



THE RAPIDS WAY

Colorado Rapids



Collective Possession To Advance

**Playing Out of the Back
& Player Development**



Rio Rapids SC – February 4th 2016



As a coach of young soccer players:

- What is your job?
- What are your responsibilities to your players?
- To the club that you are part of?



Playing Out From The Back:

Why?

Individual:

- Requires higher level of technical ability.
- Requires players to be more conscious of teammates in possession and their role in relation – spatial awareness and movement.
- Requires players to think their way through the game with a higher level of tactical awareness.
- Asks players to be more constantly involved in the play, whether on the ball or in the near vicinity.

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Playing Out From The Back:

Why?

Team:

- Allows a more controlled style of play.
- Allows a more controlled physical output from players.
- Allows more players to be around the ball by moving progressively up the field, less chasing to catch up to play.
- Allows players the necessary time to move into intelligent positions in order to receive the ball or create space for a teammate.
- Allows a more thoughtful and calculated way of attacking the opponent in order to choose the best opportunity to attack the goal.
- Allows players of less physical size, strength, power etc to be as valuable and effective in the game in the shorter term – don't forget that these players in the long term may be the most important ones!



At the higher levels of the game, players will be asked to play in this way. What you teach today will have a huge impact on your players' future in the game!!



Playing Out From The Back

Coaching -

What do you need to teach and instill in players?

Technically:

- Your teaching must focus on and promote a high technical emphasis in your players in order to be able to play in this way.
- **Celebrate repetition! Players must be confident in their ability to perform the necessary individual techniques & skills. This only comes from time spent practicing.**
- Provide players time to master technique, both unopposed and opposed situations.



Playing Out From The Back

Coaching -

What do you need to teach and instill in players?

Tactically:

- Instill in players the philosophy of how you want to play on a daily basis in training. Make sure they are aware of what they will be asked to do...and WHY!
- Ask players to think about the game, why do they do what they do? Ask questions that force players to consider the situation and their solution.
- Provide players time to experience tactical decision making as often as possible in training, both unopposed and opposed situations, alongside technical work. Isolated technique alone is wasted.



Playing Out From The Back

Coaching -

What do you need to teach and instill in players?

Physically:

- Players should generally work in shorter, more intense bursts.
- The type of movement required to play in this way will be multi directional, changes of speed, shorter movements to create space for themselves or teammates. Balance, footwork, change of direction and body weight shifting is critical to a high level player.
- Long distance, slow paced running is a waste of time! Teach kids to move like players as well as manage the soccer ball.



Playing Out From The Back

Coaching -

What do you need to teach and instill in players?

Psychologically: Perhaps most important initially?

- Players must be encouraged to attempt to perform in this way, without fear of criticism or blame.
- **Without this, players will not be mentally free to think about the game itself as they play. Allowing them to reach their 'performance zone' is vital.**
- It is important that this comes from the coach, their parents, and their teammates – everyone must be on the same page as far as the philosophy of playing style goes.



Parent Groups:

It is important that parents are included in the initial stages of setting expectations on playing style. This will be helpful in both them feeling like they are involved and informed, and also playing their part in the encouragement of this style of play. Without this, you may find that the environment and message to the players is contradictory.

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Parent Groups:

- The WHAT – Parents do not need to know specific details of your coaching, but they can be informed of what you intend to instill in players, how you want your team to play, and how they can help create the environment for players to be free to play with confidence and without fear.
- **Most importantly, tell them WHY you will work in this way!**
- Long term process of player development. What you do today, this week, this season is designed to help their child down the line achieve the highest level that their potential and their desire allows.

Patience is a must!

Examples...



<http://youtu.be/Qx-BxNrP5TI>

<https://www.youtube.com/watch?v=witzK6r2sHM>