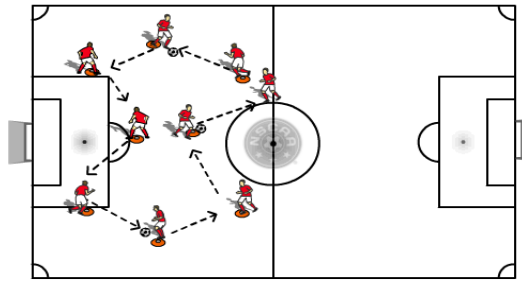
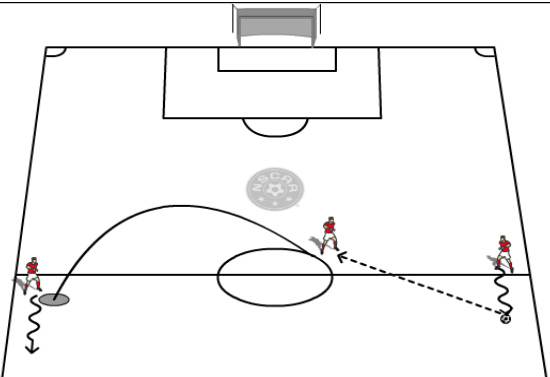

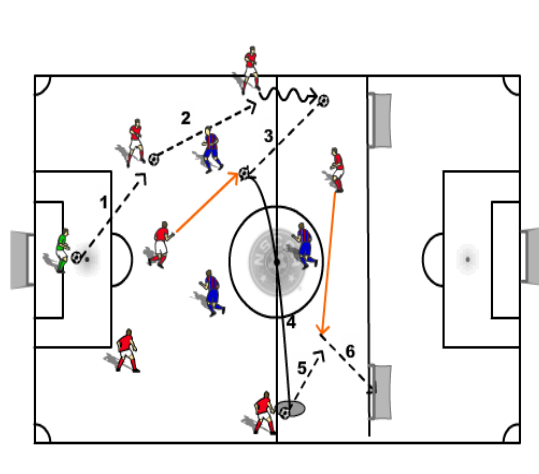


Activity Name	Description	Diagram	Coaching Points
<p>1</p> <p>Passing and Receiving Warm-up</p>	<p>Warm-up is a passing grid trying to create balls going from a center back out to a flank back or into a holding midfielder.</p> <p>Use different variations based on whether you wish one passing grid with the entire team or 2 smaller and different passing grids that are more position specific</p>	 <p>© Copyright NSCAA 2012</p> <p>Start with 2 or 3 balls and try to work up to four balls all being passed in sequence. After passing follow the pass to next cone. Keys...are take a look; receive across body and firm accurate passes on the ground. Sequence is pass counter-clockwise, then clockwise, then all wall passes in both directions.</p>	<ol style="list-style-type: none"> 1. Take looks (TYL) "Take your Look" 2. Receive balls across the body 3. Pass firmly and to the correct foot (lead foot) 4. Follow passes with a burst 5. When playing wall-passes, make the triangle small 6. Communicate, make adjustments as needed..."make it work"!
<p>2</p> <p>Developing Back line and Central Midfielder Play and Change of Point</p>	<p>Functional central player training. This is for center backs and central midfielders.</p> <p>Also showing some options for wide players:</p> <ol style="list-style-type: none"> 1. Spin out to initiate COP 2. Use of CB or CM 	 <p>© Copyright NSCAA 2013</p> <p>Function midfield Change of Point play. Include receiving balls against pressure; stepping out of the game; taking looks; moving opposite the defense.</p>	<ol style="list-style-type: none"> 1. Changing the point of attack different ways 2. Looking to penetrate with forward passes 3. Receiving balls away from pressure 4. Creating proper support angles 5. Spin outs and decision making for wide players

<p>3</p> <p>Training to use the “back pass” for the Goalkeeper and team when Building Out of the Back.</p>	<p>This is a game to train the team and goalkeeper to use a back pass to the goalkeeper for possession or clearing to high option.</p> <p>Through this game better communication from the keeper when calling for a back pass, better decision making by the keeper when receiving a back pass and also better use of the keeper by outfield players to keep possession.</p> <p>Blue + Goalkeepers just keep possession. Red, when they win the ball can go to either goal to score.</p>	 <p>© Copyright NSCAA 2012</p>	<ol style="list-style-type: none"> 1. Communication from the keeper 2. Support position to receive ball from the keeper 3. Quality of balls played by outfield players to the keeper 4. Decision making by goalkeepers and outfield players
<p>4</p> <p>Functional Constructive <i>Building Out of the Back</i></p>	<p>Play 6+GK vs 2 outfield players to start. Put touch restriction on the 6 players (2-touch). Get the ball to either a target player or flank small goals.</p> <p>Add 1 or 2 additional to defend the ball being build out of the back.</p> <p>Finish with 8+GK vs 7</p>	 <p>© Copyright NSCAA 2014</p> <p>Constructive Possession out of the Back. Use the keeper and at first just show pattern of play choreography. Then add defenders 2 at first but then finish the game 8+GK vs 7 or something similar. The Blue team goes to goal when they win the ball (time limit). The red team and keeper build to score!</p>	<p>Its OK to make a restriction that must play out of the back but also allow them to play freely and make decisions based on building indirectly or deciding direct play is on because they drew defenders into their attacking 3rd.</p> <ol style="list-style-type: none"> 1. Coach Change of Point through back players and also midfield players 2. Coach finding wide players and also central midfield players 3. Coach outside backs pushing high, CB pushing wide, HM dropping in or keeping CB central

Author: Tony DiCicco
Equipment:

Topic: Building out of the Back

Age: U13 and up

