



08 / U10G- Short Passing & Receiving / Playing out of the Back

Category: Tactical: Playing out from the back

Difficulty: Moderate | Start Time: 07-Aug-2017 16:30h

Am-Club: Rio Rapids Soccer Club
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Description

Short passing and receiving focused on playing out of the back during a goal kick or when the goalkeeper has possession

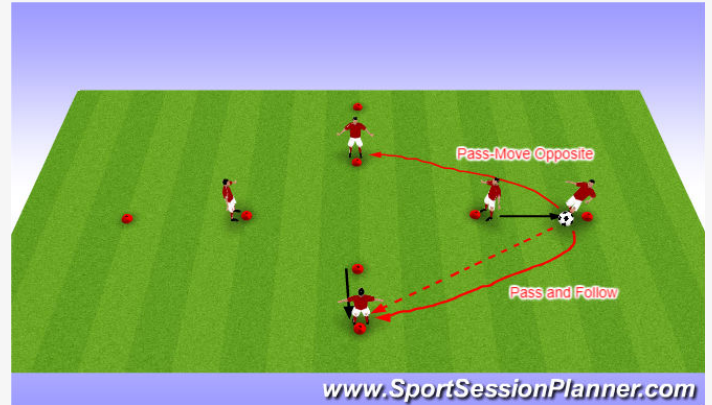
Pass & Receive Diamond (WARMUP) (15 mins)

DESCRIPTION/ORGANIZATION:

- *Pass and follow pass or pass and move opposite - play in both directions
- *As ball is traveling to player you will receive ball from, player fades off cone (defender) with open body shape to receive ball across body
- *Variations: 1-receive IR/pass IL, 2-receive IL/pass IR, 3-one touch R, 4-one touch L, 5-ball always in air: receive out of air with IR and pass while still in air with IL, 6-ball always in air: receive IL and pass IR, 7-ball always in air: one-touch either foot

COACHING POINTS:

- *Firmly hit and accurate passes that are smooth on the ground and to the proper foot
- *Open body shape and receive across body - fading off cone/defender in support of ball
- *Speed of play- receive with inside of one foot and quickly pass with inside opposite
- *Timing of run to fade off defender as teammate receives ball
- *Peeking to see both player you are receiving the ball from and will pass to as you fade



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



7v3 to Target (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

- 6 Burgundy Plus GK look to play out of Build Out zone and then score by passing to feet of target
- 3 White/Numbers Down Counter to Full Size Goal

COACHING POINTS:

- *Review build-out line rules for attack and defense
- *Introduce playing shape on goal kicks / goalkeeper possession
- *Recognizing when to roll ball to short option or throw ball to high and wide option
- *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



- *Goalkeeper plays as supporting attacker to help build out
- *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

3v3+1 to Targets (PART) (15 mins)

DESCRIPTION/ORGANIZATION:

3v3+1 to Targets (4/5/6 and 8-10 as neutral), 20-25 yards wide, 30-35 yards long

Neutral represents #8 or #10, 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

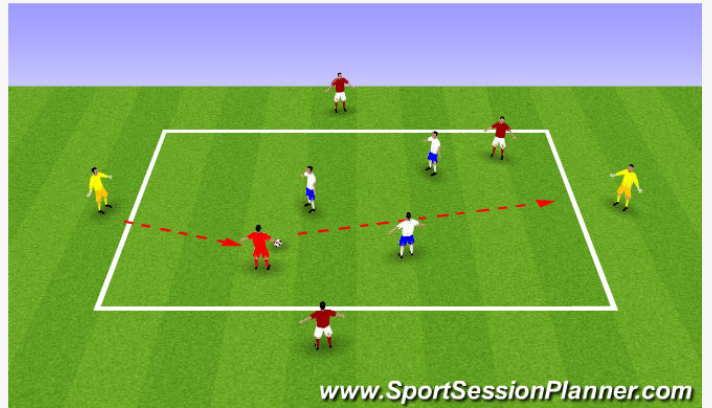
Ball played to target must pass through field of play

Variation: Play 4v4+1 (4/2/3/6 with 8-10 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



6v4 to Small Goals (WHOLE) (20 mins)

DESCRIPTION/ORGANIZATION:

5 BurgundyPlus GK look to play out of Build Out zone and then Score on 3 Small Goals

4 White/Numbers Down Counter to Full Size Goal

Variations:

*Add #9 to team building out of back with corresponding additions to numbers down team

COACHING POINTS:

- *Recognizing when to roll ball to short option or throw ball to high and wide option
- *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
- *Goalkeeper plays as supporting attacker to help build out
- *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

