

PLAYING OUT FROM THE BACK

AGE PHASE: U8-U11

LEVEL

- U8-U11

PRINCIPLES OF PLAY

- Positioning between and behind opposition lines
- Finding the free player
- Generating superiorities (2v1 and 4v2)

PART 1: UNOPPOSED TECHNICAL WARM-UP

- This practice is an unopposed technical warm-up, laying down the foundations of playing out from the back.
- The practice sees a group of 14 players split into two groups of seven.

PART 2: 2v2 +3 POSSESSION GAME

- This practice builds upon Part 1 by applying the build-up patterns to a possession game.
- The practice sees a group of seven players split into two teams of two and three neutral players.

PART 3: 2+GK VS 2+GK +1 CONDITIONED GAME

- This is a small-sided game in which there are conditions to apply the concepts from Part 1 and Part 2 in a game situation.
- The practice requires a group of seven players split into two teams of two plus a goalkeeper, and one neutral player.

KEY

.....→
Ball movement

-----→
Player movement
without the ball

————→
Player movement
with the ball



Players



Cones



Flat marker



Cones with
flat marker



Goal



Mini-goal



Mannequin



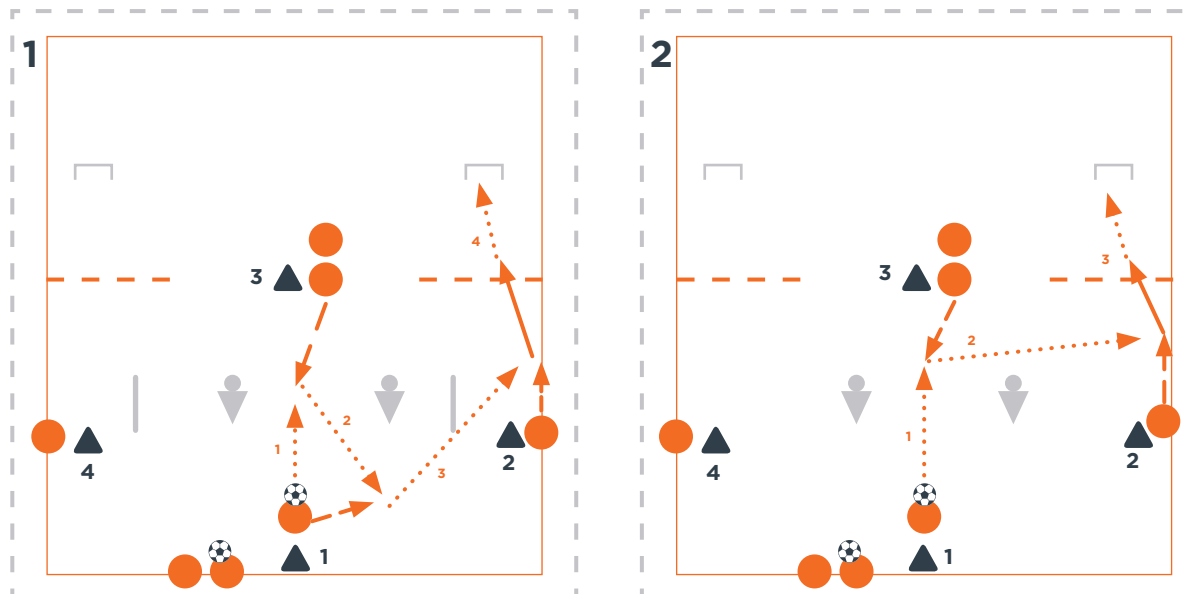
Pole



Football

FUNCTION

- This unopposed technical warm-up begins as pictured in **Diagram 1**.
- The ball begins with a player at **Cone 1**. As they touch the ball out of their feet, one of the players at **Cone 3** drops to receive (**Pass 1**) and sets the ball with one touch (**Pass 2**) on an angle back to the original player at **Cone 1**, who has moved to receive.
- This player receives with the back foot to quickly play towards a third player – who is moving forward from **Cone 2** – between the pole and the cone within **2 touches (Pass 3)**.
- The player at **Cone 2** receives with the back foot, with the aim of crossing the dashed orange line with the ball under control before finishing in the small goal (**Pass 4**).
- **Diagram 2** shows a variation where the ball is played into a player at **Cone 3** (**Pass 1**), who moves to receive behind the mannequins with a side-on body shape.
- As the ball is travelling to the player at **Cone 3**, the player at **Cone 2** begins to move forward to receive the pass outside (**Pass 2**).
- This player again receives with the back foot, to collect on the run and cross the dotted orange line before finishing in the small goal (**Pass 3**).
- In both sequences, the players will rotate from **Cone 1** to **Cone 2** to **Cone 3**.
- The practice can extend to playing the ball out in the same way before working it to a player at **Cone 4** to finish in the small goal on the opposite side.



