



# COACHING SIDES TO PLAY OUT FROM THE BACK

- INCLUDING COACHING SESSIONS
- TACTICAL ANALYSIS
- SYSTEM ANALYSIS
- INDIVIDUAL PRACTICES
- TEAM PRACTICES
- TACTICAL DETAILS
- TECHNICAL DETAILS

# COACHING SIDES TO PLAY OUT FROM THE BACK





# COACHING SIDES TO PLAY OUT FROM THE BACK

THEFOOTBALLCOACH

An insight in to the attacking tactics of one of the most famous and successful coaches in world football. This book will help coaches deliver the attacking dominance they need to be successful in coaching.

Copyright © 2022 TheFootballCoach.Net

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law. For permission requests, write to the publisher, addressed “Attention: Permissions Coordinator,” at the address below.

ISBN: Not available at time of publish

Any references to historical events, real people, or real places are used fictitiously. Names, characters, and places are products of the author’s imagination.

Front cover image by TheFootballCoach.  
Book design by TheFootballCoach.

Printed by FootballCoaching, Ltd., in the United Kingdom.

First printing edition 2022.

London,  
United Kingdom  
[www.Thefootballcoach.net](http://www.Thefootballcoach.net)

# Contents

6	Book Expectations
8	A System not a Formation
9	Creating Your System
29	Systems and Solutions
30	Guardiola Build-Up Play
45	3V1 Practices
73	Receiving Practices
89	Wriggle and Roll Practices
102	Purposeful Rondos
125	End to End Practices
143	Larger Practices
179	Build-Up Pictures



For those of you who have been fans of the beautiful game for a long time, changes in football will be something you've seen time and time again. In recent years the change has been around the way in which attacks are started. These days it isn't usually a direct ball that teams look to build attacks from, but from the goalkeeper playing through the opponent.

Playing out from the back or build-up play has become a popular approach to the game, with more and more teams looking to have an increased value on possession of the ball. This means that build-up play has become vitally important and creating strategies to play out from the back has become critical.

This trend in our game has been caused by some of the most influential coaches in world football, from Pep Guardiola and his time at Barcelona, to Swansea City in the Premier League and Ajax in Holland. The influence has now spread throughout the game, with sides looking to encourage the opponent to press and breakthrough the pressure via building out from the back.

This method does come with increased risks and changing demand from players. Players are now required to be more comfortable with possession of the ball in all positions. This technical demand is not the only increased demand created by this type of play. The defensive players must be more tactically aware of the opponent's press, the opponent's vulnerabilities and the tactical opportunities within the game.

However, there must be a clear plan when a side looks to play out from the back. It provides a huge opportunity to find success and a huge opportunity to give away possession and concede. You as a coach must be clear on the formation you are playing, what that looks like when you build up and what challenges you might be exposed to. The further you can understand these elements, the better opportunity you must stay on the ball and find success.

You might read this book for many different reasons; you might be unsure on the best way to coach a side to build out from the goalkeeper. You might have changed formation and might want some new ideas on movements and rotations. Or you may just be a coach looking for a few new ideas on how to improve your team in this phase of the game.

Whatever the case, the principles of play are vitally important when coaching a side to build up from the back. Firstly, you must have a form of 'penetration' when you build-up and this will exist in a few different ways. You will need to keep the opponent guessing if you are going to go long or short, so to have a threat behind the opponent (long ball). Can often help create more space for the team to build-up.

In addition to this, penetration occurs within the build-up phase, our players must look to play through the opponent and break their lines whenever possible. This could be through passing, dribbling or running with the ball. The ability to penetrate the opponent is fundamental to playing out from the back in any system.

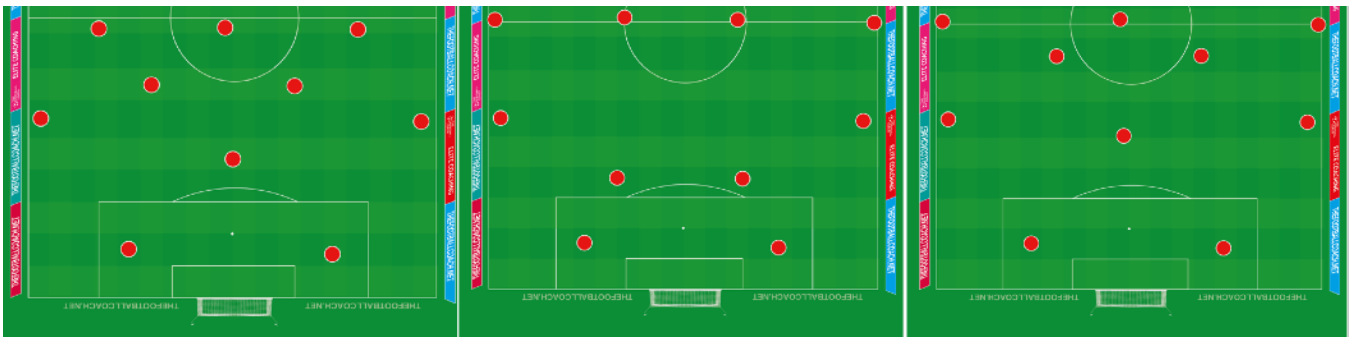
Width is another important principle of the game, it allows for us to stretch the pitch and increase the area the opponent needs to defend. When we are looking to move the ball through the opponent, we are constantly looking to give our players time and space on the ball. Without width it is very hard for the players to gain enough time in possession of the ball to play forward.

