



04/U14 - Possession to Advance - Creation/use of space

Category: Tactical: Playing out from the back
Difficulty: Moderate

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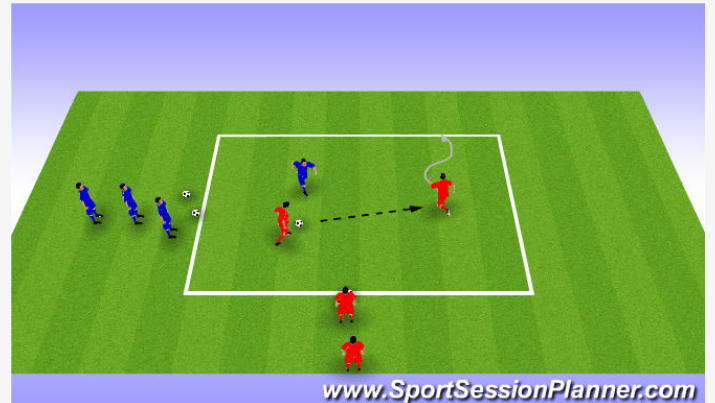
2v1 transition (5 mins)

DESCRIPTION/ORGANIZATION:

Red team has ball 2v1 to end line opposite them.
Blue team try to win ball and dribble out of area on any side.
If blue team does this, they become team with 2 players vs 1 red going to line opposite their players.
If either team scores while they have 2, next red comes on. Player who did not score the point for red stays on to create 2v1.
Defender stays on until they win the ball.

COACHING POINTS:

3 ways to win



5v5 +6 end zone 4 goal game (20 mins)

DESCRIPTION/ORGANIZATION:

Coach plays ball to team numbers up in defensive end zone
6v6 in middle zone
Score 1 point if hit target
2 points for goal scored in small goals
*Progression - 2 touch max in middle zone - free kick to opposition if more than 2 touches taken
*Progression 2 - 1 Midfielder from each team can drop into defensive zone to create 3v2

COACHING POINTS:

Defenders starting with ball picking right moment to play into middle zone. Support underneath
Defenders split in preparation for receiving ball (like when playing out from back)



Unopposed pattern - Playing Out back (10 mins)

DESCRIPTION/ORGANIZATION:

Unopposed patterns. Aiming to get to #9. Ball always starts with Keeper

COACHING POINTS:

If 6 gets it, find way to play forwards.
Movement of 8 based on 6
Decision from Keeper



7v4 Pattern - Playing out from Back (10 mins)

DESCRIPTION/ORGANIZATION:

7v4 (same idea as previous part), get ball to #9. Ball always starts with keeper.

*Progression, add defenders making 7v5 and maybe 7v6

COACHING POINTS:

Keeper decision based on the defending group.



8v8 +GK's Scrimmage (20 mins)

DESCRIPTION/ORGANIZATION:

Final game. Keepers can not punt ball.

COACHING POINTS:

