



Playing out of defense

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

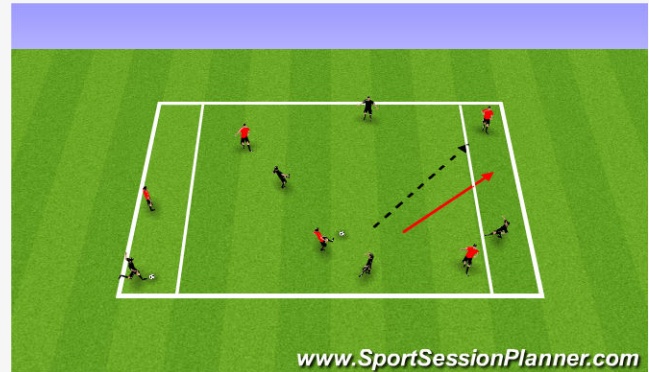
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Individual-Adult Member

Description

Playing out of defense

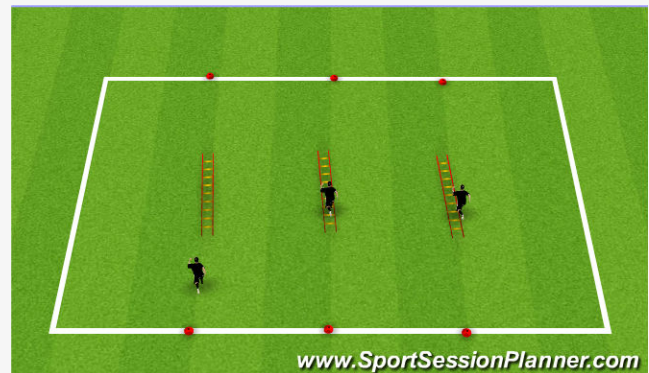
Screen 1 (10 mins)

Organization 40 x 40 with a 5 yard endzone on each end. split group into 2 teams.
each team has a ball, the aim is for everyone in the middle zone to touch the ball before it goes to the far endzone. once the pass is played into the zone the player who passes the ball follows and takes the position.
Add two touch restriction as the warm up progresses.
Add dynamic stretches skipping, high knees, heel flicks, kick through's open the gates, and windmills



SAQ (10 mins)

1. Two feet in each
2. Hopscotch
3. Two forward one back
4. Two in two out.



2v1 (15 mins)

organization half field or a 40x30 square
Starting from goalkicks always. defenders must dribble past half way to end the go.
Start with a 2v1
Coaching Points
2 defenders are very wide creating space in the center of the field.
Use Gk as an extra player. he should show supporting angles also.



3v1 (15 mins)

Add a center defender who can start on the opposite side of the GK, just outside the box.

All players must touch the ball.

Coaching Points

Pass selection - driven, inside of the foot.

Speed of play and angles of support.



4v4+1 (10 mins)

Organization 40 x 40 with a 5 yard endzone at each end.
split team into two teams of four. add 3 neutrals 1 in each endzone and 1 in the center.

Players are trying to get the ball from one side to the other. neutral player is on the team who has control of the ball.

Coaching Points.

Speed of play - can we move the ball quick

Angle of support - can we get in to position quick

Pass selection and combinations.



Game (20 mins)

Add a midfielder for the team playing out of defense along with a defending midfielder so it becomes a 6 v 4.

Coaching points

Can we get the ball forward as quick as possible, but under control.

When to run with the ball and when to pass, can we communicate.
if we get in trouble can we clear the danger.

Convert to regular game after.