Other principles are also key such as support. When a teammate is in possession. How does this effect the players around them, are you able to create an angle to receive possession? Are your players in the right positions on the pitch to receive the ball through the opponent's shape? If they are not, you might often find that your team turnover possession of the ball and struggle to play under pressure from the opponent

A key factor to remember when playing the 11v11 game, and building out from the back, is that we have a system, not a formation. For example, the system below might look like a 4-3-3. But this could also be how you build up within a 3-5-2 or a 4-4-2. We can create the pictures we want to achieve by moving players into positions that cause the opponent problems. It is more and more popular to see teams play a 1-4-3-3 but build up with a back three. This might be made up of two centre-backs and a holding midfield player between them.

As you can see in the below image, there are three different ways a team might set up to build up from the back. But all three systems are different, yet they play the same formation. All three systems do, however carry similar principles of play. Each system contains width and depth during the setup. There is also dominance across multiple horizontal and vertical lines. This means that if the opponent is looking to press, they need to cover various passing lines, making it difficult to find success.

The purpose of playing to a system, not a formation, is to ensure that you play out from the back to suit your strengths, your requirements and the opposition you are playing against. If you build-up in the formation you play in; you will become easy to play against and easy to defend against. This doesn't involve hours and hours of analysis but a clear understanding of what you want to achieve and the strengths of the players you have at your disposal.





---

## CREATING YOUR OWN SYSTEM

---

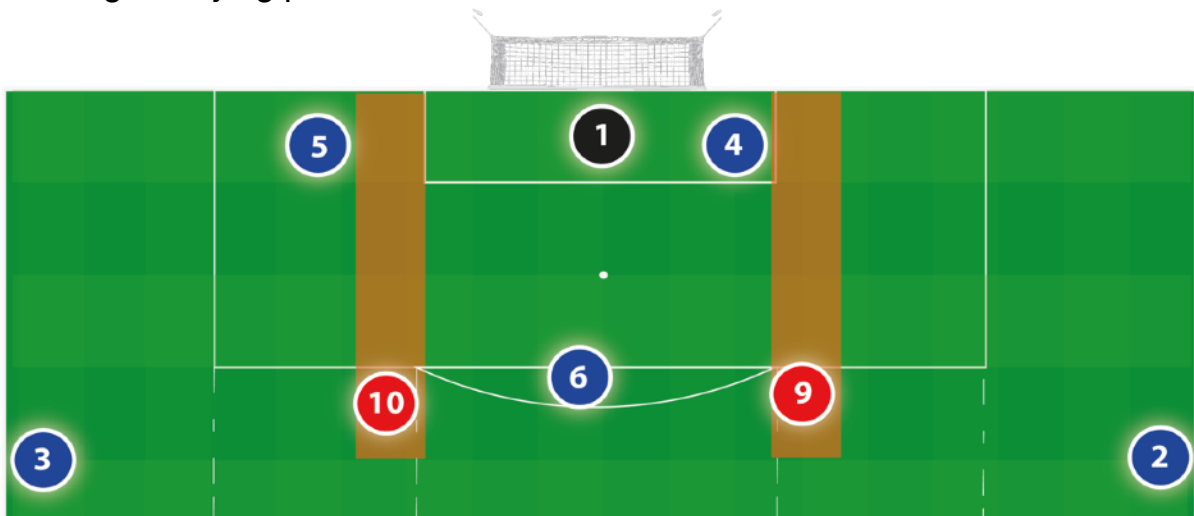
# CREATING YOUR SYSTEM

The next chapter is going to try and help you as a coach try to develop your own system based on your principles of play and your own personal values. It is probably best to start with the role of your goalkeeper and your central defenders when focusing on build-up play.

