

**Rio Rapids SC U9-U10 In-Service Coach Clinic**  
**Possession to Advance – Playing out of the Back**

**Why Play Out of the Back?**

Individual Development

- 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.
- 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!

Team Development

- 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.

At higher levels players will be asked to play this way – prepares them most effectively.

**When?**

When goalkeeper or a player wins possession of the ball in the defensive 3<sup>rd</sup> (including goalkicks)

**Where?**

Defensive to midfield 3<sup>rd</sup>

**What?**

Making best decisions to progressively build possession from goalkeeper to target player and goal.

**How?**

Split center backs, drop in center mid between them, push outside backs/wingers high and wide.

**Educating Your Parents**

- Share with them the Club's playing style components – Fast paced possession with purpose and progress, technically quick players, mobility, speed of thought, synchronized technique and movement
- Emphasis on long-term player development – what we do today is designed to help their child achieve the highest level of play associated with their potential and desire
- Understanding and acceptance of potential short-term negative outcomes
- Importance of patience related to this approach/playing style



# U9-U10 Coaches Clinic - Possession to Advance - Playing out of the Back - Shape Diagrams

**Category:** Tactical: Playing out from the back  
**Difficulty:** Beginner | **Start Time:** 24-Feb-2016 17:00h

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

## Description

Rio Rapids SC U9-U10 In-Service Clinic  
Possession to Advance - Playing out of the Back  
Recommended Shape

### 7v7 Recommended Shape

#### DESCRIPTION/ORGANIZATION:

Recommended team shape for 7v7 at U9/U10

#### COACHING POINTS:



### 7v7 Playing out of the Back Shape

#### DESCRIPTION/ORGANIZATION:

Recommended team shape for playing out of the back - 7v7 at U9/U10

#### COACHING POINTS:

3 player options for short pass - 2 near sideline at edge & 1 inside D at top of the penalty box

3 long passing options near midfield

Goalkeeper takes all goal kicks

When the ball goes over the endline for a goal kick or the GK gets possession, the GK grabs the ball as quickly as possible, runs to the edge of the penalty box near an open player, sets the ball quickly if a goal kick, and reads defenders to determine best options:

Play short when at least one of the 3 short passing options is open

Play long to the 3 players up the field if all 3 short options are marked





# U9-U10 Coaching Clinic - Possession to Advance - Playing out of the Back - Part Activities

**Category:** Tactical: Playing out from the back  
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## Description

Rio Rapids SC U9-U10 In-Service Clinic  
Possession to Advance - Playing out of the Back  
Part Activities

### 3v3+1 to Targets

#### **DESCRIPTION/ORGANIZATION:**

3v3+1 to Targets (4/5/7 or 11 and 6 as neutral), 20-25 yards wide, 30-35 yards long

Neutral represents #6, Targets represent #1/#9 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 (4/5/7/11 with 6 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

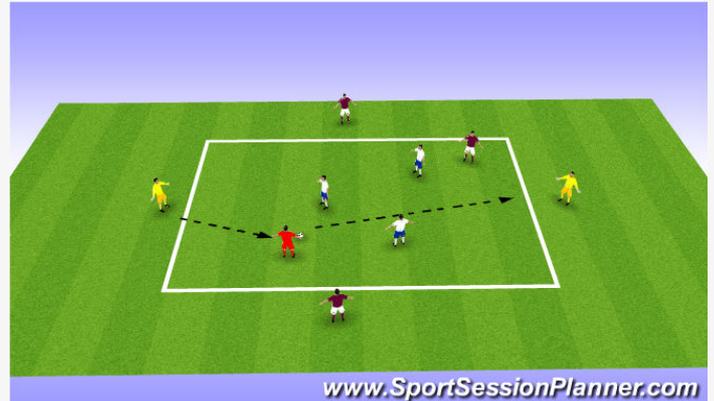
\*Open body shape at all times to be able to see ball and target you score to

