



# U11-U12 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 U11-U12 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 8-10 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

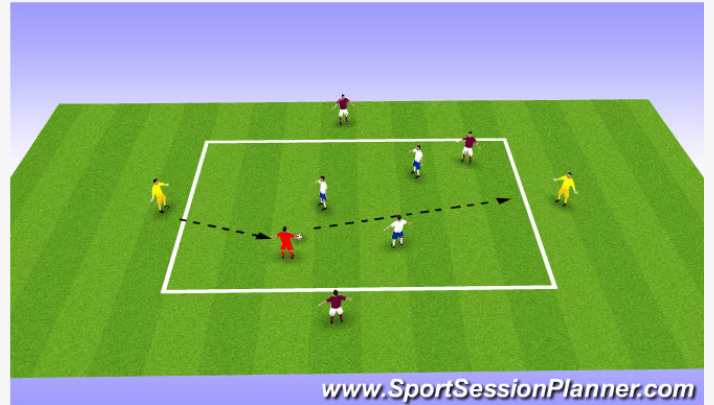
\*Open body shape at all times to be able to see ball and target you score to

\*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



### 8v5 Functional Possession

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

8v5 Functional Possession

Numbers down/white team may send 1 player in to defend 4/2/3

One outside back pushes up and wide while other backs split like center backs

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)

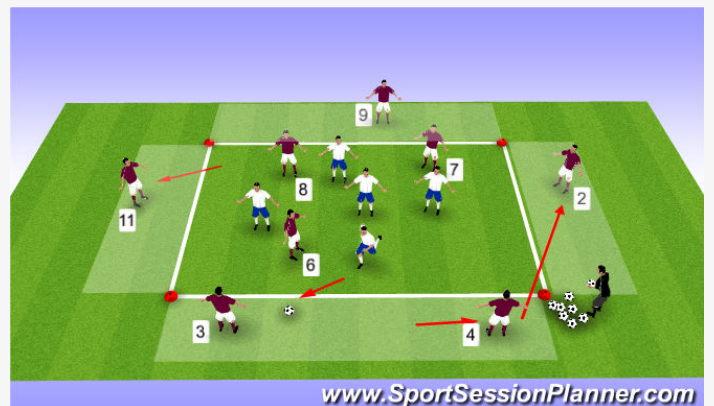
#### **COACHING POINTS:**

\*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



## 7v4 Functional Possession

### DESCRIPTION/ORGANIZATION:

7v4 Functional Possession

#4 and #2 or #3 must remain outside of field when team is in possession with the other outside back pushing up and into the field of play- 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:

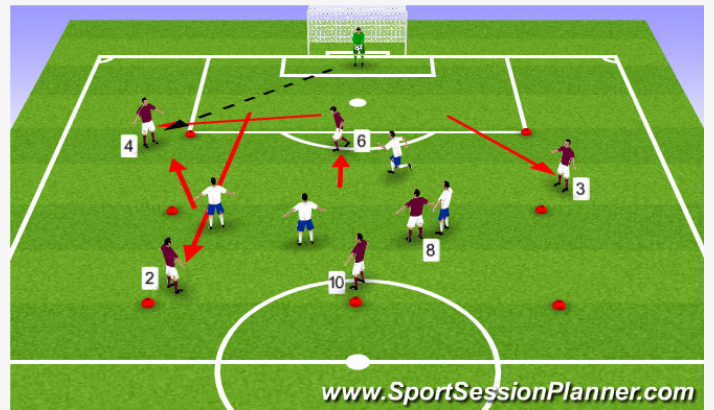
\*Open body shape to be able to see both the player on the ball and other passing options/defenders

\*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



## 8v4 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