Here we can see the first problem or opportunity is where you want the goalkeeper to take the goal-kick from. It is most common in the modern game to see the goalkeeper to kick from the centre of the six-yard box in order to open more passing lanes. By moving into the corners of the box you provide the opponent with an opportunity to dictate the location and movement of the ball.

The next moment will be the position of the closest defensive players. We often see coaches just randomly place them anywhere off the shoulder of the goalkeeper, but this position needs much more attention. Do you want your player to receive the ball on the outside or the inside of the opponents pressing player? For example, if the player receives inside it will create a greater opportunity to play centrally but might allow the striker to block the wide passing lane.

When the defender receives outside the pressing attacker it might open a passing lane higher up the pitch to the full-back. In this system the centre-back might also have the opportunity to drive and break the first line through carrying possession of the ball.



This level of detail is important to players in creating clarity and understanding. The next question to ask is how high do you want your players to receive possession and why? Some teams such as Manchester City will often receive possession very deep and very close to the Goalkeeper, for a few reasons. Firstly, this creates a smaller pass and provides the player in possession more time with the ball. Secondly it encourages pressure from the opponent, pressure leaves space and space creates opportunity to play through.

By receiving the ball high, you naturally drag the attacking players higher, this provides a risk, as it brings the opponent and the ball closer to the goal. But it does also increase the distance between opponent lines. This naturally creates more space for our players to receive possession on the second and third lines.

You might decide to encourage players to receive possession as high as possible, as a principle of play. These principles might be simply communicated as 'wanting to receive possession as high as possible'. This will organically move possession of the ball higher and move possession closer to the opponent's goal. However, like all decisions within football, this will provide a risk. The risk is that our players could potentially have less time in possession and become more susceptible to losing possession because of the pressure applied by the opponents attacking line.

Playing out from the back might start to look complex, but it isn't, it's simple once you have a clear understanding of what you want to achieve and how you want to achieve it. The next player to worry about are the players on the next defensive line. This player could be a midfield player, or even a centre-back in some systems.

This player is required to be the most comfortable in possession of the ball within most systems. They will likely be the key between linking the build-up phase to the attacking phase. They will need to receive possession under pressure and understand how to play forward in many ways. This individual must also have a great tactical understanding of the



game in all moments. For example, this player must be able to recognise that they are being pressed by an overloading system and make a decision to protect the ball. This player must also be aware of the numerical advantages and opportunities ahead of the ball, then beat their player in order to get the ball into these moments.

In the next chapters we will go through some different systems, that will put different players in this position. However, when you build your own personal system, this will likely be the player who is technically most comfortable with possession of the ball.

Where you want this player to receive possession is key to a system working, for example this player can drop into the area under the latest rules of the game, and this could be an option. This player can also play higher than the opponents attacking line and look to move the ball quickly from the defensive phase to the attacking phase. How and why this player does this, will be based upon your system and ideas.

There are a few important considerations when locating this player on the pitch. For example, if this player gets too deep and close to the goalkeeper, it is possible that the opponent can aggressively press as players won't have enough time in possession of the ball. However, if you are working with a goalkeeper who is very technically able, this could potentially be an advantage. This is because short passes will move the ball quickly and offer an opportunity to play through pressure.

Often, teams will locate this player on the same line as the attacking player. This is for a few reasons; one it allows the centre-backs to get wider and create a defensive line of three. If a transition occurs, then the defensive balance is achieved because of the central players positioning. It also allows for the player to receive possession of the shoulder of the attacking player and look to play forward with their first touch. The challenge of playing on the same line as the opponent is the reason for why this player needs to be very technically competent and confident in possession of the ball.

is also common to see coaches look to encourage the central midfield player to play beyond the opponents press, this is an effective way of beating the press and playing on to the next line of possession. This is a brilliant way to be positive and penetrating with possession of the ball. It does carry risk, as these passes through lines will be naturally more difficult and riskier, as the centre of the pitch will be vulnerable. We then also have the problem that our centre-backs might be far apart with attacking players between them, if the central midfield players lose possession.

Importantly there is no wrong answer, and any idea can be correct if you can explain the how? And the why? These are the important questions that will naturally support the decisions we make. Some teams will also look to drop two midfield players into the space we have provided one midfield player. This is also fine if you know why you are doing it and what effect it has on the game and the opponent. Naturally bringing more players closer to the ball will attract more defenders and limit space. So as long as you're comfortable doing this, it is a good option. For others it will be about controlling the maximum amount of space with a minimum number of players. This will provide control of the game, the opponent and the space and allow an overload of players in the attacking phase of the game.

You might also decide to follow coaches such as Pep Guardiola and define the system by positional rules. For example, ensuring that there are no more than 3 players in the same horizontal line and two players in one vertical space. These are just very basic rules within his system that allow his positional system to have a dominance over the opponent in the defensive third.

