



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

Warm up (10 mins)

4 players line up as a defensive back-four.

1 midfielder plays in front.

Teams play the ball across the back four, using the midfielder when possible, then 'escape' through one of the gates in the wide areas.

The escaping defender can recycle the ball or rotate with the midfielder.

Encourage two-touch play where possible to develop speed of play.

Add dynamic stretches high knees, heel flicks, open the gate, kick through, open the gate and windmills

Coaching Points

With what surface should we use to strike and receive the pass

Where should the first touch be

How should the receiver's body shape be

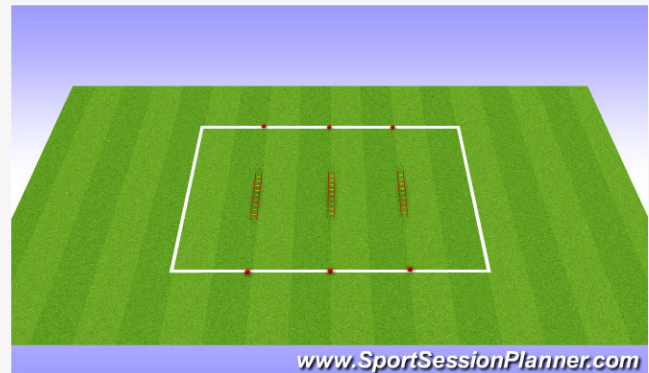


SAQ (15 mins)

Line 1 Fast feet

Line 2 Two forwards one back

Line 3 Hopscotch



6v3 (20 mins)

Set-up a half pitch with one large goal on the end-line and three small goals on the halfway line. Mark a score-zone approx 30 x 40 with a 5 yard zone.

1 team has a GK, 4 defenders and 1 midfielder.

Opposing team has 3 attackers.

If the team of 6 can play into the score-zone they can score in any of the small goals.

If the team of 3 wins the ball, they can try to score in the large goal.

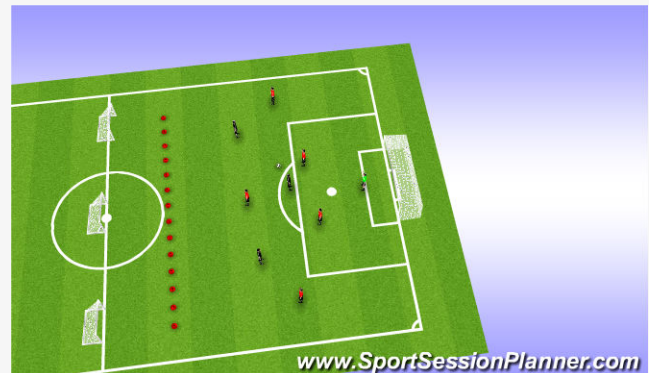
All restarts come from the GK.

Coaching Points

1. can we have options - supporting runs?

2. can we keep possession of the ball.

3. is there an opportunity to switch?



8v5 (15 mins)

Organization

Remove 3 goals and endzone and replace with one large goal.

1 team has a GK, 4 defenders and 3 midfielders.

Opposing team has a GK, 3 midfielders and 1 attacker.

The team of 8 plays towards the halfway line. They must play through one of the gates before attacking the goal in their opponent's half.

Coaching Points

1. can we get the ball into space?

2. can we combine in and around to create a chance?

Progression 1

Have to go through the gates before scoring

The team of 5 plays towards the goal on the end-zone.



6v6 (10 mins)

Organization 6v6

30 x 50 with two large goals

Coaching points

1. encourage players to play out of the back

2. Combinations

