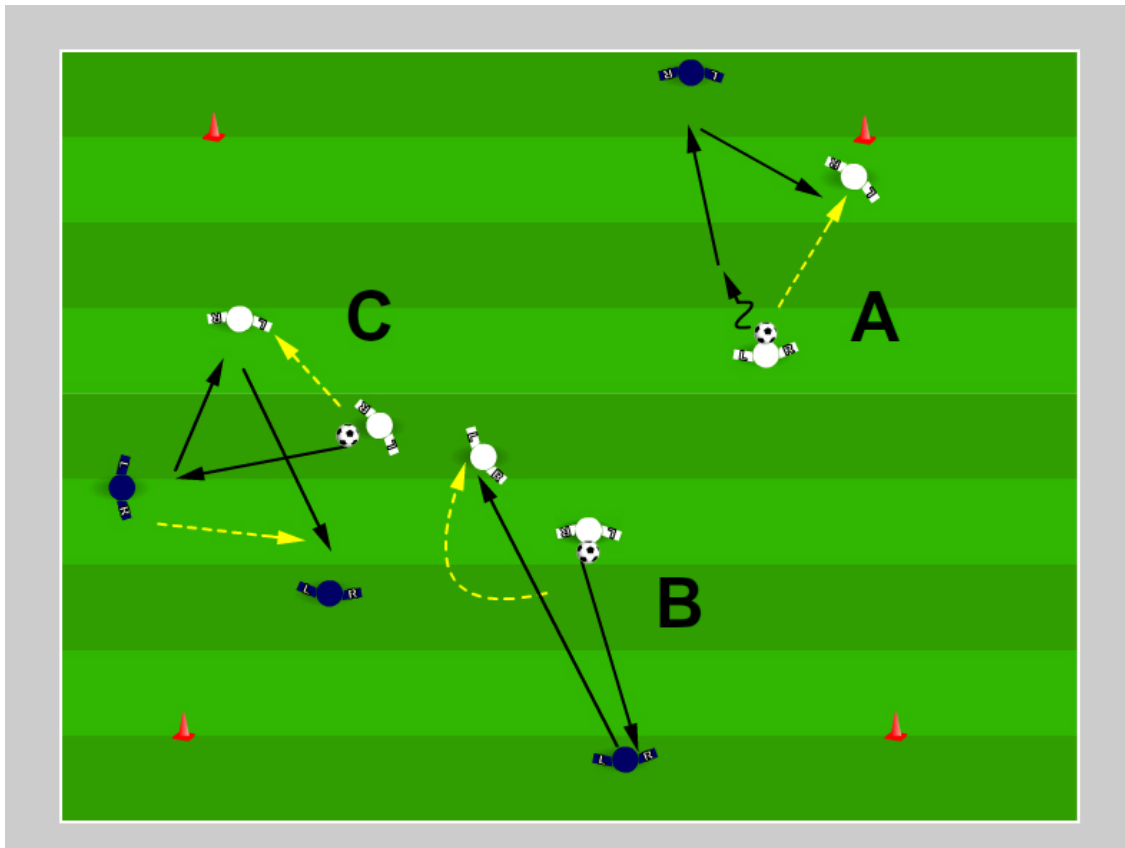




Playing out of the back 1-2-3-2 - WARM UP PHASE



Date: 25/Sep/2015

Measurement: 20 x 20 Yards

Time: 20:30

Players: 12

Duration: 15

Level: U11 - U14

Objective: This activity is great to teach players how to peel off and bend their runs.

Description: Groups of 8-14 players per grid. Half the players in the grid with a ball and half the players outside the grid as shown. Players in the grid dribble and combine with outside players in 3 variations:
A: Inside player pass to outside and quickly peel off and open body to receive the pass
B: Inside player pass to outside and makes a bending run and receives the pass to space.
C: Wall pass. Inside player pass to outside and peels off. Outside player plays a 1 touch pass.

Coaching Points:

- 1 - Accuracy (weight, angle and distance) of passes
- 2 - First touch - receive a ball sideways on
- 3 - Peel off - face the field
- 4 - Communication

Progression: Progress by asking players to sort out which variation to use. Through communication and verbal cues they sort this out by themselves.