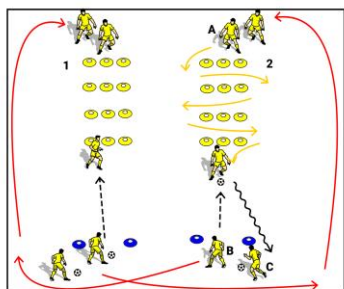
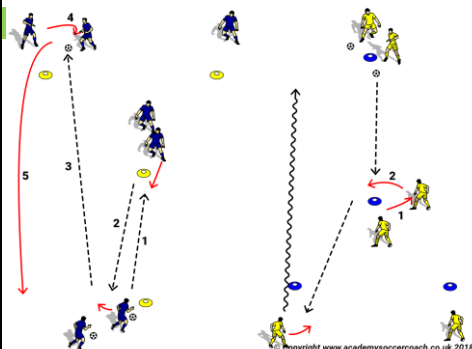


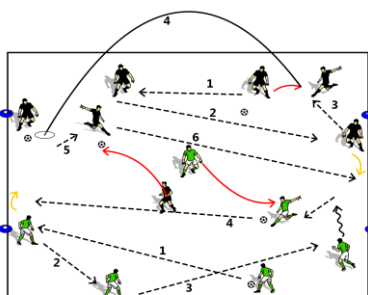
### OBJECTIVES- Working the ball out of the Back



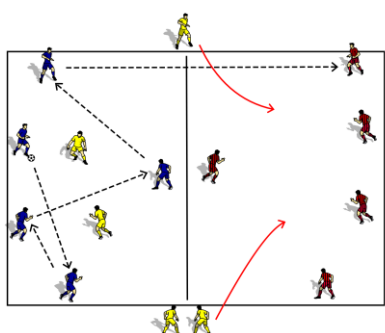
© Copyright www.academysoccercoach.co.uk 2018



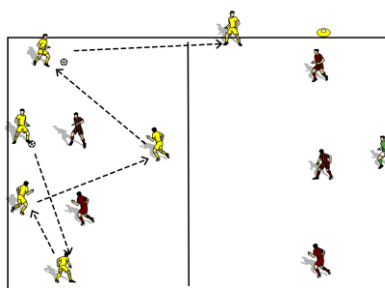
© Copyright www.academysoccercoach.co.uk 2018



© Copyright www.academysoccercoach.co.uk 2017



© Copyright www.academysoccercoach.co.uk 2018



© Copyright www.academysoccercoach.co.uk 2018

#### Speed and Agility with Ball

Grid Size:

Duration: 15 Mins

#### Set 2 groups of cones up 2yds in width and 4yds long

The players perform different agility steps as they go in and out of the yellow cones. As they get out of the last row of cones, the player at the end with the ball passes them an easy pass with the inside of the foot and that player dribbles behind the next waiting player. The player who just passed then jogs behind to the other line.

1. forward shuffle, sideways shuffle, 2 foot bunny hops, high knees

#### COACHING POINTS / KEY CONCEPTS

It's not a race! Go slow and do the movements correctly

Knees bent and feet always shoulder width apart, run on balls of feet

Make good passes. Toe up ankle locked, follow thru to target

#### ACTIVITY 1

Grid Size: 20x30

Duration: 15 Mins

#### Y-Passing

Set up grids with a Y formation with at least 6 players per passing grid.

The player passing the ball tells his teammate to 'TURN' and the Players receiving the ball with the inside of the foot can turn and pass to their teammate at the top of the Y. The players on the top receive the ball on the inside and dribble with pace around the cone to the outside and back to the beginning of the pattern.

#### Progression- 'Man on'

#### COACHING POINTS / KEY CONCEPTS

Good 1st touch, Pass with inside of feet, movement off the ball (Timing)

#### ACTIVITY 1

Grid Size: 60 X 40

Duration: 15 Mins

#### Passing without defenders

Groups of 5/6 players playing as a back four with 1 mid and another group playing as a midfield four with a forward playing with them. Simple ball movement to simulate gamelike situations to switch the field of play.

#### COACHING POINTS / KEY CONCEPTS

Outside Backs must stay wide, quick ball movement

Limit touches for quicker ball movement- 2/3 touches max

Switching the play quickly, play to the correct foot to allow 1st touch in the direction you want to go. Have an idea before you get the ball.

#### ACTIVITY 2

Grid Size: 20x30

Duration: 20 Mins

#### 5v2 in 2 grids

The back line (4) along with 1 CM keep possession against the 2 attackers. The defenders must make at least 6 passes before they can play the ball across the half line to the other team where 2 new attackers jump in and try to win the ball.

The teams work continuously for a set time period, then switch groups.

Increase number of passes to challenge the team in possession.

#### COACHING POINTS / KEY CONCEPTS

Outside Backs must stay wide, quick ball movement

Players must move and create new angles to help the player with the ball.

Have an idea before you get the ball.

#### ACTIVITY 3

Grid Size: 20x30

Duration: 25 Mins

The yellow team play 5v2 in the 1st zone. Once 6 successful passes have been made, the team can then pass forward into the 2nd zone and attack to score in a 6v3 situation.

The 3 defenders must stay at the yellow cones until the ball crosses into the 2nd zone before they can come forward to defend.

**Progression-** If the space is open, Outside backs can dribble into the 2nd zone and attack.

#### COACHING POINTS / KEY CONCEPTS

Outside Backs must stay wide, quick ball movement

Make sure the team utilizes the space to control the ball until the correct time to go forward and attack.