

Game Training Phase Model Sessions

Playing out from the back Model Session 1

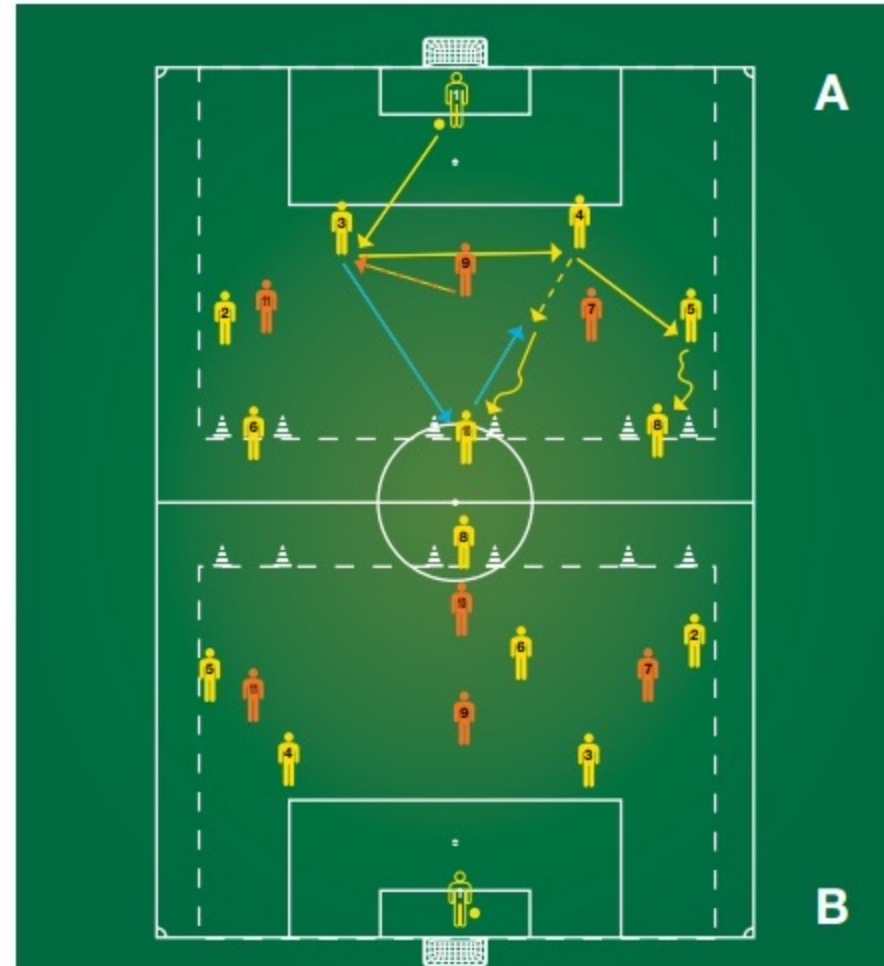
3. Game training component:

Yellow defence (#1-2-3-4-5) playing out from the back against orange attack (#7-9-11)

- Goalkeeper (yellow #1) starts by serving the ball to one of the defenders
- The objective for the yellow defenders (#2, #3, #4, #5) is to dribble the ball through one of the three gates (see yellow lines in diagram A)
- Yellow team can also use #6, 8 and 10 as bouncers (see blue lines in diagram A)
- If orange wins the ball, attack the goal and try to score (one attempt only)
if orange loses the ball, the action has ended
- Every restart is from yellow goalkeeper

Progression (see diagram B):

- Yellow #6 comes in as a player to help the yellow achieve their objective
- Yellow #10 joins the **orange** team as a direct opponent of yellow #6 in the field
- This leaves yellow #8 as the only 'bouncer'

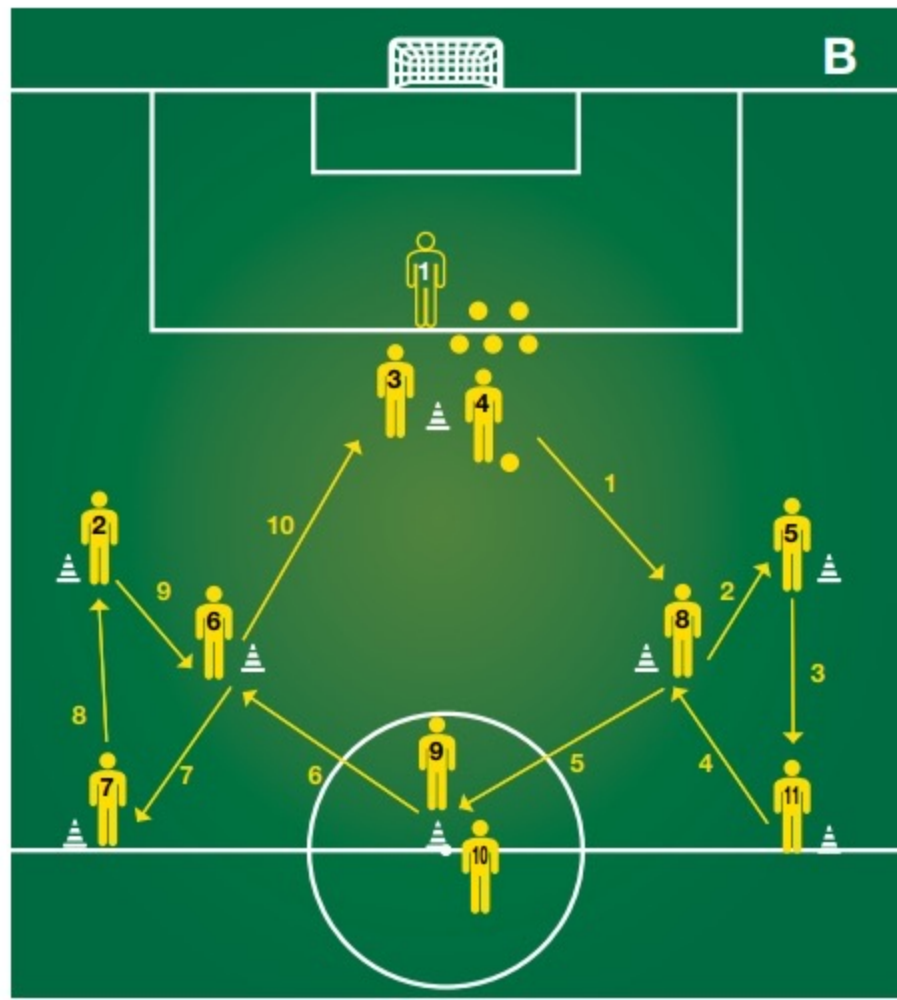


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- "Here is another variation" (see diagram B)
- "Now just improvise but use a logical order and every player must touch the ball"

Progression:

- A 2nd ball can be introduced when the first ball reaches the #9 position.