\*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



### 6v4 Functional Possession

#### **DESCRIPTION/ORGANIZATION:**

6v4 Functional Possession

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

Central players (7/6/11) 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

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

Yellow/numbers down team scores with 5 consecutive passes (only 6/7/11 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-

6/7/11 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

### 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





# U9-U10 Coaching Clinic - Possession to Advance - Playing out of the Back - Whole Activities

**Category:** Tactical: Playing out from the back  
**Difficulty:** Moderate | **Start Time:** 24-Feb-2016 17:00h

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## Description

Rio Rapids SC U9-U10 In-Service Clinic  
Possession to Advance - Playing out of the Back  
Whole Activities

### 6v3 Four Goal Game

#### DESCRIPTION/ORGANIZATION:

6v3 Four Goal Game - 3v3 in Midfield Zone (20 yds), #9/Target in Attacking Zone (10 yds), #4/#5 in Defending Zone (10 yds)  
Burgundy/Numbers Up scores by getting ball to target/#9 in attacking zone to connect with player joining from midfield zone to score (defenders can track runner out of midfield zone)  
White/numbers down team scores to 2 small goals at edge of defending zone (4 & 5 can block goals within zone)  
White can pressure player with ball in defending zone and 4/5 can join midfield zone in possession

#### COACHING POINTS:

- \*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 - take 1st touch to set up next action
- \*Movement to create early close support at good angles/distance based on pressure\*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



#### Learning Objectives

	<b>Technical (20%)</b>
	<b>Tactical (20%)</b>
	<b>Physical (20%)</b>
	<b>Psychological (20%)</b>
	<b>Social (20%)</b>

### Game to Full Size/Counter Goals with Zone Restrictions

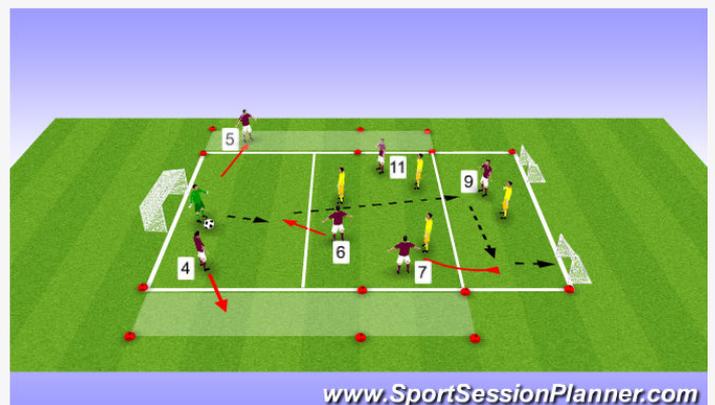
#### DESCRIPTION/ORGANIZATION:

6 Burgundy players + GK play to target and then small goals  
4 Yellow/Numbers down team scores to full-size goal (no zonal restriction when in possession)  
Team in possession can move into wide zones (defenders can pressure on 1st touch)  
When GK has the ball, defending team must retreat into midfield zone until attacking player receives ball. GK must play to someone in the first zone to begin the attack.  
1v1 in Attacking zone until target receives ball - then others can join.

Variation: Remove line separating Defending and Midfield Zones

#### COACHING POINTS:

- \*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 - take 1st touch to set up next action
- \*Movement to create early close support at good angles/distance based on pressure\*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
- \*Safety versus risk near goal you are defending



## 6v3 to Small Goals

### DESCRIPTION/ORGANIZATION:

6 Burgundy Look to Possess into 2nd Zone and then Score on 3 Small Goals - player 1st receiving the ball in the 2nd zone must play a teammate before score

2nd Zone is offside space - players must dribble into or receive pass from onside position

3 White/Numbers Down Counter to Full Size Goal

Variations: Add 4th and then 5th player to numbers down team

### COACHING POINTS:

\*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 - take 1st touch to set up next action

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

\*Safety versus risk near goal you are defending

