



Playing Out of the Back

Date: Aug 24, 2024

Duration: 90 MIN

Team: U14 Cambridge Youth Soccer

Intensity: ● (1/10)



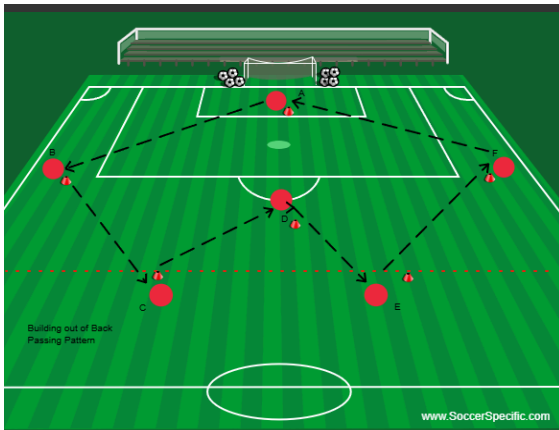
1

Setup: PLAY 1 / 1v1-4v4

Small sided game in an appropriately sized space using soccer regulation rules.

Instructions: As players arrive they enter into a pick up soccer game. This may begin as 1v1, and gradually move into variations like 2v1, 2v2, 3v2, etc..Game should not go beyond 4v4 at this stage.

Coaching Points: In this phase of training (Stage 1) players are arriving and coach is integrating players into a small sided game with variations mentioned above. Game should not be bigger than 4v4. Begin to lightly introduce basic tactical ideas for day's topic of pressure, cover, and balance.



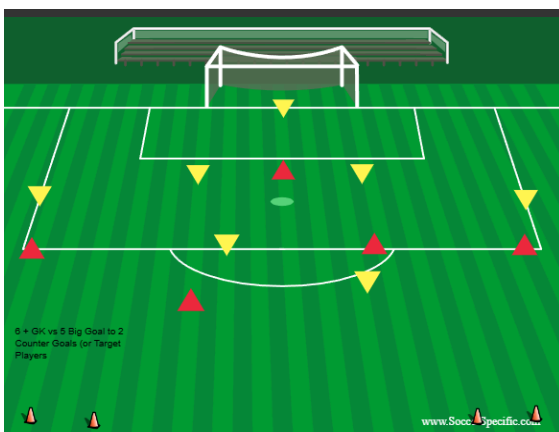
2

Setup: BUILDING OUT OF THE BACK PASSING PATTERN

Set up a passing pattern with 6 cones as shown in diagram. Place 2-3 players at each cone.

Instructions: Players always follow their pass. Player A plays to player B. Player B plays to player C. Player C then plays to player D who plays to player E. Player E play to player F who plays to player A. The pattern then restarts. Coach can add a second ball, play from opposite side, and change pattern to add variation.

Coaching Points: Coach passing and receiving technique! Ask players to play 1-2 touch when possible. Demand execution with game speed. Players should check to ball and not wait for it at cone.



3

Setup: 6 + GK vs 5 BIG GOAL TO 2 COUNTER GOALS OR TARGET PLAYERS (ATTACKING)

Half field 2 three yard counter goals on left and right sides of field at midfield or slightly inside midfield depending on your assessment of which size of space is appropriate.

Instructions: The 7 Yellow players: 1 GK, 4 defenders and 2 midfielders against 5 Red players: 1 midfielder, 2 wingers and 2 strikers. Yellow team scores by passing into one of two counter goals.

Red scores in the regular goal. All Laws of the game in effect. If the Red team scores, the Yellow

team gets a goal-kick to restart the game. Rotate players every interval.

Coaching Points: Attacking: Players circulate the ball with the purpose of creating space, numerical advantages, and shooting opportunities. Are players dribbling when a pass is on? Are players providing good support? How is technique? Are players not recognizing scoring opportunities (i.e shots)? This exercise will provide opportunities to improve these areas.



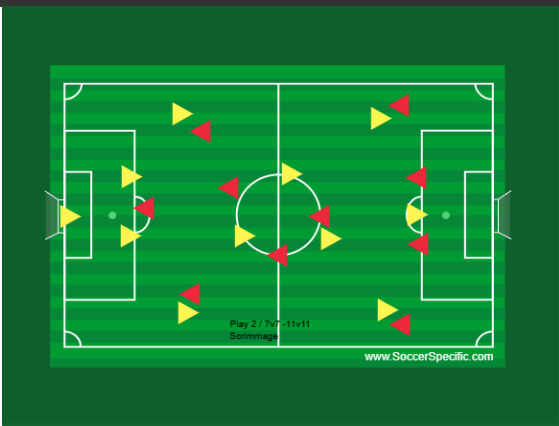
Playing Out of the Back

Date: **Aug 24, 2024**

Duration: **90 MIN**

Team: **U14 Cambridge Youth Soccer**

Intensity: ● (1/10)



Setup: PLAY 2 / 7v7 -11v11 SCRIMMAGE

2 even teams in an appropriately sized field using regulation soccer rules.

Instructions: Scrimmage that resembles as closely as possible the gameday conditions.

Coaching Points: Allow players to play without stoppage. Limit coaching to "coaching in the flow" as you would in a gameday environment.

