



Tactics Manager



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

Date: 23/02/18

Duration: 1:00 hour

Session Playing out of the back in an 1-3-2-1

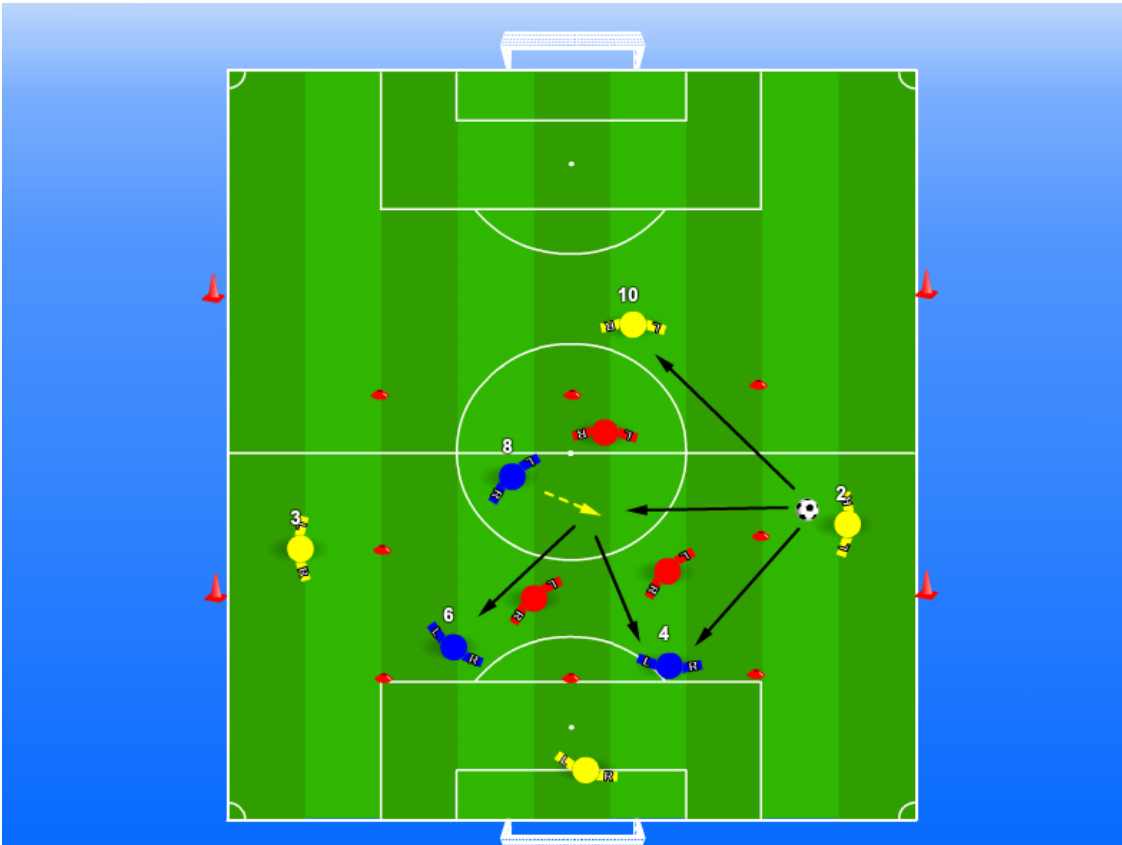
Time: N/A

Age/Level: U8 - U10

Objective: Formation

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

Playing Out The Back 1-3-2-1 - 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, LB (3), RB (2) and ATTMID-CF (9/10). Inside the square you have a 3v3 which are your CB (4) and 2 CMs (6/8). 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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Build Out Line Lesson Plan 1-3-2-1 Formation

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



Description:

The goalkeeper, plus the 3 def and the 2 central mids, 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 wide to play to another.

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



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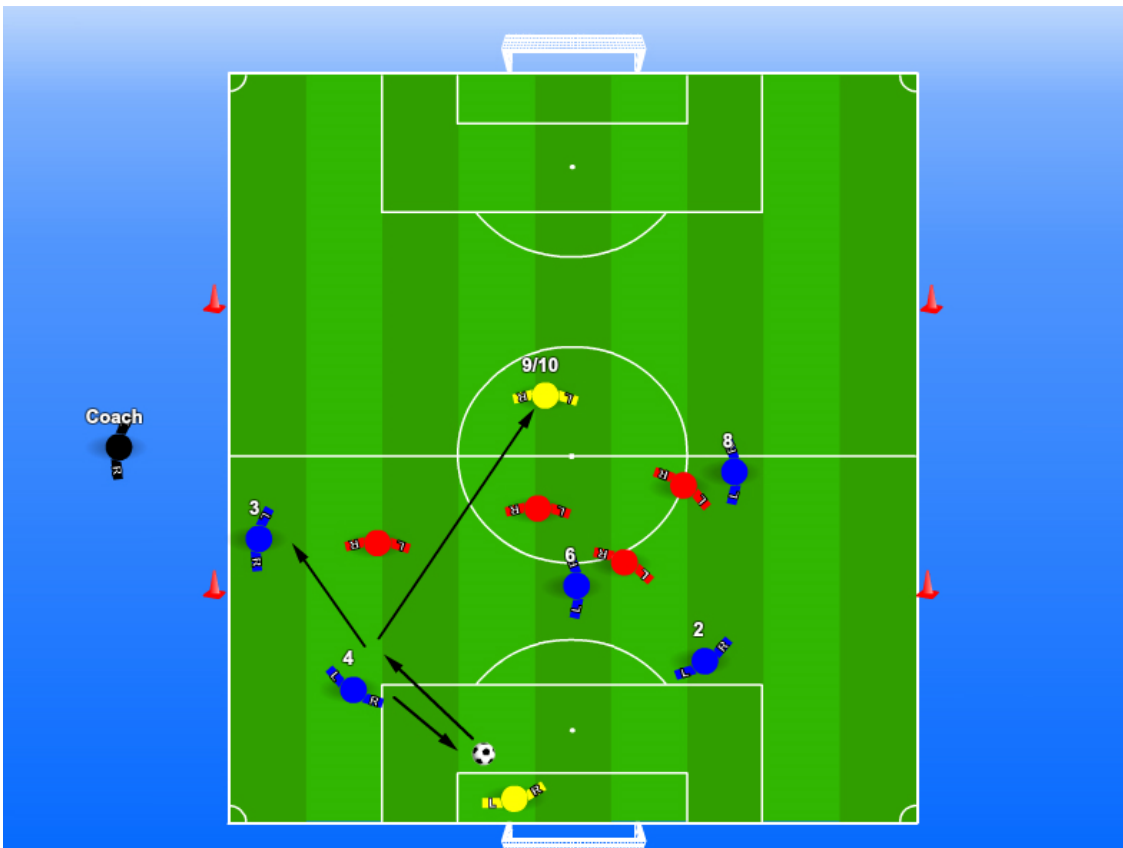
Time: N/A

Age/Level: U8 - U10

Objective: Formation

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

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



Description:

The blues plays in an 1-3-2-0 formation versus the reds who play in a 0-1-2-1 formation. The blues try to play out of the back in to the target 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 the GK for the reds when they have possession of the ball. This player can help them move the ball out of pressure if needed.

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