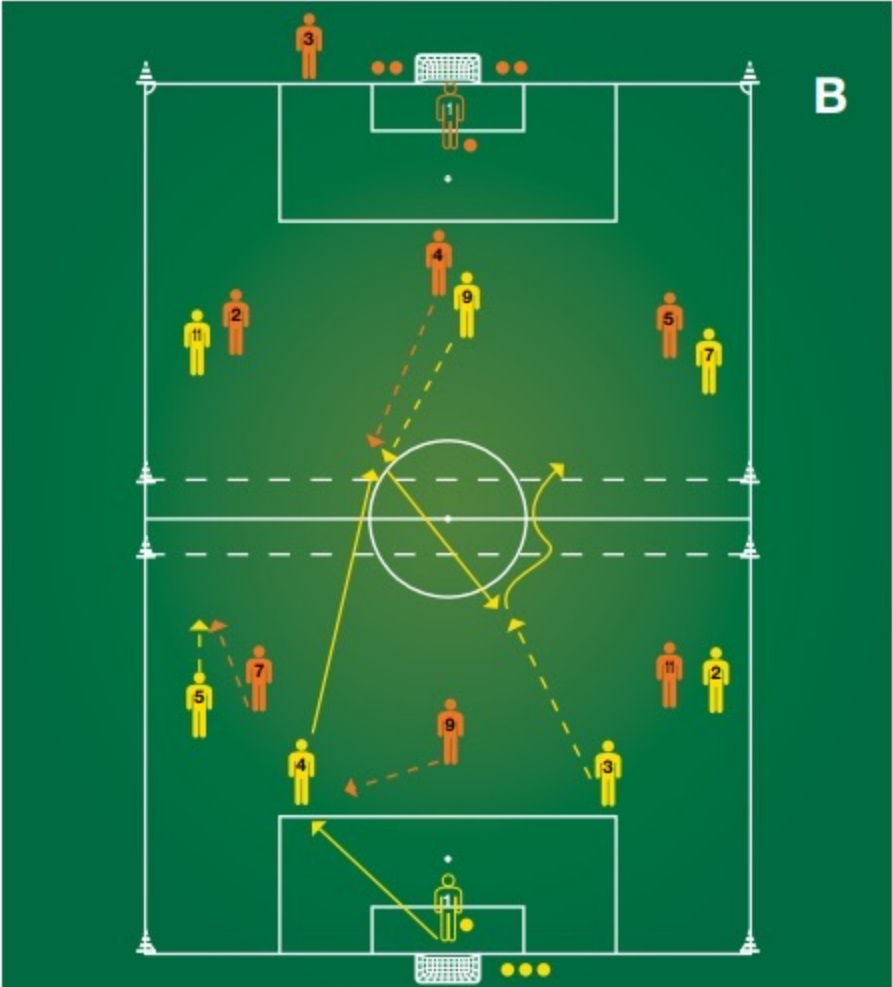


Playing out from the back Model Session 2

Progression:

