



DTC Week 1 :: Building Out of the Back

Category: Tactical: Playing out from the back

Difficulty: Beginner

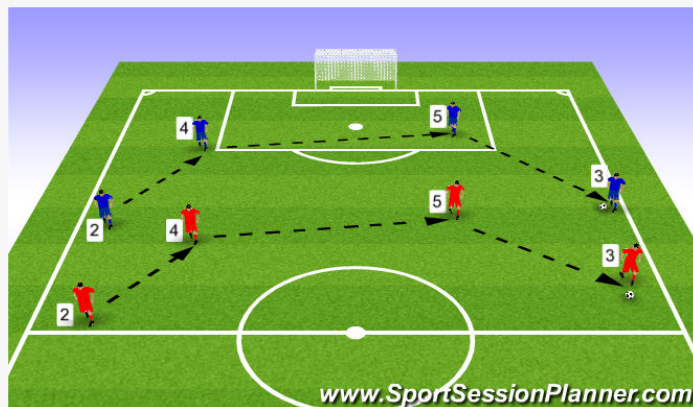
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Windshield Wiper Stage 1 (10 mins)

Stage 1 - 'Windshield Wiper'

Using the 'back four' without pressure, players should work the ball from left to right and back again shifting slightly as the ball travels across the field. Players in their most comfortable positions to ensure activity translates into match.

- Create multiple lines of 4 players
- Correct weight of pass
- Players should look to take 2,3 touches to keep tempo high
- Communication
- Receive ball across body to help open up the field



Windshield Wiper Stage 2 (10 mins)

Stage 2 - 'Windshield Wiper'

Add #6 holding midfielder

- Change up passing sequences (give players some freedom)
- Make sure #6 is half turned & on opposite side of the field as the defender with the ball
- #6 clever movement i.e. check in, check out / check out, check in
- #6 change of pace with movements / runs
- #6 timing of movements / runs



Windshield Wiper Stage 3 (10 mins)

Stage 3 - 'Windshield Wiper'

Add #1 goalkeeper

- Change up passing sequences (give players some freedom)



Windshield Wiper Stage 4 (30 mins)

Stage 4 - 'Windshield Wiper'

Add a #9 forward.

Add pressure, targets and points!

Blue tries to score by dribbling through 'gates' or passing through to #9.

Red defends Blue and if they win the ball they go to goal to score.

Red have 6 seconds to try and score if they win the ball (help Blue retain possession)

- Start with limited opponents (promote success)
- Move to more pressure if players are too comfortable
- #9 must shift to the ball side of the field so they are available for a forward pass
- Blue players try to go forward first. If not - MAINTAIN POSSESSION!



7v7 Game (50 mins)

Game

7v7

2-3-1 formation

Match conditions