We will now look to understand how the full-backs or wide defenders become involved in the build-up phase and how these players can be positioned to have the strongest influence on the progression of the ball from the defensive third to the central and attacking third.

The wide defender may also have a very different role depending on the

system and strategy being used. The difficulty with the wide defender is their role can differ dramatically. In some systems, the wide defender will be responsible for being in the wide area on the same line as the holding midfielder player. In other systems, the wide defender might go high and wide and be part of a similar line to the attacking players. In recent years the wide defender has even come into the middle of the pitch during build-up play.

As the image below shows the starting position of the wide defender can have a huge influence on the opponent's shape and press. The deeper wide defender position can encourage pressure and leave space on the lines behind. But, if the player goes high, they can often take the opponent's wide player with them and leave space for players to receive possession in space. This manipulation of positioning can have a huge influence on the puzzle that is playing out from the back. It can manipulate the opponent's structure and create spaces that can assist in ball progression through the thirds.

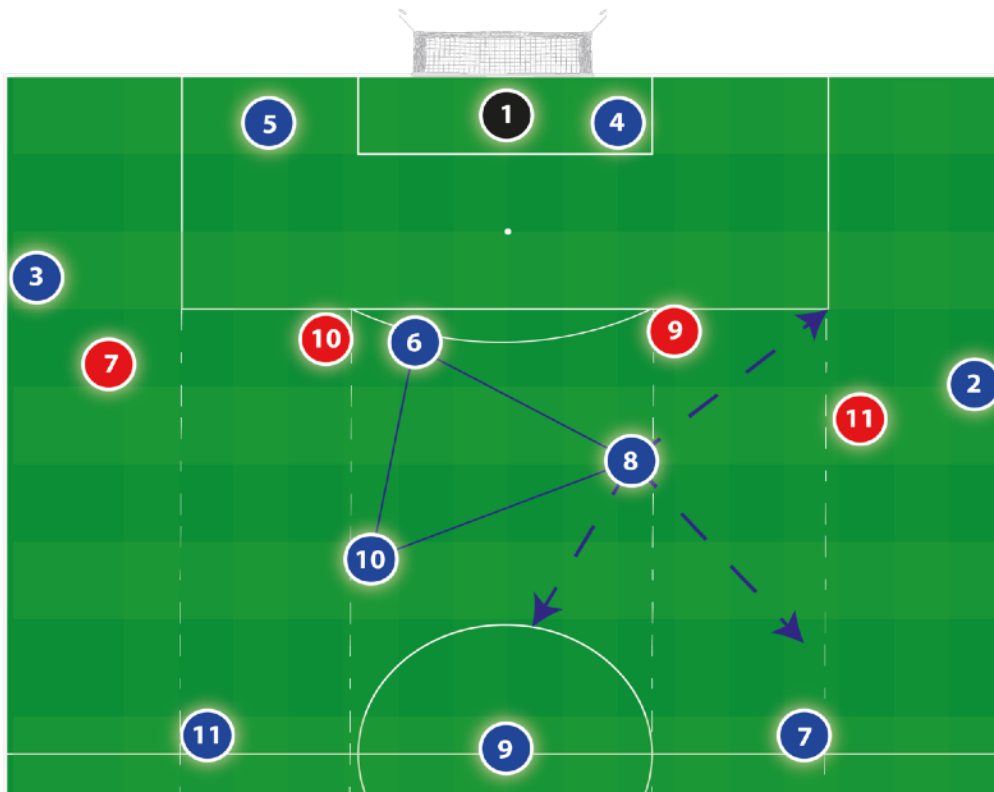




The middle third is the most complex area of the pitch when playing out from the back as it often contains the most amount of players. It also contains the greatest amount of variability as teams will play different systems to try and overload this area of the pitch.

Now with midfield players their role can change dramatically depending on the system, the opponent and what the game requires. At times we will see two players in midfield, others three and four. Here we have tried to share a few simple principles for midfield players, these are not fixed rule. In this example we can see all three midfield players are trying to play on different vertical lines. This is a good idea to try and stretch the opponents defensive shape and offer more passing lines when building up.

Rotation and structure are two key components for any side when building-up from the back. Some of the greatest teams in this area look to rotate based on the location of the ball. This gives players the best opportunity to receive possession away from opponent players.



The centre of the pitch naturally provides the most complexity because of its importance within the game. The centre of the pitch is ultimately responsible for the attacking phase but also responsible for the transitional moments when possession is lost. If you lose the battle in the centre of the pitch and the opponent win possession, you are naturally exposed. Regardless of the system, we need to try and encourage the central players to work in relation to each other. This means not just coaching them the correct position, but ensuring they understand why they are there and what they are doing.

