



Building Out From The Back

Category: Tactical: Playing out from the back

Difficulty: Moderate

Howard Rushton, CG, United States of America

Opposed Scenarios (20 mins)

3 teams of 4/5 depending numbers

Defenders start off with two players active from the group of four (yellows), as progressed a further one can be added each time.

The two defenders defend twice against the other two groups attempting to play out from the back, who then swap with the two waiting to defend.

After the defenders have had four attempts of stopping other teams playing out from the back, the defending team swap with another team to take their roles as playing out from the back.

The ball can be played out from a coach, GK, feeder or player within the group.

Defenders to attack the opposite goal if possession is won, using the GK if needed, recycling.

Progression

Increase the number of defenders

Mix teams to give a variety of playing with other players

Points system, including two goals in the corners representing a winger position that could be played.



Zonal Progression (15 mins)

Players are given positions within the four zones of the half-way pitch. Rotate players & roles when necessary.

Players are locked in to their zones, but when receiving the ball they are able to come deeper into the defensive zones.

The idea for the defending side is to play out from the back and take or pass the ball through the 3 small gates.

If the attacking team wins the ball, they attack the goal.

Urge to recycle if struggling to play out, or allow the player that made the pass to enter the zone where the ball has been played to.

Progression

Extend the pitch or zone size.

Introduce a point system in preparation for the full progression.



SSG (15 mins)

Remove the zones & base the practice on a points system.

The attacking team starts with two players, the remaining players transfer to the opposite team who play out from the back.

Each time they manage to play out from the back and put the ball through the gates, they receive three points and the attacking team gets another player selected from the other team.

If the attacking team scores, they receive three points and get a player taken from them (starting with the players who were in the team since the beginning).

