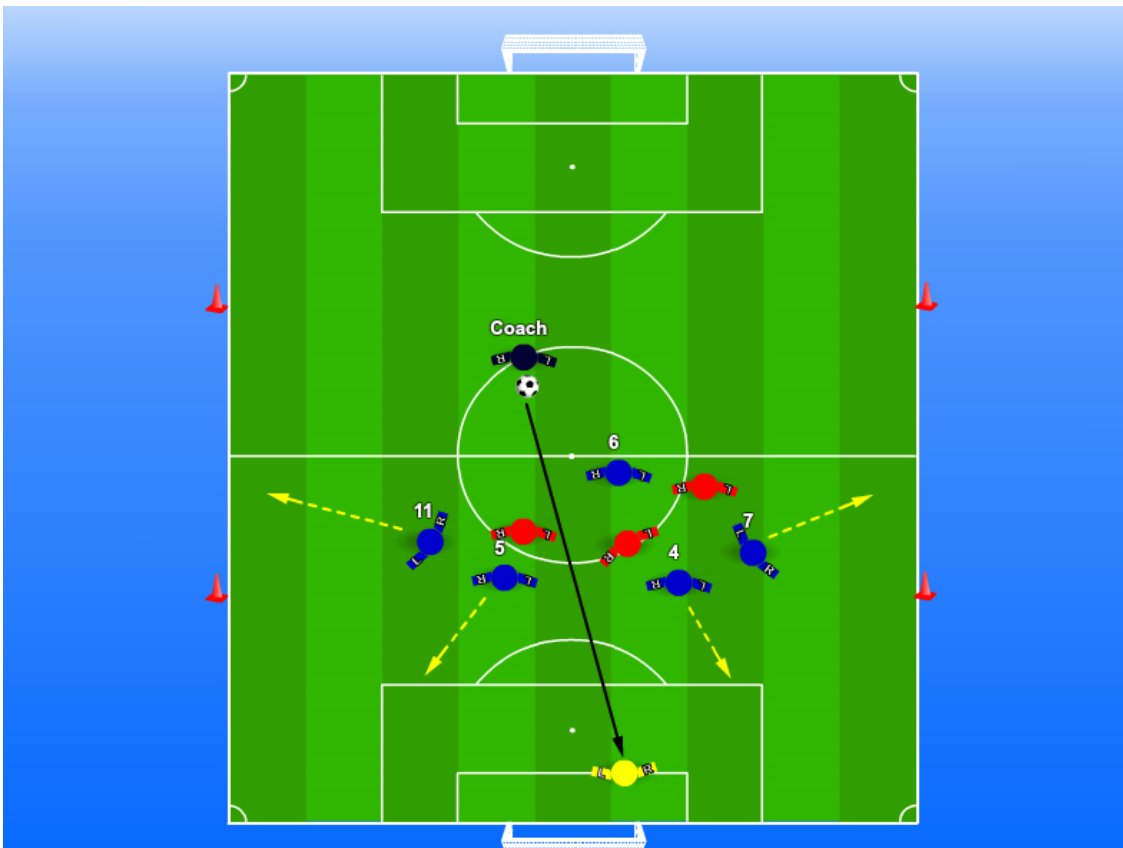
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Age/Level: U8 - U10

Objective:

Build Out Line Lesson Plan 1-2-3-1 Formation

Functional Activity - Playing Out The Back 1-2-3-1 PHASE 2



Objective: The objective is to play the ball from flank to flank.

Description: The keeper, plus the 2 CB's (4 & 5), the two wide players (7 & 11), the defensive midfielder (6), play against three opponents. The objective is to play the ball from flank to flank. The initial starting position is as if the team is defending, as shown in the diagram. The coach starts the activity by playing a 'through' pass that the keeper gathers. As soon as the keeper collects the ball, the back line spreads out to receive the ball from the keeper and possess. Team scores a point each time the ball is switched from one side of the field to the other.