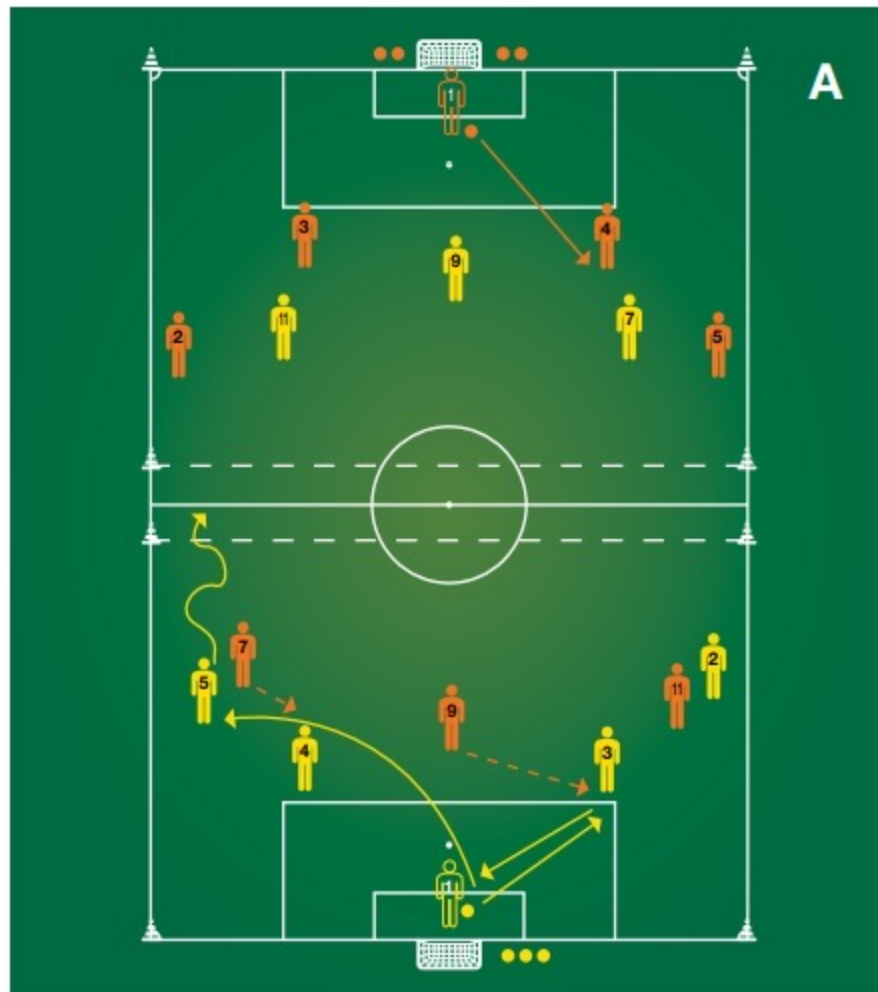
- Now we 'connect' both grids (see diagram B)
- Yellow starts playing out from the back and tries to get one defender across to the other grid
- They can now also use the yellow attackers in the other grid as bouncers (offside applies)
- One orange defender waits next to the goal
- So yellow has a numerical advantage (4 v 3) and tries to score
- If the yellow team loses the ball in their defensive grid, orange can try to score (1 attempt only)
- If yellow loses the ball in the attacking grid, orange play back to their goalkeeper and the action has ended



Playing out from the back Model Session 2

3. Game training component:

- Two teams of 8 players each consisting of a full defence line (#1-2-3-4-5) and attack line (#7-9-11)
- 2 grids approximately the width of a full pitch and 45m long as shown in diagram A
- In both grids the defenders of one team play against the attackers of the other team
- The goalkeepers start by serving the ball to one of the defenders (enough balls next to both goals)
- "Get the ball to the 'free' player who must run with the ball across the end line"
- If the attackers win the ball, attack the goal and try to score (one attempt only). If the defenders win the ball back, the action has ended
- Every restart from the goalkeeper



Game Training Phase Model Sessions

Playing out from the back Model Session 2

1. Warm-up: passing exercise

- Players in game positions as shown in diagram A
- The passing sequence starts with the two goalkeepers (can be simultaneous): one to the right side; the other to the left side
- The players pass the ball in a 'logical' order (1-7) while staying in their positions
- "Pass precision and ball speed"
- "Now follow your pass to the next position" (NB: #10 goes to position #3/4)
- "Gradually increase your running speed"