COACHING DETAIL: TECHNICAL

TIMING OF MOVEMENTS

- The players positioned on Cone 3 will 'unmark' themselves by initiating their movements in the opposite direction of where they would like to receive the ball. Players should use two or three steps to create appropriate space and move towards the ball as the player on the ball takes a touch out of their feet and lifts their head. This visual connection is important.
- The players at Cone 2 in Diagram 1 will move towards the player at Cone 1 as the ball is being set backwards. As the player at Cone 1 takes their first touch, they will quickly initiate their movement forward to receive between the cone and pole, in order to receive a forward pass. Pointing with the arm forward can help the ball-carrier know where the player at Cone 2 wants to receive the ball.
- In Diagram 2, players at Cone 2 will move towards the player at Cone 1 as they take their first touch out of their feet. As the ball travels into the player at Cone 3, the player at Cone 2 will quickly accelerate in order to receive a pass outside and behind the mannequin line.

WEIGHT AND ACCURACY OF PASS

- It is important that all passes are kept on the ground to allow the receivers to have the best opportunity to complete the next play.
- When playing to a teammate's feet, a stronger weight of pass can be used towards the foot furthest from pressure.
- When passing into space towards a teammate's movement, players should prioritise accuracy over power.

RECEIVING WITH A SIDE-ON BODY SHAPE

- When receiving and passing with two touches, the player receiving the ball must first move towards the space they want to move into. It is important to receive with the back foot, to remain facing forward and receive away from pressure.

RECEIVING ON THE RUN

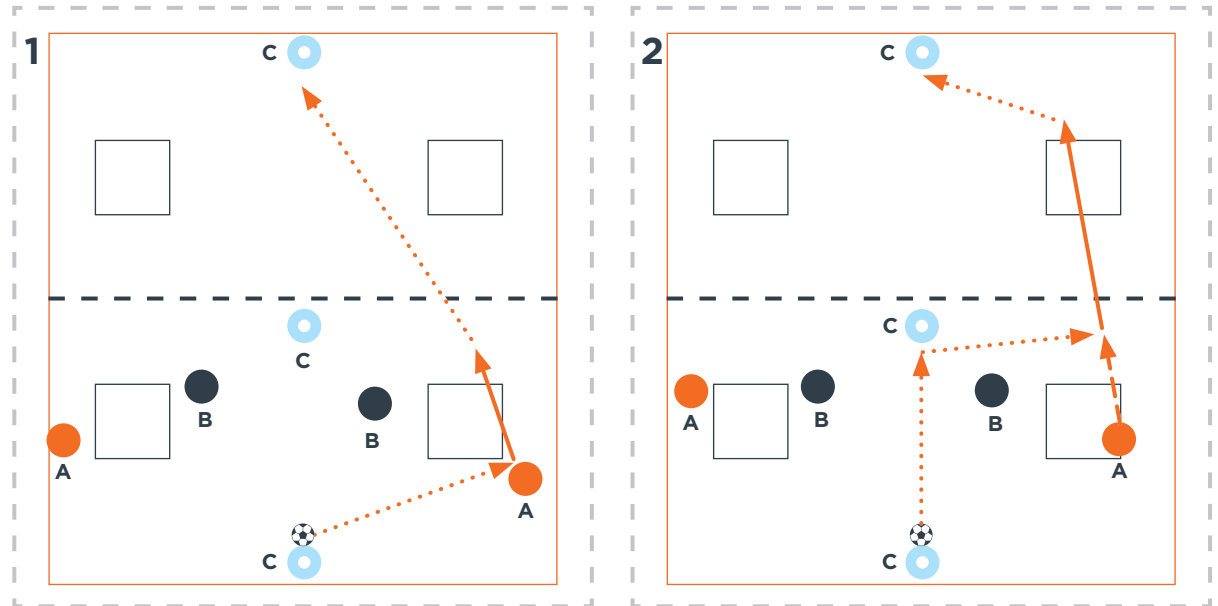
- When receiving on the run, the receiver should move their body in a side-on manner. However, when the ball is approximately **2 metres** away, they should lower their hips for better balance to push the ball towards the space they are moving into.
- That first touch will then ideally be **1 or 2 metres** away from their body, to allow them to maintain their running speed.