Coaching Points:

1. Team shape - to provide proper support off the ball
2. Angles of or distance of support
3. Supporting players peel off - to receive the ball sideways
4. Every back pass should be followed by a switch
5. Speed of play - get the ball out of pressure



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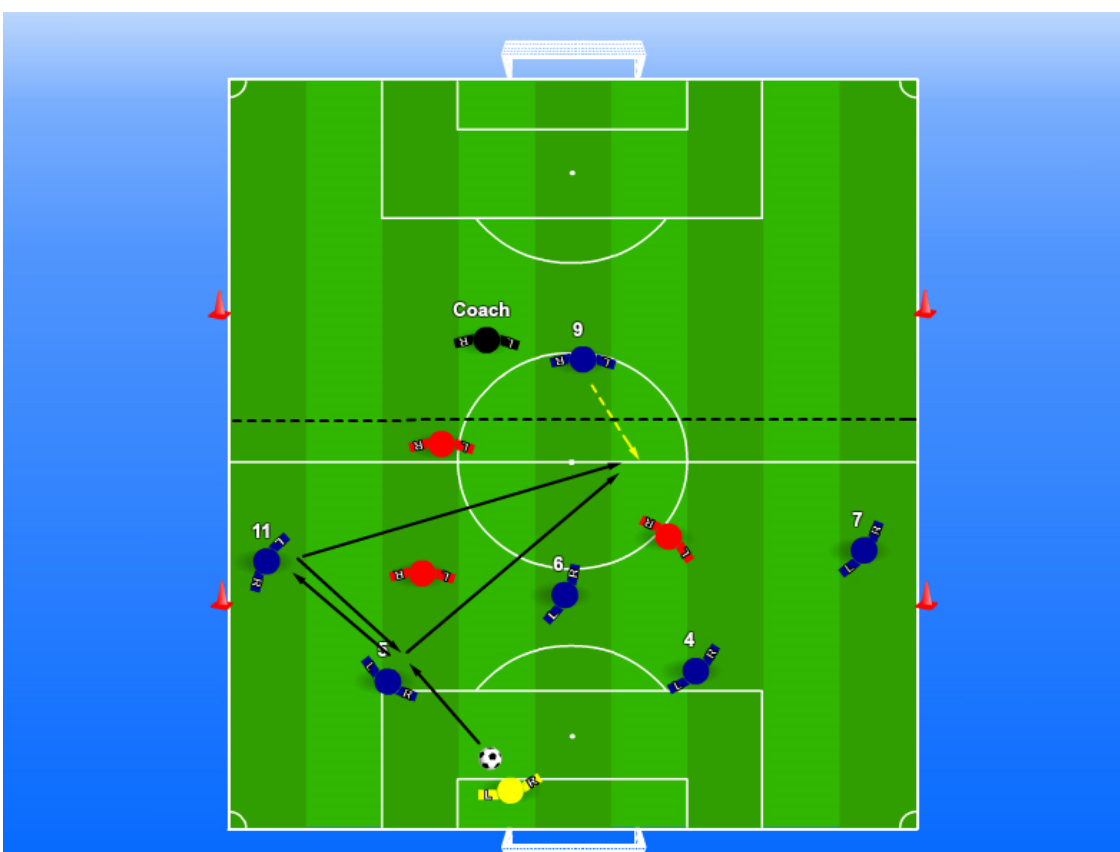
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Session Playing Out The Back in a 1-2-3-1 Formation

Objective:

Build Out Line Lesson Plan 1-2-3-1 Formation

Functional Activity - Playing Out The Back 1-2-3-1 PHASE 3



Objective: The objective is to play the ball to the center forward

Description: Progress the activity by adding another player, who is acting as a center forward (9) and whose starting position is behind the dotted line (as shown in the diagram). He can receive the ball by 'peeling off' the dotted line and playing to a teammate to continue the sequence and return to their starting position behind the dotted line. He is allowed a two touch maximum. Add more opponents to increase pressure. Players can also use the keeper to relieve pressure and switch the point of attack.