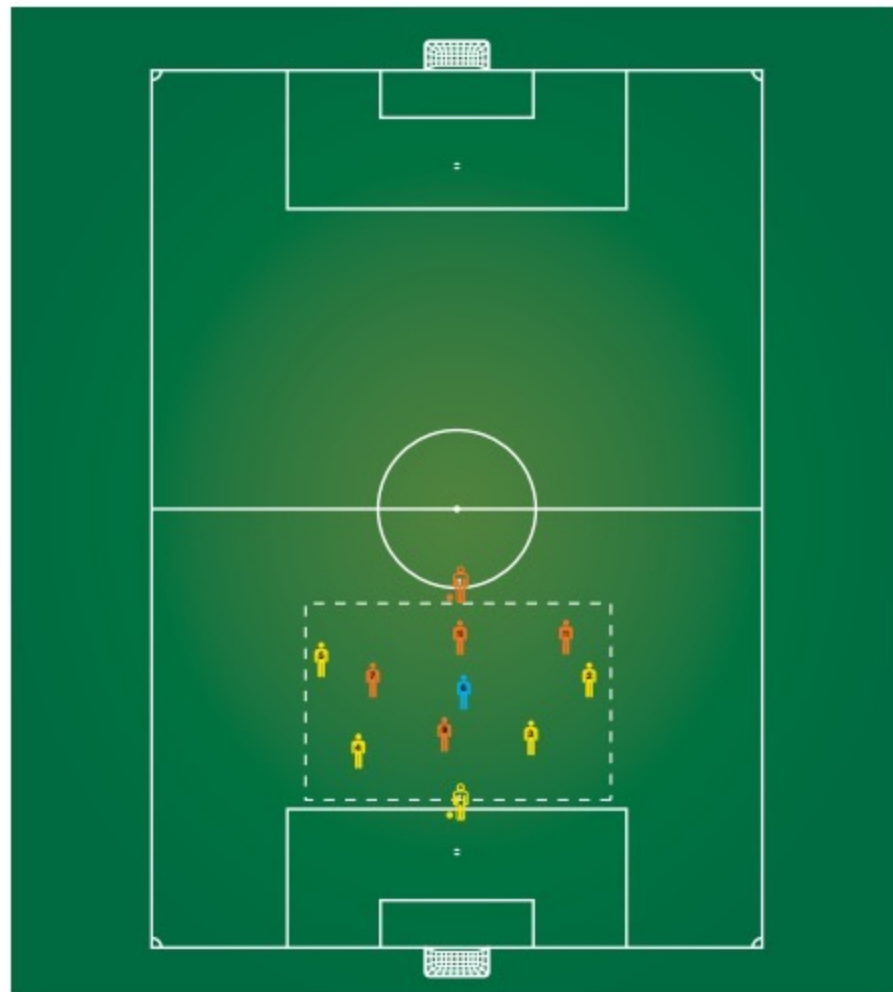
Playing out from the back Model Session 2

Steps up or down:

- Make grid bigger/smaller
- Free/limited touches
- Free/minimum number of passes before you can pass to #1
- 1 point for every successful pass from goalkeeper to goalkeeper

Remark:

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

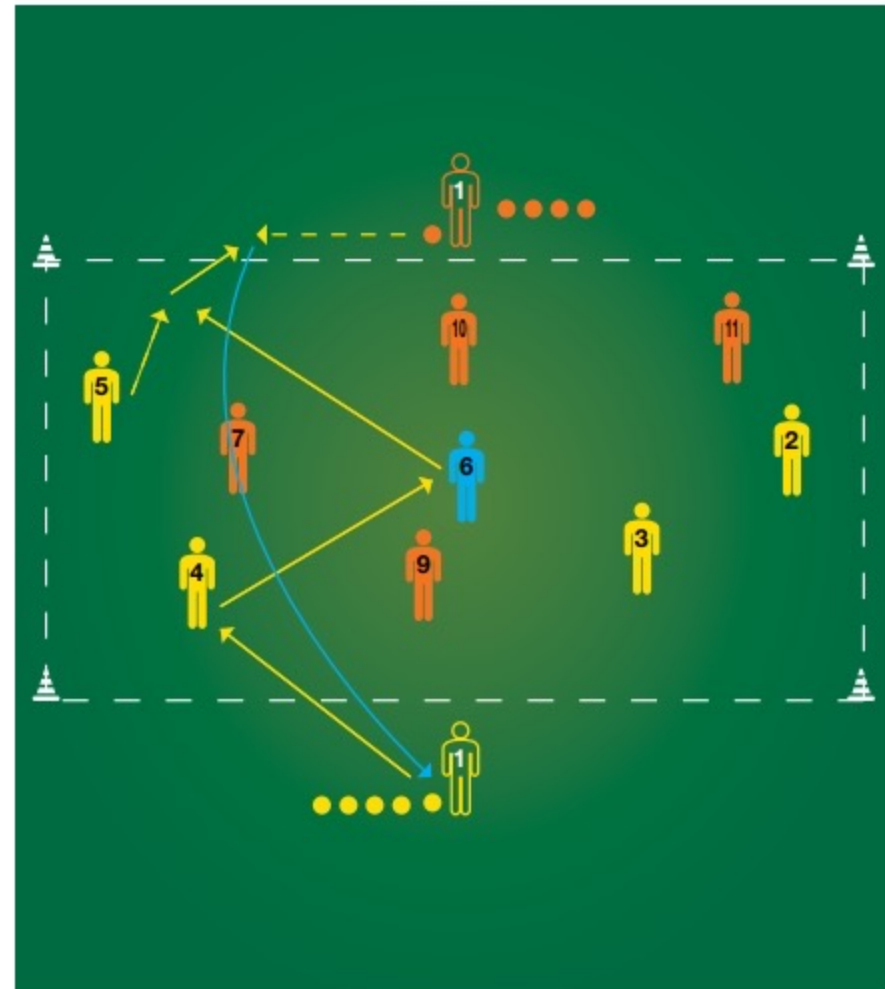


Game Training Phase Model Sessions

Playing out from the back Model Session 2

2. Positioning game: 5 v 4 + 2 (7 v 4)

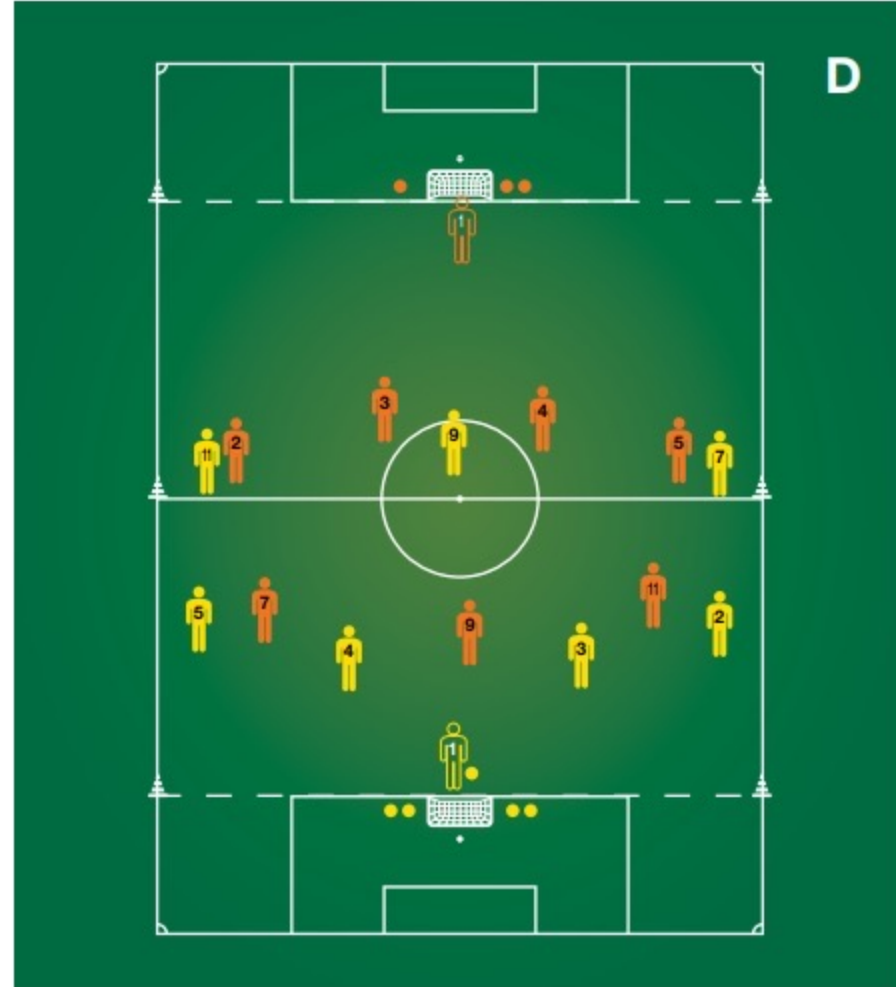
- A grid of approximately 40m wide x 30m long
- 2 groups of 4 outfield players (orange + yellow)
- Yellow consisting of the players #2-3-4-5
- Orange consisting of the players #7-9-10-11
- #6 is a neutral player who always plays with the team in possession
- The 2 goalkeepers are neutral players who always play with the team in possession and are positioned just behind each back line
- The players as far as the game allows in 'logical' positions
- Yellow #1 starts the game for the yellow team, who must try to pass the ball to orange #1 on the opposite side (see diagram)
- If they succeed, orange #1 must now pass the ball across the grid back to yellow #1 on the opposite side, who must catch the ball and start again
- If orange wins the ball, they must try to pass the ball to orange #1 who restarts the game with orange in possession and yellow defending



Playing out from the back Model Session 2

4. Training Game: 8 v 8

- Formation of both teams 1-4-3
- All players can move across the whole field
- Normal rules, offside applies
- Pitch size depends on player's ability (see diagram D)



Playing out from the back Model Session 2

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

