



Playing out of the back 1-2-3-2 - PHASE 1



Date: 25/Sep/2015

Measurement: Half a Pitch

Time: 20:30

Players: 9

Duration: 10

Level: U11 - U14

Objective: As soon as the goalplayer receives the ball his/her team mates get in position to receive a pass.

Description: The coach starts with ball and the team facing the coach lines up as if they are in defense. The coach will play a ball through to the goalplayer. As soon as the goalplayer receives the ball his or her team mates drop off and wide to create space to receive the pass. The goalplayer will bring the ball in play and the team will quickly play the ball from wide player to wide player.

Coaching Points:

- 1 - Defenders drop off
- 2 - shape: width from touchline to touchline
- 3 - Angle of passes / diagonal passes
- 4 - Angle of support
- 5 - Speed of play

Progression: Add opponents - PHASE 2