As previously mentioned, players and coaches understand the why and the how are key. This will allow players to have the skillset to deal with problems that occur within the game. For example, if you are building centrally and the opponent pushes an additional midfield player in, how do you react? You might require your players to make a decision in that moment to win the game. There will not always be time for coaches to make decisions, sometimes it needs to be the individuals.

Midfield players often have other tactical roles within the build-up play that can require very different types of players. For example, the role of the 'six' might be to provide the team with an opportunity to break the first line and move possession of the ball forward. However, the role of the eight might be different. To run with the ball and attack space, this will require a player who is confident in possession of the ball, strong with the ball and willing to take risks in a powerful and dynamic manor. The eight may also be challenged with running in behind. The system might require the nine to come short to receive and provide space for the eight to run beyond the opponent's defensive line. This just shows how dynamic and versatile the number eight must be.

For the number 10, it will likely be a position higher up on the opponent's defensive line. However, in some systems such as 1-4-3-3 teams might ask the 10 to play in the central channel near the number nine. This is because it provides space to other players but also lets the two attacking players work closely together in order to have an influence on the game if the ball is hit forward. For example, the nine can with the first ball and the 10 can try and win the second contact.

The attacking line can look very different dependent on the system. It can contain two strikers, or two wide players and a striker, or even one attacker. Regardless of the numerical setups, there are a few principles you might want the attacking line to attain too. For example, the attacking line naturally hold the depth to the shape. If the attacking players come too short, the opponent can compact the space and force possession from us.

Another fundamentally important job for the attacking line to be responsible for is a threat in-behind. Without the threat in-behind the opponent's defensive line do not have to be aware of the space behind them and the threat of a direct pass. This pass is key to not allowing the opponent to have too much confidence in their press. They must have the though in the back of their mind, that we are able to go from back to front very quickly, if needed.

The offensive line might also be responsible for compacting or stretching the defensive line, depending on the situation. For example, if you have two strikers, they might position themselves in the half-space to see if the full-backs tuck in and allow it to become a two v four situation, where we will have dominance. Alternatively, we might look to play with our front three stretched across the width of the pitch to see if we are able to stretch the defensive line and create gaps for our players to run in too and hurt the opponent.

They also please the obvious role of creating goal scoring opportunities, and to do that need to vary in their moments. At times we need the attacking line to drop into spaces and creates overloads in the middle of the pitch. Other occasions require a movement in behind to create more space for the attack. Again, as long as we have a reason as to why we are making these movements, we can find success.

Our attacker will vary in size and technique, but their role is very important. Whatever the role is for your attacker in your system, ensure during build-up play that they know how to occupy the highest line and when to run in the space behind. With clarity will come greater opportunity in games when building-up from the back.

The last chapter should have started to initiate some thought, what is it you currently as of your players? Where do you have clarity? What areas is your system breaking down in? These questions are natural, and hopefully over the next 100 pages or so, things will become clearer. It is fundamental that we provide clarity to players. If we are not clear as coaches, how can we expect the players to be clear?

To summaries' what has been said, start by thinking about what you want to achieve. That should naturally be a goal, then work back from this moment. What is your greatest threat? If it is crossed, then the build-up phase needs to ideally create opportunities in wide areas for you to use your strengths and attack the opponent.

If you coach to simple principles, then players will be more comfortable making their own decisions when playing. If we are responsible for 100% of the decisions, we will see players who play passes where they think we want them to go, instead of where they think the ball should go. This is providing freedom within a structure. Some elements might be fixed to provide a shape, but within that shape, players have a license to make decisions as they see fit.

The principles you coach don't need to be complex or difficult to understand. You will naturally encourage players to create width across the pitch when you try and build up. This is to try and encourage space between opposition players and improve our chances of staying on the ball.

Another principle might be depth, this simply means the distance between the top and bottom of the team shape (vertical space). Increasing this will create gaps between the opposition shape. If we are able to create space between the opposition lines, we naturally have the opportunity to play through them.

Finally, a simple principle might to play forward when possible. This might mean if the opponent over commit to the press, we hit a ball in behind and look to turn them around and try and score that way. It removes pressure from the press and exposes the weakness of the opponent.



---

## PROFESSIONAL EXAMPLES

---

# GUARDIOLA BUILD-UP PLAY

Pep Guardiola has often been seen as the modern leader in build-up play. His teams have often elegantly progressed the ball through the thirds, with fantastic control of the ball at all times. Guardiola's teams have also been renowned for being creative in their build-up structure, often creating unique ways to build through the thirds.

