



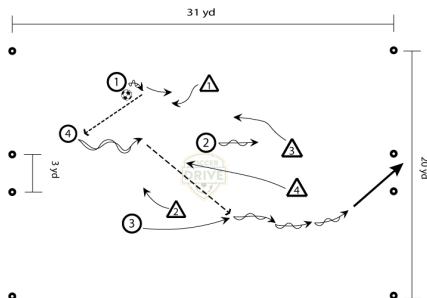
# BUILDING OUT OF THE BACK

AGE LEVEL: U14 TIME: 60 MINUTES

## PRACTICE PLAN

### 4 VS 4 SCRIMMAGE

TIME 10 minutes



#### SETUP:

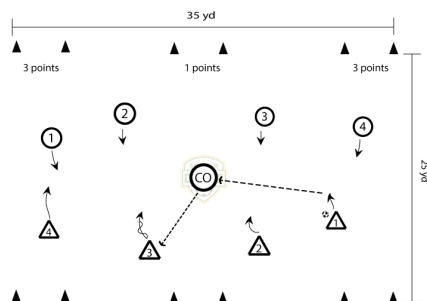
Create two 30x20yd fields with a 2yd goal on each endline. Divide players into four teams and play 4v4. Play two-minute games, and rotate teams after every game to play a new one. Encourage the teams to keep score, and try to beat each team they play.

#### COACHING POINTS:

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.

### 4 VS 4 +1 TO SIX GOALS

TIME 15 minutes



#### SETUP:

- » Make multiple fields as necessary. Players play 4v4 with a neutral player in the middle.
- » Neutral player is on the team with the ball, so game is always 5v4
- » Teams attack the three goals on one side of the field. Outside goals are worth 3pts, inside goal worth 1. Restart with throw-ins and goalkicks. No corners.
- » Both teams play in a 4-1. With 4 defenders (#2, #3, #4, #5), and one center midfielder (#8), who is the neutral

#### COACHING POINTS:

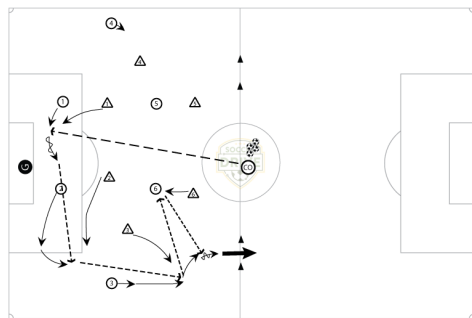
- » Movement of ball along backline to switch point of attack. If field is too cramped on one side, look to drop ball back to center back (#4, #5) and play to other side.
- » Combination off center mid to create space.
- » Movement off ball. Once ball is won, outside defenders (#2, #3) need to get immediately wide and in a advanced position further up field. When receiving ball, outside defenders need to open their body and take positive touch going forward if there is no pressure.
- » Communication

#### PROGRESSION

Eventually change the middle goal to being worth 3pts, and outside goal worth 1pt to make more game realistic

### 7 VS 6 ONE GOAL WITH COUNTERS

TIME 15 minutes



#### SETUP:

- » If half field unavailable, use as much space as you can. The team you are coaching is defending the big goal, and is trying to score on the two small goals (3yds wide)
- » Formation for black team: 1-4-2 (#1, #2, #3, #4, #5, #6, #8). Formation for red team: 4-2 (#7, #8, #9, #10, #7, #11). Adjust as numbers allow.
- » Ball starts with coach on halfway line and played to either GK or one of the black players who try and score on small goes. If ball is lost, red team attacks large goal.
- » - Normal rules (including corners, goalkicks, throw-ins). If goal is scored, game restarts with coach.

#### COACHING POINTS:

- » Encourage the GK to play short to defenders instead of punting the ball.
- » Talk about shape of defenders when they have possession. We want options behind, wide and in front of the ball to play.
- » Communication
- » Anticipation from backline. Once a defender has the ball, can the other defenders recognize the movements they need to make to create space, and do it fast?
- » Movement of center mids. Can they provide an option to play forward?
- » What are the visual cues of playing into the center midfielders when building out of the back? Make sure the #6 or #8 have time and space to turn. If space is too tight in midfield, then play wide or look to bypass midfield line altogether.



# BUILDING OUT OF THE BACK

### 7 VS 7 SCRIMMAGE

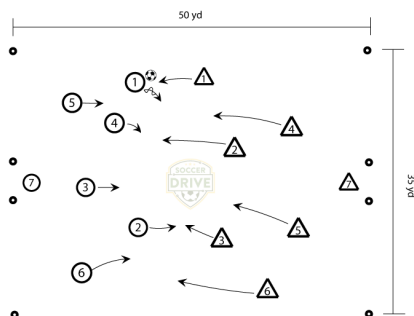
**TIME** 15 minutes

**SETUP:**

- » Play 8v8. If your numbers are short, decrease size of field to 40x25 and play 7v7.
- » Cones for goals are 6yds wide and use goalkeepers.
- » Both teams play a 1-3-2-1

**COACHING POINTS:**

- » None! Just sit back and let them play. Play full rules for your age group: offside, thrown-ins, goalkicks and corners etc.
- » Praise, in the flow of the game, appropriate actions your players have taken in width play. Reminder: do encourage #2 and #3 to present themselves as options to play out of the back, and take a positive touch forward. Get excited when you see this happen!



### END OF PRACTICE DISCUSSION

Bring players together to talk about the shape of the backline when we try to build out of the back. Use cones to help illustrate as needed.

- » Why do we need options to play backwards when playing out of back? (for safety and to keep possession).
- » Who is always behind us that we can pass to when in trouble? (our goalkeeper! Goalkeeper must be active as a last option to keep possession).
- » When should we look to go forward? (always! Our first look is always to go forward (ex: center mids).
- » When should we not try and force the ball into our #6 or #8? (When pressure is too tight on them).
- » What are the roles of the #2 and #3 when playing out of the back? (Get wide and advanced. Open body when receiving ball, and look for options to play forward)