



Playing out from the back

Category: Academy: Start the attack

Difficulty: Moderate

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Description

Rondo 3 vs 1

Organization:

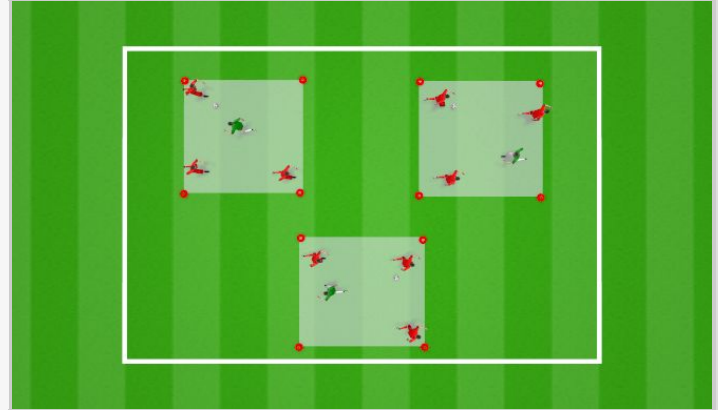
- 12 Players
- 3 Square 7 x 7 Yards
- 3 vs 1
- 1 ball per square

Instructions:

- Offense keep the ball possession.
- Defender to try to steal the ball.
- Player who loses the ball become a defender.

Coaching Points/Questions:

- Create triangles and quick passing.
- Passing angles and movement to support the ball carrier.



Rondo 4 vs 4 + 4 + 1

Organization:

- 20 x 25
- 4 vs 4 + 4 bumpers + 1 neutral
- 1 Ball

Instructions:

- Offense to try to keep possession of the ball.
- Defense to try to steal the ball and became offensive team.
- Bumpers 2 touches max
- 10 passes = 1 point

Coaching Points/Questions:

- Create supporting angles in positions of both width and depth.
- Quick passing and movement.
- Quick Transitions, defense to offense and offense to defense



Playing Out the Back With Neutrals

Organization:

- 40 x 35
- 1 big goal, 3 small goals
- GK + 3 + 2 neutral wingers vs 3

Instructions:

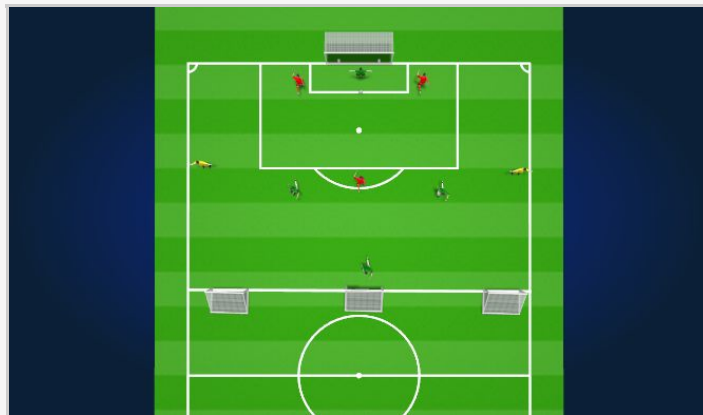
- Goalkeeper to start with the ball. Short passes, play out from the back.
- Offense to try to score in one of 3 goals.
- Defense to press and steal the ball, and score on the full size goal.
- Neutral players switch team on turnover.
- When defending 1 press and 2 cover

Coaching Points/Questions:

- Center backs, body position is set to face the field when the goalkeeper starts
- Half moon shape between CBs and Wingers in possession.
- Center backs should be split wide of the goal when playing out from the back.
- Distribute directly into advanced wingers whenever possible.
- Wingers take up advanced positions and are not square with the CBs.

Progressions:

- 1 more press on defense



Scrimmage