Over the last 15 years, Pep Guardiola's sides have set the standard in world football when it comes to build-up play. His teams have traditionally played 1-4-3-3 formations have but creatively used that shape to confuse and execute teams and they press them high and look to win the ball from them.

His teams have toyed with opponents as they play pass after pass in their box. But his sides have consistently evolved to prevent the opponent having success. Each of his teams have traditional built up with a basic back four when under no pressure. It is when his teams are under pressure where they have varied slightly.

During his time at Barcelona Pep used many different approaches to build-up play. But like we have tried to encourage, he adapted his beliefs and his systems to suit the players at his disposal. Barcelona had Dani Alves who was arguably the greatest attacking full-back in world football. So Pep manipulated his build-up system in order to get him into an attacking position.

Pep looked to build out with Dani Alves the right-back pushing into the position of the right winger, with the right winger taking the role of the striker. This would then let the striker Messi become the false nine and drop into the midfield. This created a four man midfield that would allow for numerical dominance in the middle of the pitch. This suited the era of football that his Barcelona team played in, as possession was an extremely important component of football.

However, Barcelona would become unbalanced as the two centre-backs were supported by a full-back on one side and no full-back on the other side. This wasn't a huge problem in this era of football, as teams often only played one striker, which meant Barcelona would still hold an

advantage of 2v1 on the defensive line. If the opponent played an additional striker, then Barcelona would either slide the left back around and create a back three or drop the deepest midfield player into create a back three with him playing between the two centre-backs. It was more common to see Barcelona drop the defensive midfielder in to create The three rather than the full-back inside.



If Barcelona's unbalanced shape provided any problems, it was often for the opponent who didn't know how Barcelona would use this space and struggled to defend it. The system worked so well because it was built around the individuals involved. The system created a way to get four of the world's best footballers on the ball in the centre of the pitch. It allowed for a world-class attacking wide player to be used in an attacking position, whilst the shape adapted to ensure that there was always a numerical +1

When Guardiola moved to Bayern Munich he played with the same principles but a slightly different formation. Pep switched from a 1-4-3-3 to a 1-4-1-4-1. This was to try and create a system that used the same principles within a slightly different system. Pep changed his build-up play to suit the players at his disposal and the demands of the league he is playing in.



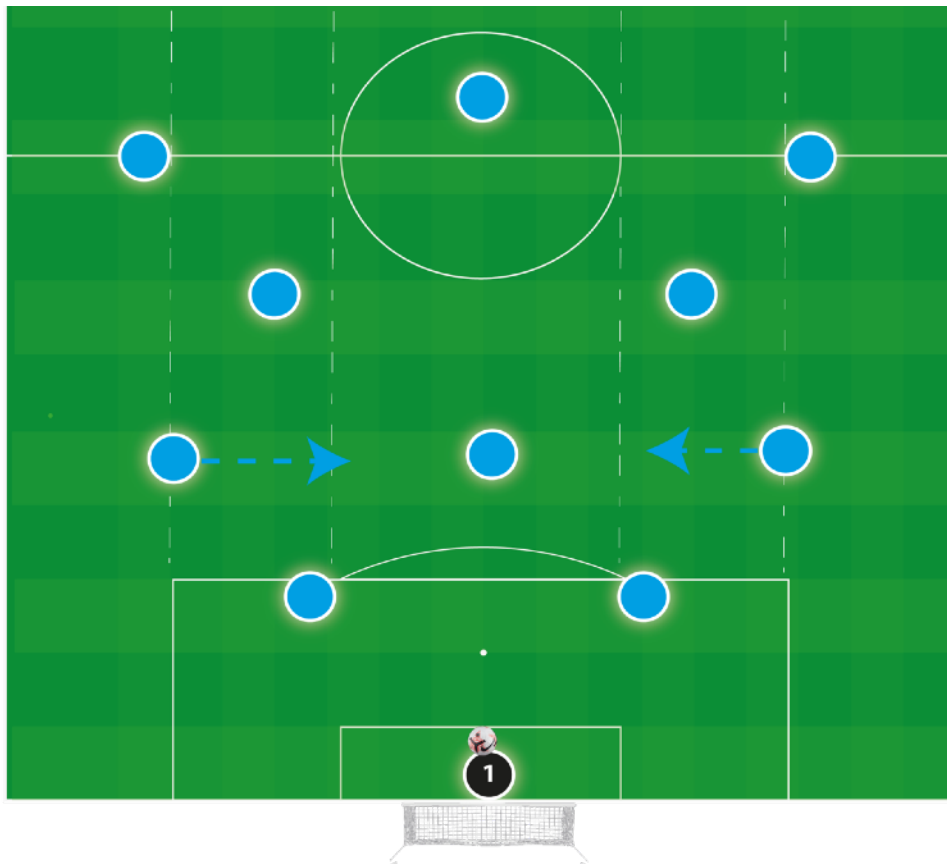
Pep wanted to try and find a way to get the two number 10's in attacking position where they could be a threat in-behind. This is because Thiago and Muller played a key role in the attacking phase. The second consideration was teams in Germany only played with one striker, so both full backs were not needed on the defensive line. Pep's full backs were not extremely athletic but were technically comfortable in possession



