Milton YS -- Week 6: Playing out the back

Category: Technical: Passing & Receiving
Difficulty: Academy Sessions

HLSA

Hermes Lima Soccer Academy, Quincy, United States of America

intro

Organization:

- 2 players per ball

Instructions:

- Pass the ball, spread out, communication.
- 2 Points for splitting other groups

Coaching Points/Questions:

- Planting foot next to ball and follow through with passing foot
- Make good contact and concentrate on weight on/of the pass

Regressions/Progressions:

- P. start a rondo
- P. MOVING RONDO- after 3 first touches you move up to next cones (next level) keep passing to see who makes it to the finish line first (education field session).

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coconut war activity (20 mins)

Organization:
- 30x20 field
- Teams of 4 or 5 and 2-3 teams (depending on numbers)
- All balls in
- Similar to coconuts game
Instructions:
-Each team defends/attacks
- 2 defenders try to block the open space and are separated by a red cone (they must not let the ball cross the line).
- Defenders try to feed teammates as quickly as possible (play out the back) and try to find gaps to pass or shoot the ball through for points.
Coaching Points:
-Non-kicking foot placed on the side of the ball pointing at the target
-Head up observe target
-Working on inside-push pass: use inside surface of kicking foot, heel down, toe up
-Strike through the middle of the ball
-Follow through the pass to target with passing foot
-Weight and accuracy of Pass
-Encourage quick first touch and remind them of the direction of the prep touch
- Communication and awareness
Progressions:
- Defenders become goalies and now you can practice playing out the back with your hands and players can practice being goalies as well.
Regressions:

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Activity Progression (20 mins)

Organization:

- same set up as before but only one goalie
- 3rd team can help pass balls back to the goalie to play out from the back quicker.

Instructions:

- 4v4 including GK
- 2 balls on the field simultaneously so each team can have a ball to pass, attack and defend.
- 1 player must be in defensive half and attacking half at all times. 3rd player can go anywhere so encourage communication with the team.
- Each pass is a point added on to the goal if you score.
- 3 points added if the GK plays directly to the forward in the

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attacking half and scores.
- After certain points or time rotate teams and positions.

Coaching Points/Questions:

- Awareness and Communication.
- Crisp passing on the floor to make receiving easier (preferably with back foot)
- Head up to scan the field look for space or teammates.
- Penetrate space with pass or dribbling (be direct to goal).

Regressions/Progressions:

- P. Use the 3rd team (yellow) as target or neutral players on the outside.

Condition Game

Organization:

- Half field with the team playing out from the back with a GK (1 extra player) to give them an advantage to play out from the back.
- 2 lines of cones to keep outside players wide and restricted from entering a different zone.
- Subs if you have more players, who can help feed the ball back to play quickly from the back.

Instructions:

- Red team plays out from the back as best as possible under pressure from the blue team, all players stay in their zones. 1 from each team on the wings and 2 in the middle (center-mid, forward).
- Red team scores in pugg nets (have 2 options down the flanks).
- Blue team pressures and scores in the big net
- Passes added as points to your goal if your team scores.

Coaching Points/Questions:

- Awareness and Communication
- Players on the wings must identify if they can't go forward where else can they go? Pass back, to the middle or even switch the field if possible.
- If you have the space, take it!
- Do not be afraid to pass back even if it is the GK.

Regressions/Progressions:

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Scrimmage

Organization:

- 7v7, 9v9, 11v11

Instructions:

- FIFA rules

Coaching Points/Questions:

- Crisp passing and receiving to play out from the back as practiced.
- Play your positions and communicate.

Regressions/Progressions:

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