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Topic: Improve playing out of the back w/4 backs

Date:

UNRESTRICTED SPACE – WARM UP	ORGANIZATION	KEY COACHING POINTS
UNRESTRICTED SPACE - WARM UP		
	1 lay +v2 kccpaway	 Safety v. risk Angles and distance of support
	 The 4 players should be the 4 backs 	7 trigics and distance of support
		 Utilization of GK and passback
	Alternate warm-up: 4+GKv0 shadow play	implications
	Progressions to alternate warm-up: Add	 Passing – weight, accuracy, disguise
_	attackers	 Decision making – play forward whenever
		possible
		Transition (defense to attack)
RESTRICTED SPACE	Play 4+GKv2	Safety v. risk
⊠ KESTKISTED SI ASE	The two forwards try to win the ball and	 Angles and distance of support
	score (3 pts. for doing so)	Utilization of GK and passback
O	The backs try to play ball out and into one	implications
	of two small counter goals (1 point for	Passing – weight, accuracy, disguiseDecision making – play forward whenever
	doing so)	
	Dragragiona, Add a defender	possible
****	Progressions: Add a defender	Body position of backs open to field
ONE GOAL WITH COUNTER	■ Play 6+1v4	Safety v. risk
← T →	 Now the backs can play the ball to a center 	 Angles and distance of support
-	mid who can then play the ball to a target	 Utilization of GK and passback
	player	implications
	p.aye.	Passing – weight, accuracy, disguise
	Progressions: Add more defenders,	 Decision making – play forward whenever
	Trogression rad more determine,	possible
		 Body position of backs open to field
		 Transition (defense to attack)
		If a back plays runs forward one of the
		mids should stay back
		 Vision – look up as soon as the ball is
		received (sneak a peak before the ball
		arrives too)
GAME – TWO GOALS	■ Play 8v8	Safety v. risk
GAME - I WO GOALS	The goals for an 8v8 game should be	 Angles and distance of support
	placed on the top of the penalty box on	 Utilization of GK and passback
	each end of the field	implications
	 Have the team you are coaching play a 4- 	 Passing – weight, accuracy, disguise
8v8	3-1 against a 3-3-2	 Passing – weight, accuracy, disguise Decision making – play forward whenever
8v8	3-1 ayallist a 3-3-2	possible
		Body position of backs open to held
		- Hansilon (delense to attack)
		If a back plays runs forward one of the mide abouted stay back.
		mids should stay back