With that in mind, he decided to push both of his full backs inside. This would provide balance behind the attacking five and make it even more difficult for the opponent to counterattack if the ball was lost.

As you can see in the image below, this allowed for comfortable ball progression in the centre of the pitch. With two players playing in each half space and one player occupying the centre of the pitch. This meant that build-up play was much easier as the opponent found it much more difficult to mark players who were playing in the half space.

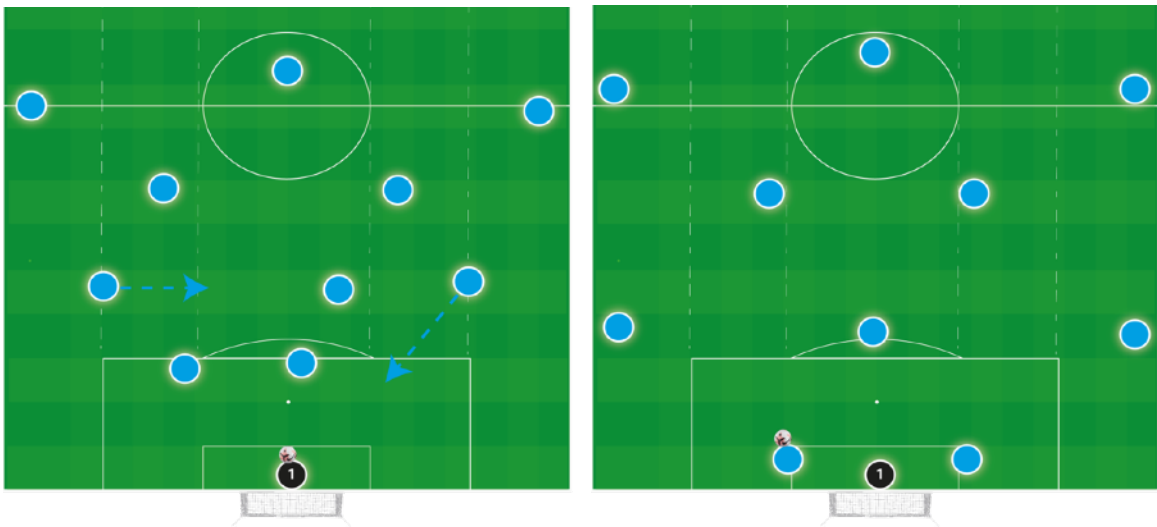
This adaptation just continues to show how the most successful coaches are able to adjust their strategy without losing or forgetting their fundamental principles. His team were still able to create similar pictures as Barcelona, just with a tactically different concept.



When Guardiola arrived at Manchester City, he initially tried to create a similar tactical strategy as that at Bayern Munich. However, Pep noticed quickly that this wasn't going to work in a league where his back two often played against another back two. This meant during build-up play the opponent would become very aggressive and win possession of the ball high.

Pep initially tried the full-backs inside to work with the players he had, paging full-backs. However, this just didn't work and in his first season, City struggled to build-up. Sides generally created two problems for Manchester City. The first was the overloading and the blocking of wide channels. This stopped their build-up play and created transitions for the team to play into the 2v2 and attack City. The second problem was the 2v2 that we've previously mentioned.

