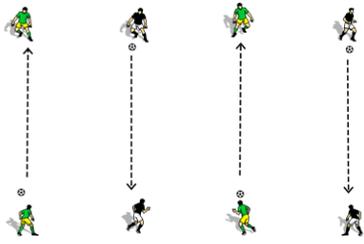


OBJECTIVES- Working the Ball out of the back



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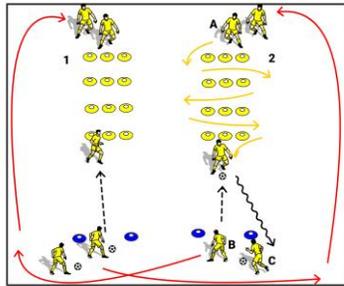
TECHNICAL WARM-UP **Grid Size:** **Duration:** 10 Mins

Pasing and Receiving

2 players 10-15 yards apart
 Simple passing- 2 touch only inside of feet
 3 touch- inside outside inside pass
 3 touch- inside settle, scissor left/right outside touch then inside pass
 4touch - inside settle, roll with same foot across body touch forward then pass. Coaches can add other moves to the progression

COACHING POINTS / KEY CONCEPTS

Toe up ankle locked, follow thru to target
 Go slow perform the moves correctly



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Speed and Agility with Ball **Grid Size:** **Duration:** 15 Mins

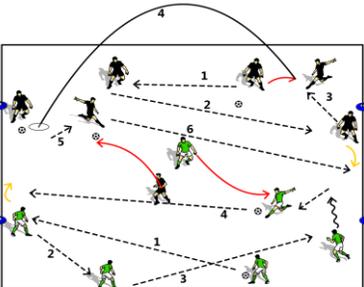
Set 2 groups of cones up 2yds in width and 4yds long

The players perform different agility steps as they go in an 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



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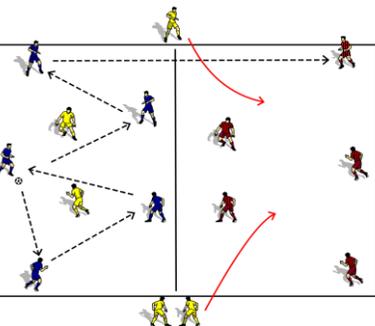
ACTIVITY 1 **Grid Size:** 60 X 40 **Duration:** 15 Mins

Passing without defenders

Groups of 5/6 players playing as a back **three** with 2 mids 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.



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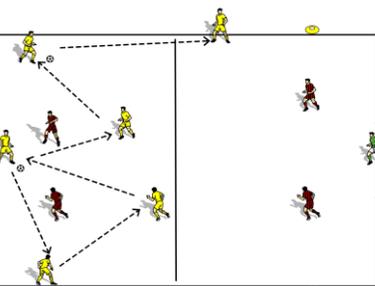
ACTIVITY 2 **Grid Size:** 20x30 **Duration:** 15 Mins

5v2 in 2 grids

The back line (3) along with 2 CM's keep possession against the 2 attackers. The defenders must make at least 5 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.



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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 4v2 situation. CB and opposite side back must stay
 The 2 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.