

PLAYING OUT FROM THE BACK



Structure:
-Set up the area as above.

Process:
-Players stay in their zone (2v2).
-The idea is the defenders get the ball and use the goal keeper to create an overload 3v2.
-Then 3 of them can either play it in to the striker or the striker can drop in to the channel unopposed.
-They then compete 2v2 for goal.
-Process continues.

Tips:
-Dispersal
-Movement in order to create space for one self and others.
-Make sure any progressions suit the needs of the players.



Structure:
-Set up the area as above and you may even want to vary the size to suit the needs of the players.

Process:
-The greens attack the yellows playing normal 11v11 rules.
-Whoever takes the shot at goal drops out the practice and returns to the half-way line.
-The goal keeper then distributes another ball for the yellows to play out.

Progressions:
-Vary the amount of players that drop out and it is up to the defenders to recognise the situation.



Structure:
-Set up the area as above.

Process:
-Yellows are trying to play out from the back and get the ball to the red target player on the edge of the centre circle.
-The reds are marking the yellows man for man.
-As soon as the yellows hit the red target player they then cross the line and start the red attack towards goal.
-As the red player starts the attack another red player drops out the practice becoming the new target player.

Progressions:
-Use a back 3
-Add more players
-Create over or underloads.

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Play out game

Split playing into thirds.
2 teams (in this case 6v6).
Each team starts with 2 players in the defensive third.
2 players in the midfield third and 1 player in the attacking third.
Players are 'locked' into their thirds and can only move into another third if they pass to a team mate in another third and follow their pass or dribble into another third.
Once possession is lost the players must go back into their original third of the playing area.
If the GK must play the ball to a defender to restart play.
When the GK has the ball the 2 defenders should be encouraged to 'split' creating space for one of them to receive the ball.
Midfielders should also be encouraged to create space for the receiving defender to either dribble into or show for a pass by using changes of speed/direction.
Rotate at player positions.
Prog.
As above but players can go anywhere except they're must be 1 player from each team in each zone.
Once ball is dead or GK has the ball teams should 'reset' to original zones/formation 2-2-1.
GK still plays out to a defender and players cannot enter other zones until the defender touches the ball.