



## Playing out from the Back - Goalkicks (8v8)

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

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Individual-Adult Member

### Description

#### Warm up

##### **Organization** 30 x 20 Square

Split the group in to two teams.(5 in a group is a good number)

2 players on the outside of the square - opposite each other.

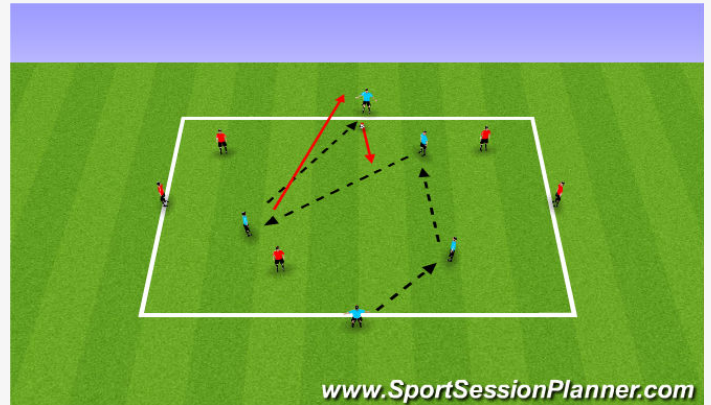
Each team must pass the ball around their team only -working the ball from one side to another.

The player who passes the ball to outside, switches spots with that player.

Add Dynamic stretches

##### **Coaching Points**

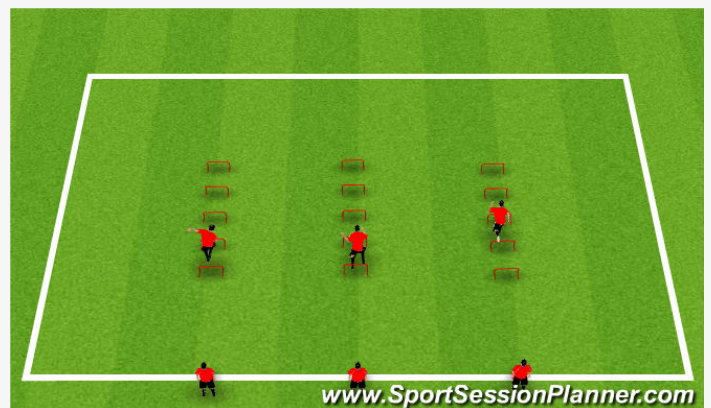
1. Encourage different types of passes - short, driven 1-2s



#### SAQ

##### **SAQ**

1. Bunny Hops
2. 1 step
3. River Dance



#### POB - GK's 4v0

##### **Organization** 40 x 30

Starting Point -The ball will always start from a goal kick, inside the 6-yard box. (Have as many extra ball as possible)

The players must combine passes so that they move the ball from one side to the other, and then dribble through the wide gates or pass through the center gate to the coach/target man. All players must touch the ball.

1. As the goal kick is starting on the right side of their box our central defender is on the LEFT side of the box.

2. Player 2 is short and wide, so that the GK can play the ball in front of the player. Player 4 can do the same

3. Player 3 is higher up the field so that player 4 has an angle pass option.

##### **Coaching Points**

1. Can the goalkeeper play a quick pass?
2. Can the coaches play firm passes - two touches only?
3. Can the GK play passes in front of their teammate so they can easily play forward
4. Can Player 2 and 4 have their body position in an open position - to make it easier for them to see the field?



## 5v2

### Organization

Add player 6 into the Red Team.

Add 2 defenders Player 6 is the central midfield player - he starts on the opposite side to player 4, but is higher up the field.

Can the red team still play out of the back?

### Coaching points

1. Can player 6 use the space provided to receive the ball from the goalkeeper?
2. Are player 2 and 4 helping to create the space? are they as wide as they should be?
3. Can we play under pressure?
4. If they are covering player 6 - can we find either player 2 or 4?
5. If there is no space to pass, can we dribble out?

*Additional progression* - Player 6 can not play to the target man or dribble through the gates.

*Additional progression 2* All players must touch the ball again.



## 7v3(or4)

### Organization

Add Player 7 and 5 for the red team

Add 1 more defender (add another if its too easy)

Player 7 is wider than player 2, which gives player 2 an angled pass option.

Player 5 is higher up the field than player 6, but is in field compared to player 3, which helps create the width for player 3.

### Coaching Points

1. If players 2, 4 and 6 are marked can the goalkeeper find a way to get the ball to players 7, 5 or 3?
2. Players who are marked can also receive passes, as long as they are away from the defender.
3. Patience - recycle possession when needed.
4. Quick firm ball movement!



## 7v7 or 6v6

### Organization

Add a goal and a goalkeeper

Make the teams even either 6v6 (blue set up 3-2) or 7v7 (red setup 3-3)

Goalkeepers cannot punt!

### Coaching Points

1. Can we make good receiving angles to receive the ball?
2. Can we create width with our full backs?
3. Can we get crosses into the box and create chances to score?
4. Can we combine together?

