



Playing up back through

Category: Tactical: Penetration

Difficulty: Moderate

Continental Football Club, Coatesville, United States of America

Individual-Adult Member

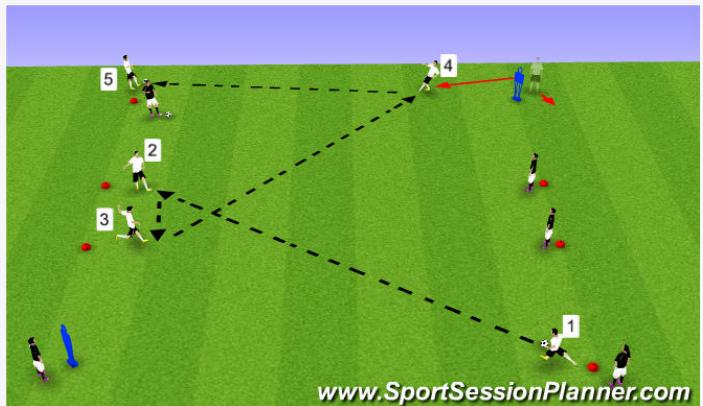
Positive passing Technical

Set Up - Set up as shown, distances between cones varies depending on age/ability

Instruction - Player 1 passes to player 2, player 2 lays ball off to player 3, player 3 passes to player 4 (player 4 shows outside and then receives pass inside the mannequin as shown), player 4 passes to player 5. Everybody follows their pass. Players in black would do exactly the same thing going in opposite direction.

Progression - Player 1 passes to player 2 put player 3 shows for pass and lets ball run by him/through his legs, player 2 lays ball off to player 3, player 3 passes to player 4 on outside of mannequin and makes supporting run to enable players 3 & 4 to play wall pass around mannequin, player 4 passes to player 5.

Coaching Points - Accuracy & weight of pass depending on distance ball has to travel. Awareness of support angle/distance. Consistency of information given to team-mates



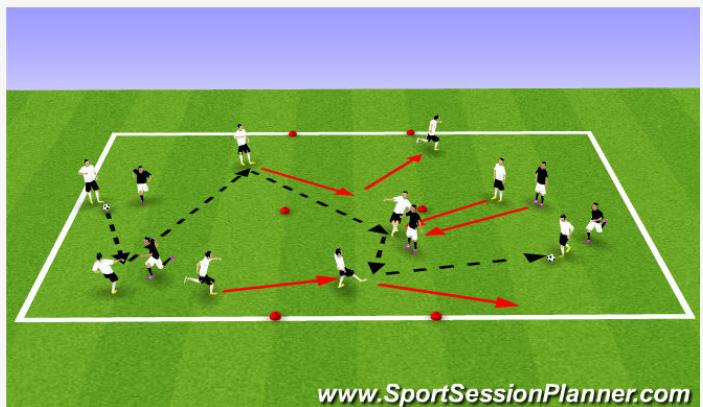
Playing up back and through

Set Up - Three zones as shown, end zones approx 16 x 20 with middle zone 10 x 20.

Instruction - 4 v 2 in end zone and 2 v 2 in opposite end zone to start, 0 players in middle zone. White team must connect minimum of 3 passes and play pass into middle zone to one of their players checking to the ball and send two supporting players as shown. Defender must follow checking player into middle zone which creates 3 v 1. Team in white then looks to connect pass with team-mate in end zone (no minimum of passes to get from middle to end zones) and follow ball in to support to create a 4 v 2 again. Activity continues going other direction. Point for every time team plays from on end zone to other as instructed.

Progressions - Limit touches, limit time forward can be in middle zone.

Coaching points - Speed of play, move ball quickly with limited touches/time in possession. Movement off the ball, travel as the ball travels, good support angle/distance. Have good awareness of space/team-mates/opposition and ensure consistent information is being given (time, man on, turn etc)



8v8 Game With Target player (30 mins)

Set Up

8V8 for U12 - U18, put forward in shaded area that only they can be in to link up with midfield

6v6 nothing bigger for U12 and below.

Instruction

Normal game except that each team has a target player to link up with to create up, back and forward moments. Do not have to use the target player to scores. Coach within the flow of the game, take forward target player area away and play 8 v 8 to finish.

Pogression:

Limit players to two or three touches

Coaching Points -

Emphasize the theme of the day before the scrimmage starts. Try to use natural stoppages in the game to coach. However if the scrimmage is not getting the desired learning moments use the stop / create method.