2v2 +3 POSSESSION GAME

PLAYING OUT FROM THE BACK

FUNCTION

- This 2v2 +3 possession game builds off the unopposed technical warm-up. Two players on the possession team – here, **Team A** – combine with three neutral players (**C**) to retain possession against two defenders from **Team B**.
- The two neutral players (**C**) at either end will position themselves just inside the game space, close to the end lines. The middle neutral player (**C**) will prioritise central positions.
- The scoring rules are: **1) Earn 1 goal** by connecting **8 passes**. **2) Earn 1 goal** by running with the ball through one of four small boxes and connecting a pass with a teammate or neutral player (as in **Diagram 1**). **3) Earn 2 goals** by connecting **8 passes** and running with the ball through one of the boxes and connecting a pass in the same sequence.
- If the ball goes out of bounds, a new ball will begin with one of the neutral players in depth to initiate the game.
- There are no touch restrictions.



COACHING DETAIL: IN POSSESSION

WIDTH AND DEPTH

- When in possession, both players should provide width, with their heels on the touchline; the neutral players provide the depth. This positioning will create a 4v2 scenario.
- The boxes will aid the players in their positioning by giving them an incentive to position away from the ball.
- The central neutral player will prioritise positioning between the two defenders to be an option to receive behind defensive pressure, while also creating space wide for teammates.

2v1s

- Once initial positioning is established, the ball-carrier can use the lack of touch restriction to drive with the ball towards one defender. This will force the defender to commit, at which point the player can pass to a free teammate.
- The receiver should look to maintain a position one step behind the pressuring defender and wide enough where the defender cannot intercept a pass.
- Positioning one step behind the pressuring defender will allow the receiver to have a greater advantage after taking their first touch.

FIRST TOUCH

- Linking the concepts from the first activity, receive when possible with the furthest foot away from pressure, taking a first touch into free, preferably forward, spaces.

FREE PLAYER

- When circulating the ball, the most dangerous pass is the one that eliminates both defenders. This could be a split pass to the neutral player, or a wide pass towards the free teammate behind the opposition pressure lines.
- Alternate short and long passes to invite the defenders to leave their positions, creating advantages behind their line of pressure.

COACHING DETAIL: OFFENSIVE TRANSITION

- Once possession is recovered, the previously defending team should utilise the deeper neutral players to give them time to re-establish their own positioning and recreate the 4v2 scenario.

