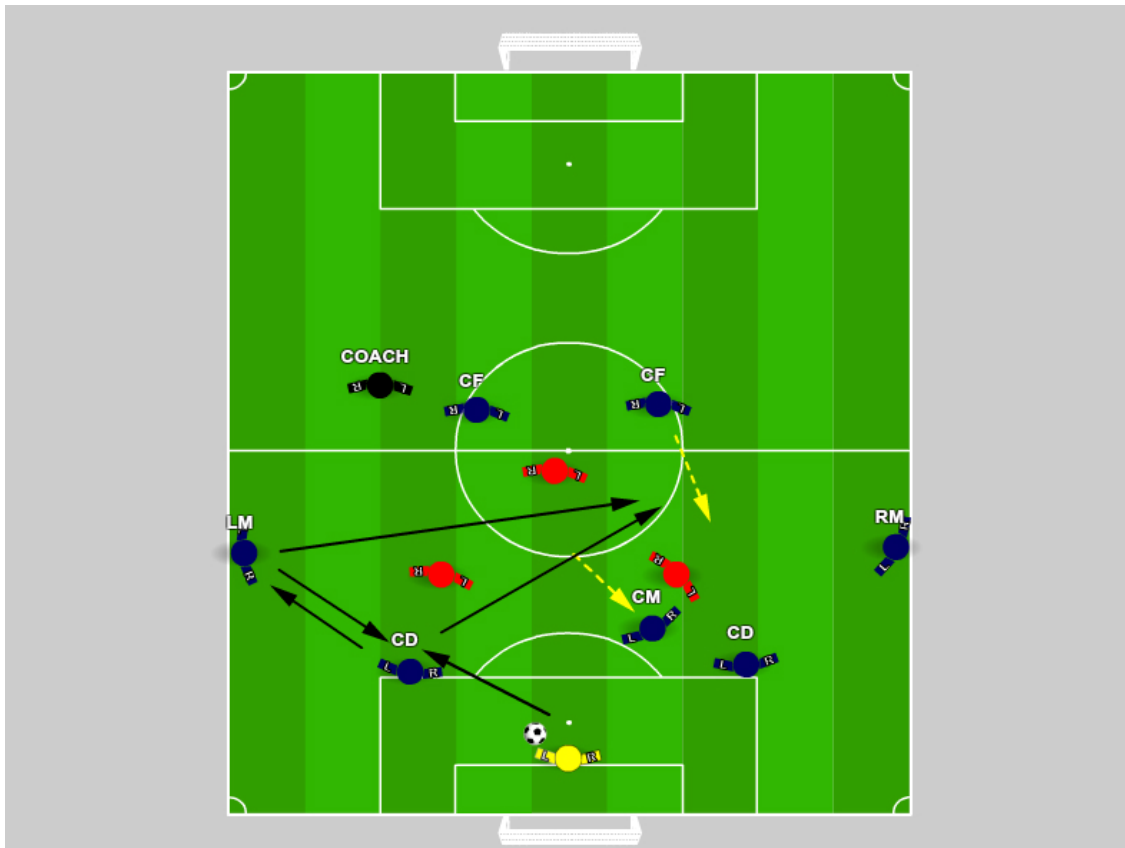




Playing out of the back 1-2-3-2 - PHASE 3



Date: 25/Sep/2015

Measurement: Half a Pitch

Time: 20:30

Players: 9

Duration: 15

Level: U11 - U14

Objective: As soon as the goalkeeper receives the ball the team in possession will make an attempt to play the ball from flank to flank.

Description: Phase 3 starts with the inclusion of your 2 central forwards. They can receive the ball by peeling off the halfway line and playing to a teammate to continue the sequence and return to their starting position behind the halfway line. They are allowed a 2 touch maximum. Players can also use the goalkeeper to relieve pressure.

Add more opponents to increase the pressure.

Coaching Points:

- 1 - shape: width from touchline to touchline
- 2 - Angle of passes / diagonal passes
- 3 - Peel off your opponents to receive the pass
- 4 - Switch the ball quickly. Don't leave ball in 1 area to long
- 5 - Back pass is followed by a switch
- 6 - No punting
- 7 - Speed of play

Progression: Add more defenders to make it harder