



## Building out of the back

**Category:** Tactical: Playing out from the back  
**Difficulty:** Moderate

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Individual-Adult Member

### Warm-Up (20 mins)

#### **Set-up**

40 X 30 yard grid as shown with a half way line.

#### **Organization**

Players work in groups of 4 as shown to replicate 2 Center Backs out 2 outside wing backs. Initially players begin by passing back and forth and progressing through the grid. Every time the ball hits an outside player they quickly dribble forward 4-5 yards before turning back to connect to CB who stays connected. Once outside back passes half way they connect to next group who work back the opposite direction.

#### **Progression**

Mix up the combinations for passing

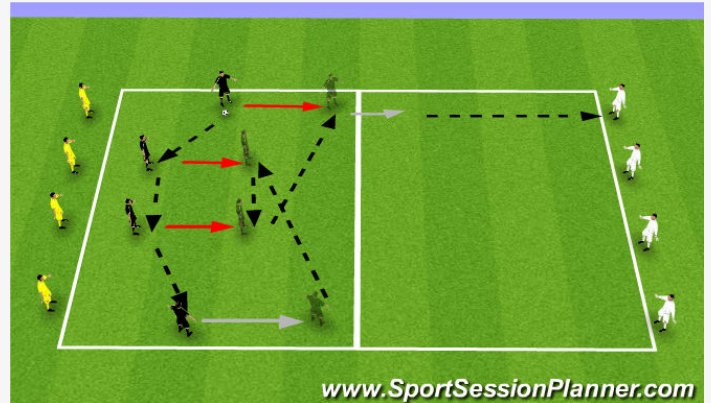
Have player that connects pass to next group pressure to make a 4 V 1 situation until plyers cross half way line.

#### **Coaching Points**

Shape of back four, wide players higher, angle of support, quality of pass, tempo played at.

Pass with purpose and move after pass

Quality of first touch - width of outside player - snap of movement of player



### Small Sided (20 mins)

#### **Set up**

40 X 20 Grid with a 10 X 20 grid in the middle area (shaded)

#### **Organization**

Players play 4v1 possession in their zone. Defending team (white shown) send one defender in with remaining three in middle zone. Black team must get 5 passes before connecting to yellows. If White team win the ball the blacks become the new defending group. Points awarded for connecting passes to opposite end zone.

#### **Progressions**

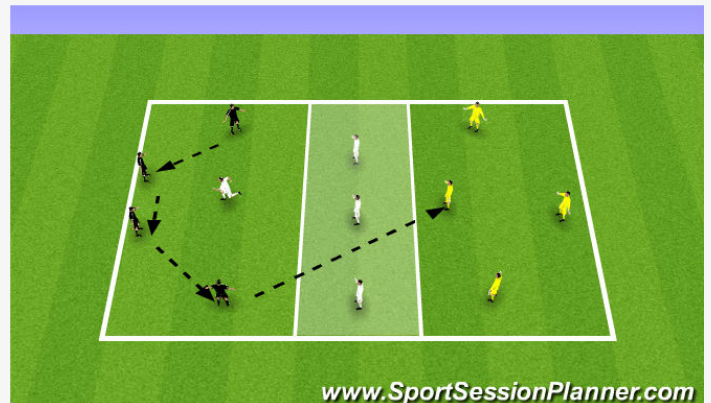
Penetrating pass must come from middle zone (black team work the ball into middle grid first)

Limit touches/Add defenders

Allow yellow player to move into middle area to act as link player

#### **Coaching Points**

Angle of support, speed of play, movement from players into pockets of space, quality of pass to get past pressure



### Expanded (20 mins)

#### **Set-Up**

On Half field put two center goals at half way as shown.

#### **Organization**

Play 7 (Black) vs 5 (white) with gk as shown. Team in black plays a 2-3-1 formation and work towards the two counter side goals. The 5 whites work to stop them from scoring and if they win it can attack the full sized goal.

#### **Progressions**

Limit touches of black players, add a third goal into the middle area, add in neutral players.

#### **Coaching Points.**

Angles of support, speed of play, quality of pass, shape when in possession.



## Game (20 mins)

### Set up

Field 40 X 30 with regular goals as shown.

### Organization

Teams will play 6 v 6 including Goalkeepers. Regular scrimmage game with emphasis on passing, receiving and combinations going forward. Allow game to be free play but encourage running with the ball with all previous coaching points being enforced.

### Coaching Points

All of points portrayed throughout the session should be enforced in a game situation. Open up grid to allow more space to dribble if necessary.

