



U13-U14 Coaching Clinic: Possession to Advance - Playing out of the Back - Part Activities

Category: Tactical: Playing out from the back
Difficulty: Moderate | Start Time: 22-Mar-2016 17:00h

Am-Club: Rio Rapids Soccer Club
Ray Nause, Albuquerque, NM, United States of America

Description

Rio Rapids SC U13-U14 In-Service Clinic
Possession to Advance - Playing out of the Back
Part Activities

3v3+1 to Targets

DESCRIPTION/ORGANIZATION:

3v3+1 to Targets (4/5/6 and 8 as neutral), 20-25 yards wide, 30-35 yards long

Neutral represents #8, Targets represent #1/#10 depending on direction of ball

Attacking players may go wide of field of play to receive ball - undefended until ball played there

Ball played to target must pass through field of play

Variation: Play 4v4+1 (4/5/6/8 with 10 as neutral)

Variation: Increase width of the field and require all players to stay within field

COACHING POINTS:

*Coach both teams

*Use width to build possession out of the back/open up passing lanes to target

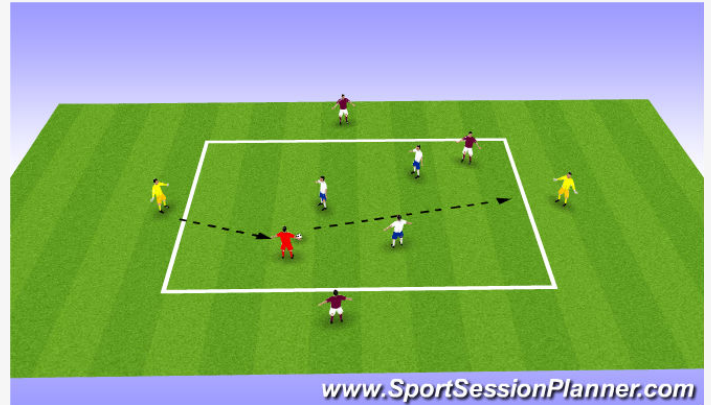
*Open body shape at all times to be able to see ball and target you score to

*Receive ball across body and faced up whenever possible

*Play a forward/penetrating pass whenever it is on

*Support underneath the ball and play the way you face whenever facing away from goal with pressure

*Be patient- don't force ball forward when well defended, play backwards and change area of attack



7v5 Functional Possession

DESCRIPTION/ORGANIZATION:

7v5 Functional Possession

Numbers down/white team may send 1 player in to defend 4/5

Central players (6/8/7/11) for burgundy team may move into wide areas and can only be defended once they receive the ball

Playing out of the back/numbers up group scores with 8 consecutive passes

White/numbers down team scores with 5 consecutive passes (only 6/8/7/11 can defend)

COACHING POINTS:

*Open body shape to be able to see both the player on the ball and other passing options/defenders

*Receive across body with a quality first touch that sets up your next action

*Using wide areas to create space to play/spread out defenders

*Movement to create early close support at good angles/distance based on pressure



6v4 Functional Possession

DESCRIPTION/ORGANIZATION:

6v4 Functional Possession

#4/#5 must remain outside of field when team is in possession-

6/8/10 must play inside field

Playing out of the back/numbers up group scores with 8 consecutive passes

White/numbers down team scores to full size goal

COACHING POINTS:

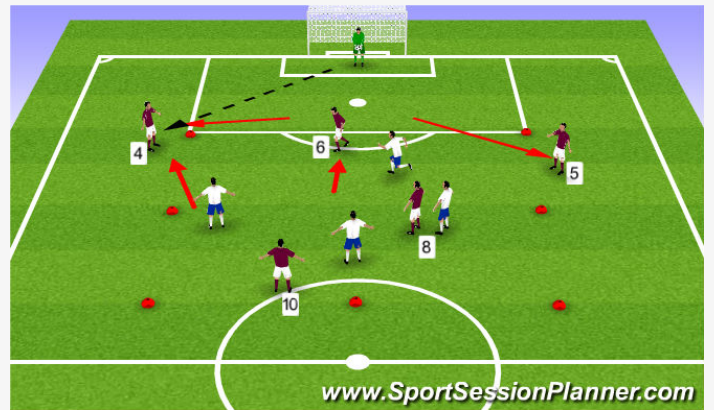
*Open body shape to be able to see both the player on the ball and other passing options/defenders

*Receive across body with a quality first touch that sets up your next action

*Using wide areas to create space to play/spread out defenders

*Movement to create early close support at good angles/distance based on pressure

*Safety versus risk near goal that you are defending



7v3 Functional Target Game

DESCRIPTION/ORGANIZATION:

3v3 Inside Field with 1 Supporting Behind, 9 as Target Ahead and 4/5 Restricted to Channels

Burgundy team scores by playing from #1 to #9 - when they score #1 starts again with ball

3 Whites/Numbers Down Team can defend outside area once ball goes there

3 Whites/Numbers Down counter to 2 small goals when they win it - 4/5 can tuck in to defend

COACHING POINTS:

*Coach burgundy team

*Use width to build possession out of the back/open up passing lanes to target

*Open body shape at all times to be able to see ball and target you score to

*Receive ball across body and faced up whenever possible

*Play a forward/penetrating pass whenever it is on

*Support underneath the ball and play the way you face whenever facing away from goal with pressure

*Be patient- don't force ball forward when well defended, play backwards and change area of attack