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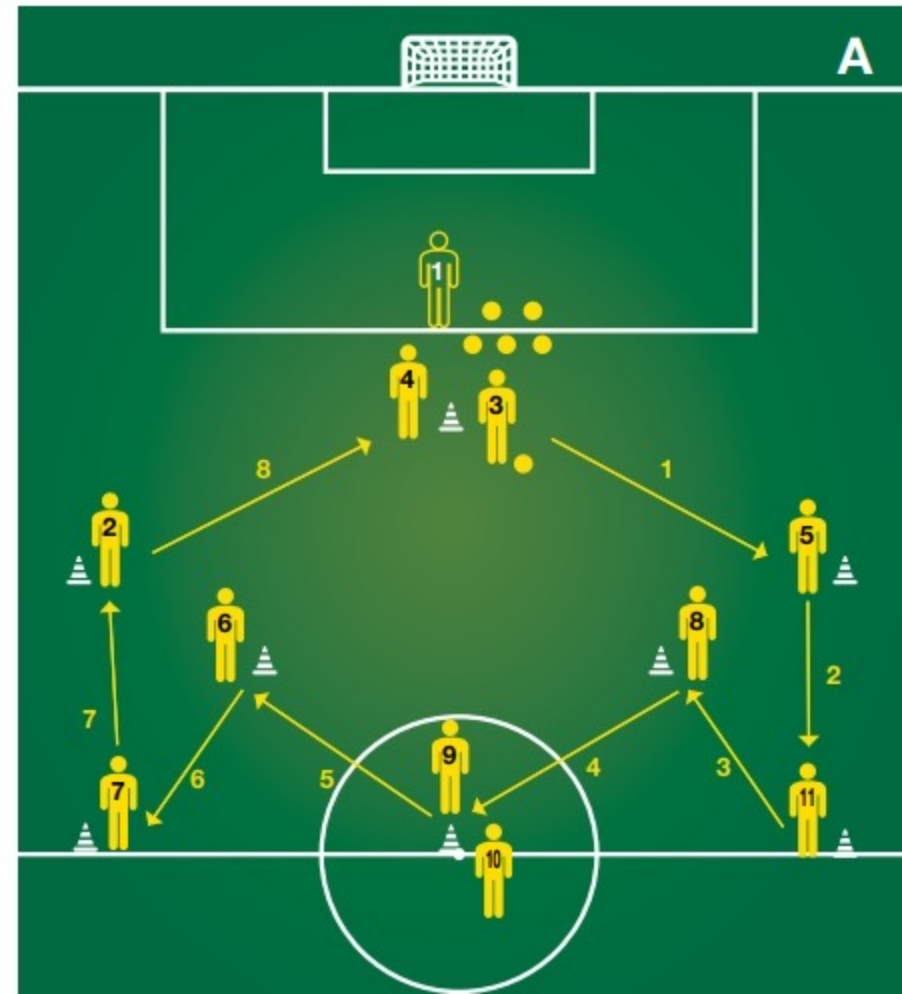
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1. Warm-up: passing exercise

- Players in game positions #2; 3/4; 5; 6; 7; 8; 9/10; 11 as shown in diagram A
- If the number of players allows/requires: a similar organisation on the other half of the pitch
- Players #3 & #4 as well as the goalkeeper(s) at the starting position
- The players pass the ball around in a 'logical' sequence (1-8)

Possible Coaches Remarks:

- "Follow your pass to the next position"
- "Pass precision and ball speed"
- "Now we go in the opposite direction" (to the right)
- "Gradually increase your running speed"



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- Now the orange team in prescribed positions (see diagram)

Steps up or down:

- Make grids bigger/smaller
- Free/limited touches
- Stop-start change of grids/'flying' change of grids
- #9 must pass the ball back in to the hands of #1

Remark:

- Position the grids in 'game realistic' areas of the field (see diagram)



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2. Positioning game: 7 v 4

- 2 grids of approximately 30m x 30m (A & C) separated by a grid of 10m x 30m (B)
- 2 groups of 4 outfield players
- Yellow consisting of the players #2-3-4-5
- Orange consisting of the players #7-8-10-11
- #9 and #6 are neutral players who always play with the team in possession; #9 in grid B; #6 in the grid where the positioning game takes place (see diagram)
- 2 goalkeepers positioned on each back line
- Players #3-4-6 as much as possible in their game positions with #2 and #5 positioned on the edge of the grid
- #1 yellow starts the game and yellow must try to get the ball to #9 but only #3; 4 or 6 can pass to #9
- If yellow succeeds: start again with #1 yellow
- If orange wins the ball in grid A, they must try to pass to #9 in grid B or their goalkeeper at the far end. All players then cross over to grid B where the game restarts with orange in possession and yellow defending