Coaching Points: 1. Team shape - to provide proper support off the ball 2. Angles of or distance of support 3. Supporting players peel off - to receive the ball sideways on 4. Every back pass should be followed by a switch 5. Speed of play - get the ball out of pressure



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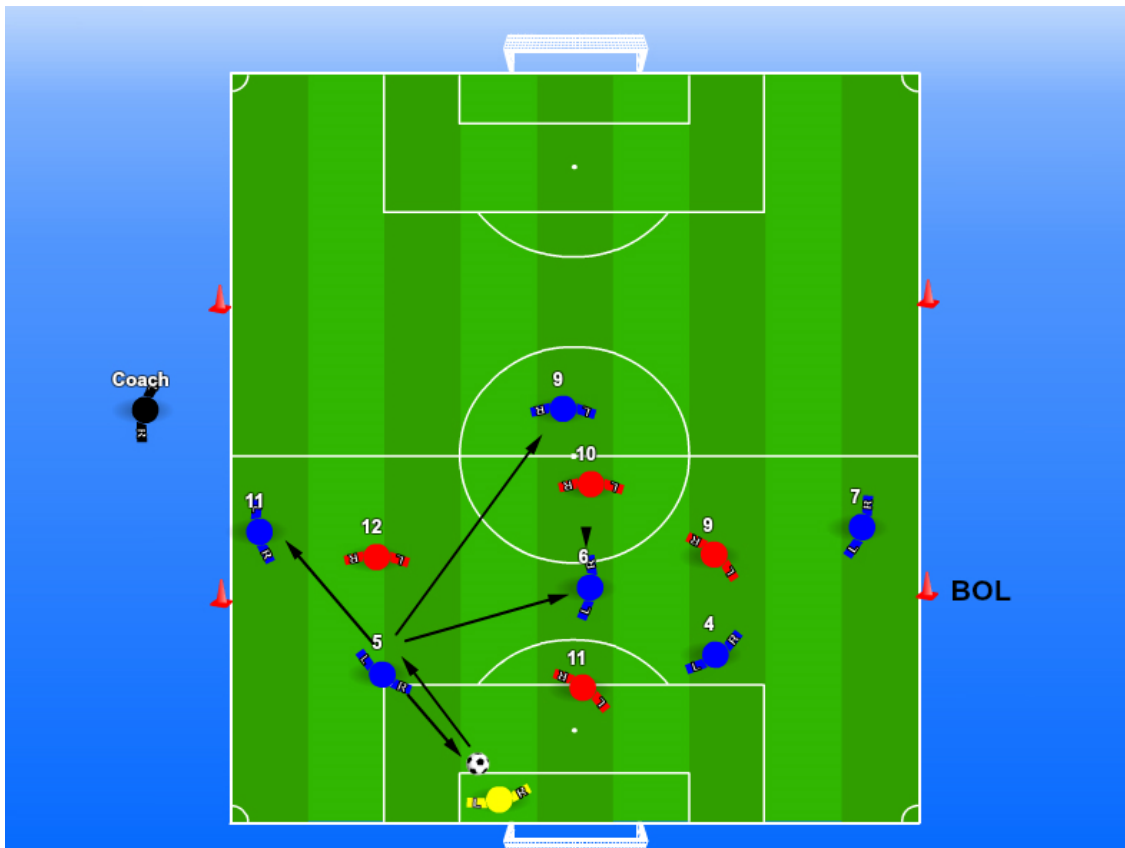
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Age/Level: U8 - U10

Objective:

Build Out Line Lesson Plan 1-2-3-1 Formation

FUNCTIONAL ACTIVITY - PLAYING OUT OF THE BACK 1-2-3-1 PHASE 4



Objective: The objective is to play the ball to the center forward

Description: The blue team plays in an 1-2-3-0 formation versus the red team who play in a 0-0-3-1 formation. The blues try to play out of the back in to the target (9) on the half way line. Their counter goal. The reds try to prevent the forwards pass from being played and when they win the ball they can score on the big goal. The player set up on the half way line also serves as a CB for the reds when they have possession of the ball.

Coaching Points: 1. Team shape - to provide proper support off the ball 2. Angles of / distance of support 3. Supporting players peel off - to receive the ball sideways on 4. Every back pass should be followed by a switch 5. Speed of play - get the ball out of pressure