COACHING DETAIL: MANAGING THE OPPOSITION

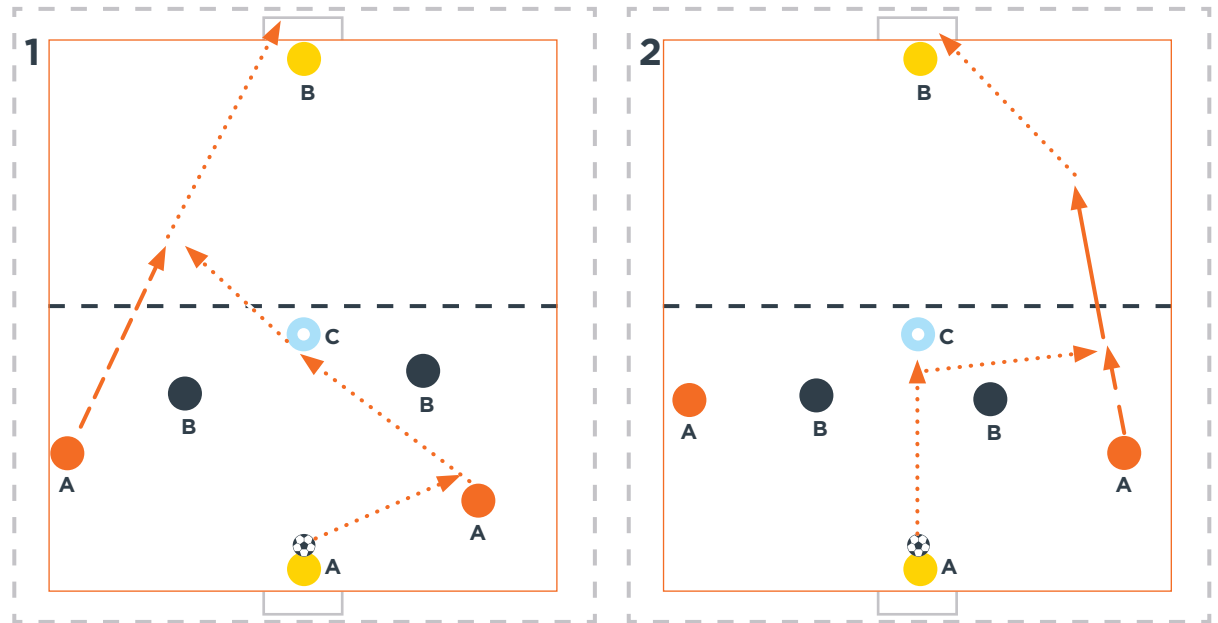
- Encourage collective defending, denying central passes between teammates.
- Apply aggressive pressure after the first pass.
- When possession is lost, apply a quick counter-press to try and recover the ball within the first two passes. If this isn't possible, establish zonal defending.

2+GK VS 2+GK +1 CONDITIONED GAME

PLAYING OUT FROM THE BACK

FUNCTION

- This 2+GK vs 2+GK +1 conditioned game builds off the 2v2 +3 possession game in the previous practice.
- Two teams of two players plus a goalkeeper play against each other, with a single neutral player (**C**) playing for whichever team is in possession.
- The game features three conditions in order to apply the technical and tactical concepts learned in the previous exercises.
- **1)** Before scoring a goal, the team in possession – here, **Team A** – must complete **2 passes** in their defensive half.
- **2)** Once in the attacking half, the team has **6 seconds** to score a goal.
- **3)** If the defending team – here, **Team B** – recovers the ball in their attacking half, they also have **6 seconds** to score a goal.
- After a goal is scored or the ball goes out of bounds, a new ball will begin with the opposite goalkeeper.
- There are no touch restrictions.



COACHING DETAIL: IN POSSESSION

WIDTH AND DEPTH

- When in possession, both players should provide width, with their heels on the touchline. The goalkeeper provides the depth. This positioning will create a 4v2 scenario against the defenders.
- The central neutral player will prioritise positioning between the two defenders, offering as an option to receive behind defensive pressure while also creating space wide for teammates.

2v1s

- Once initial positioning is established, the players in wide areas should use the no-touch restriction to drive with the ball towards one defender. This will force the defender to commit, allowing the ball-carrier to pass to a free teammate.
- The receiver should look to maintain a position one step behind the pressuring defender, and wide enough where the defender cannot intercept a pass.
- Positioning one step behind the pressuring defender will allow the receiver to have a greater advantage after taking their first touch.

FIRST TOUCH

- Linking the concepts from the first activity, receive when possible with the furthest foot away from pressure and take a first touch into free, preferably forward, spaces.
- Utilise small touches in tight spaces and longer touches in open spaces.

FREE PLAYER

- When circulating the ball, the most dangerous pass is the one that eliminates both defenders. This could be a split pass to the neutral player, or a wide pass towards the free teammate behind the opposition pressure lines.
- Alternate short and long passes to invite defenders to leave their positions, thus creating advantages behind their line of pressure.

COACHING DETAIL: OFFENSIVE TRANSITION

- Once possession is recovered in the defensive half, use the goalkeeper to allow time to re-establish positioning to recreate the 4v2 scenario.
- In the attacking half, quickly secure possession with a pass or dribble. The mindset should then be to score quickly.

COACHING DETAIL: MANAGING THE OPPOSITION

- Encourage collective defending, denying central passes between teammates.
- Apply aggressive pressure after the first pass.
- When possession is lost, apply a quick counter-press to try and recover the ball within the first two passes. If this is not possible, establish zonal defending.