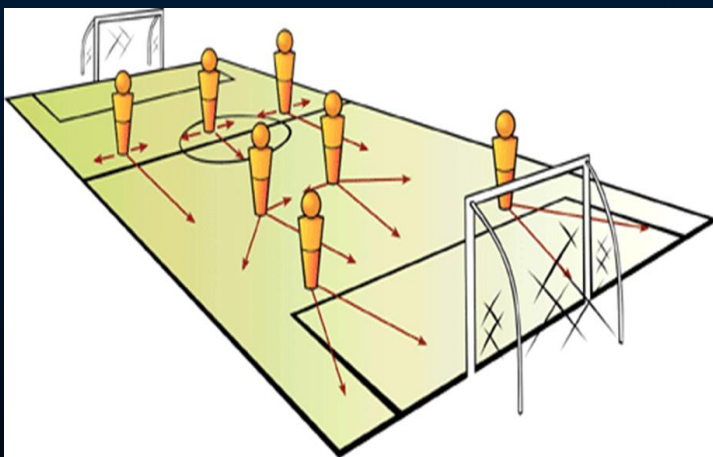


# 8-a-side: Building out of the defensive third

Boot it, clear it, get it out! Coaches who yell these comments at the top of their lungs give out the message to all their players that the priority of the "goalie" and "defenders" is to "clear the ball" out of the "danger zone". Learning how to deal with these soccer situations will help all players especially the Goalkeeper and Backs as they grow with the game; these situations require a high degree of risk therefore they will lead to mistakes, lots of them! Good youth coaches cannot be afraid to lose. This session will explore how youth soccer coaches can best use a variety of 8-a-side formations to teach players how to become confident building the attack out from the defensive third. The objectives are to improve your team's ability to transition to attack after winning possession in your defending third, enhance your players' passing and ball control skills when under pressure, and finally discover how to consistently and confidently move the ball into the attacking half in possession.

# 8-a-Side: Building out of the Defensive Third



- Rick Meana,
- New Jersey Youth Soccer,
- Director of Coaching

# Freedom of Expression

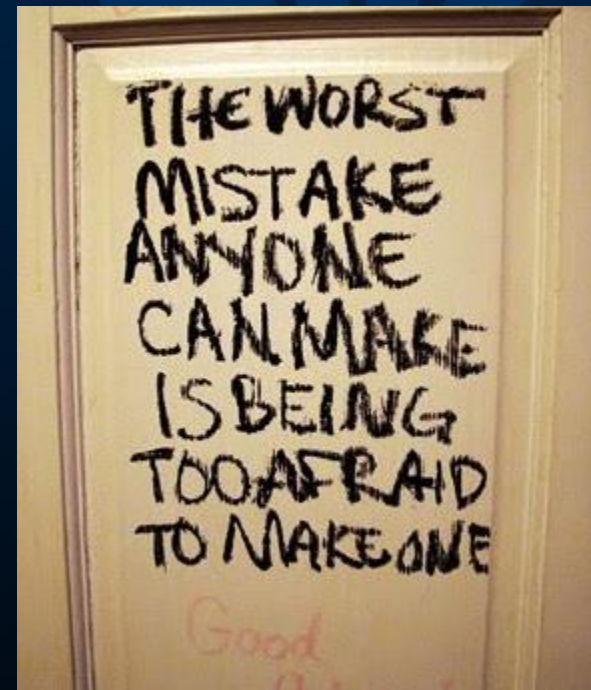


# What is your philosophy?





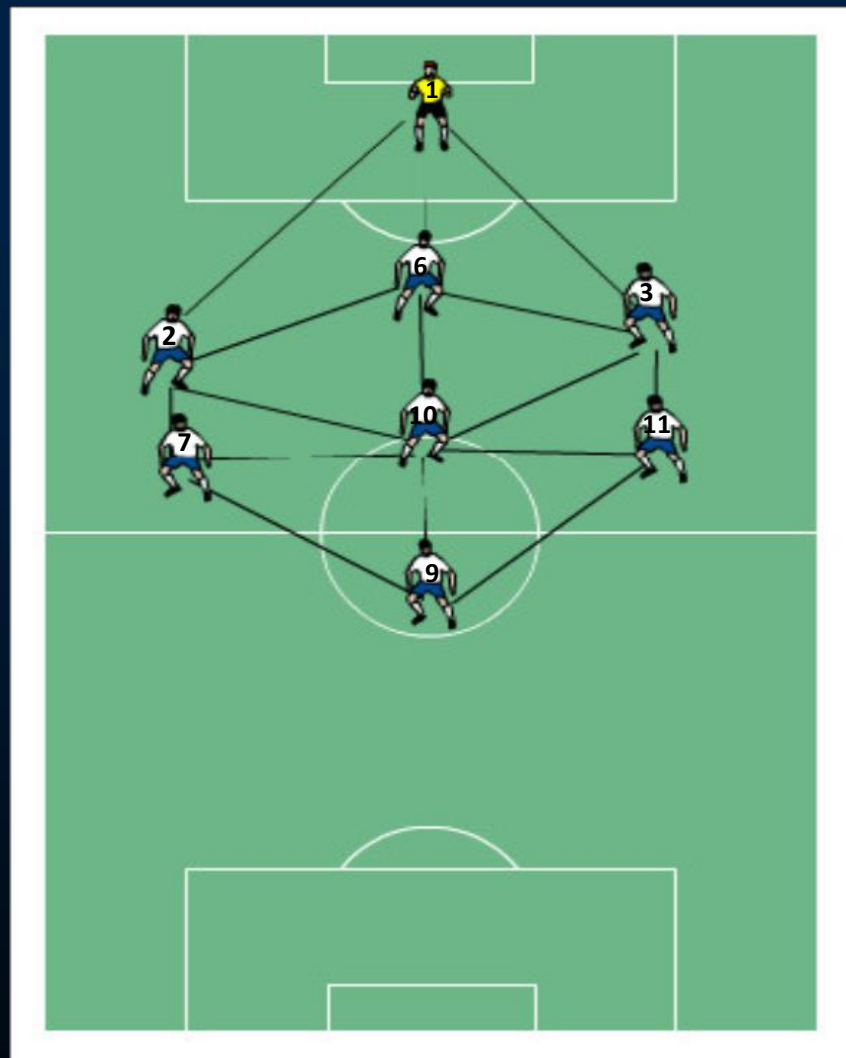
# Getting it wrong is a normal part of getting it right.



A good youth soccer coach is not afraid to lose



# Player movements: 1-3-3-1





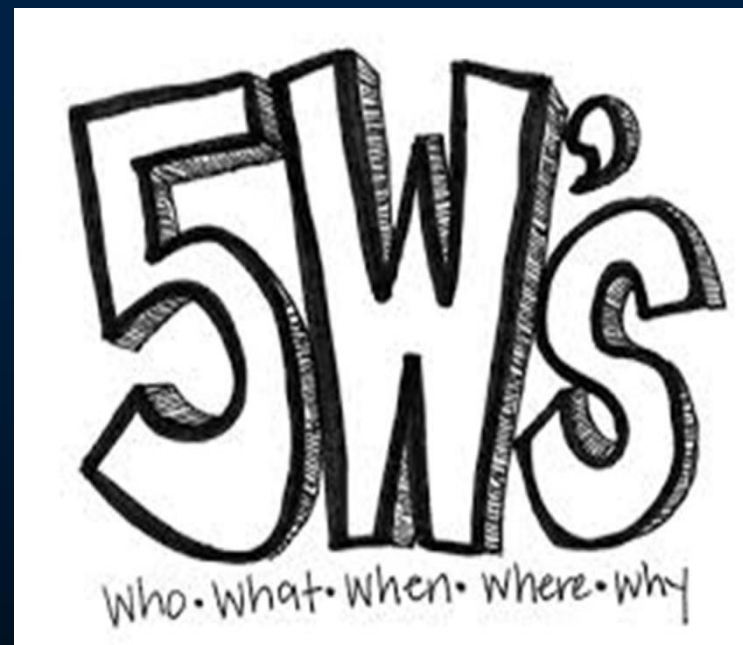
# Player movements: 1-2-4-1





# Reality based teaching and coaching

1. To develop goalkeeper's (#1) understanding of playing out from the back third.
2. To develop center backs (#4, #5) decision making; how to receive? When to play forward?
3. For all backs (#2, #4, #5, #3) to start to understand when to play into midfield (#6, #8); Outside backs (#2, #3) begin to understand how and when to support the attack.



# Learning Outcomes:

4. To challenge midfielders (#6, #8, #10) to create space, receive under pressure and maintain possession.
5. To challenge midfielders (#6, #8) understanding; When to support?



# Technical Warm up



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# Rondo: small sided





# Expanded small sided



# Questions?