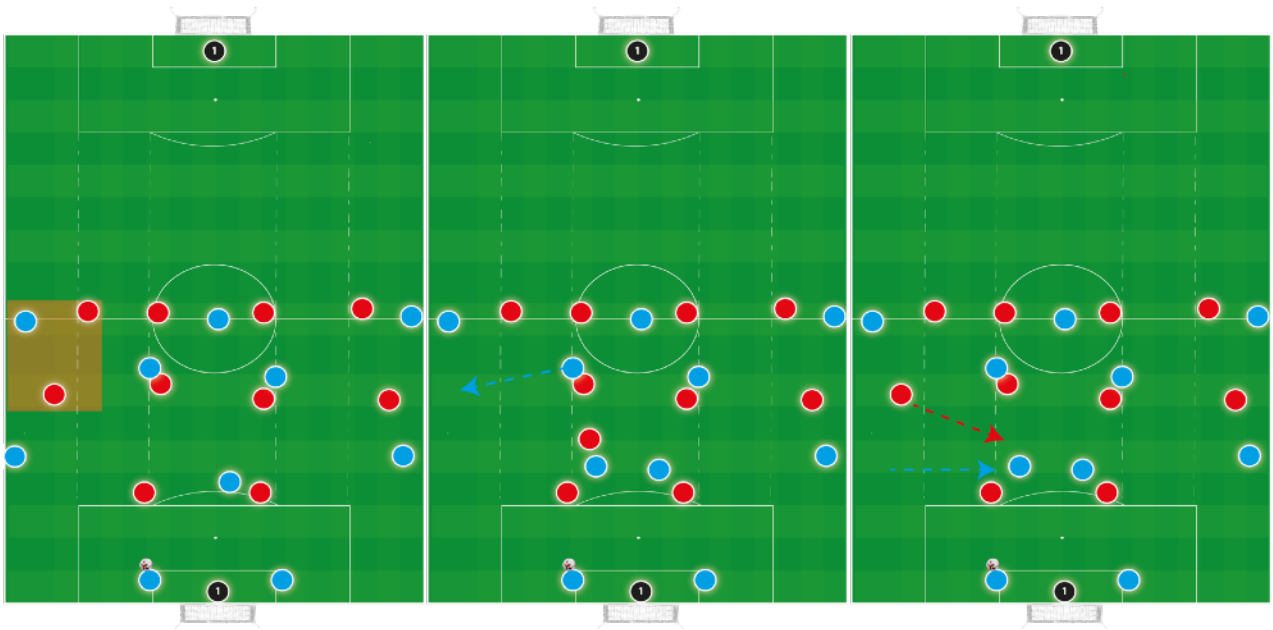
Over the next few pages we are going to share how City and Pep found a solution with the use of a full-back joining the midfield to create a two man screen. Whilst the second full-back would tuck in to create a back three. This provided the principle of five in attack and five behind the ball, and also offered three defenders to play against the common two strikers that Premier League sides played.



One of the common problems we have seen sides create for Guardiola's Manchester City is to block the wide channel and make it difficult for City to progress the ball. Teams are essentially dropping their wide players deep to prevent Manchester City finding space. This causes Guardiola's team to stay in comfortable control of the ball, with little opportunity to play forward.

The solution is to try and remove that wide player from their slot and create an opportunity to play wide. Teams will try many different ways to do this, but Manchester City had a quite unique method to create this. As City setup, they would look to build with a flat back four and the use of one midfield player dropping deep to receive the ball. However, the problem would still exist. Manchester City would then look to move the full-back inside, this would see the left-back join the holding midfield player as the second player in the screen.

This would create a problem for the opponent, if the wide player leaves the full-back to go inside, then Manchester City now have an overload in the middle of the pitch. If the wide-player goes inside, it opens up the outside space for City to attack.

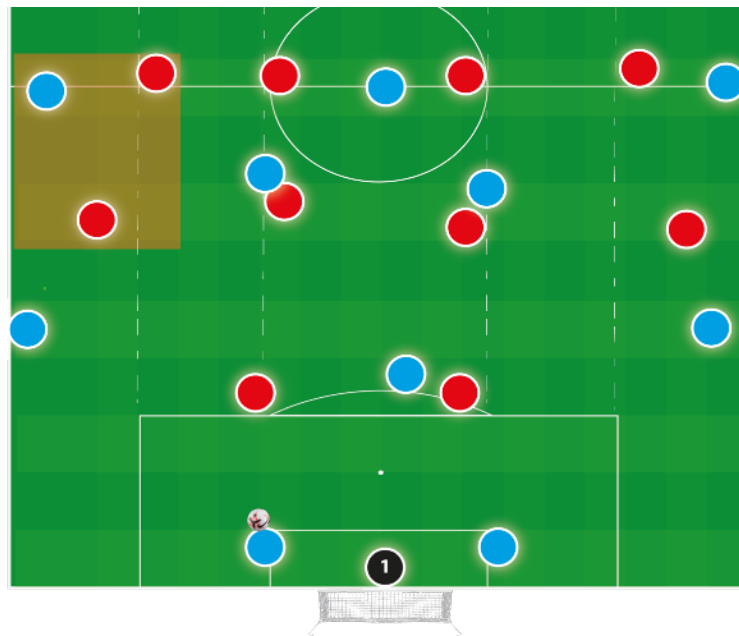


The first image on the previous page (also below) shows what the problem Manchester City often occur is. The opponent has created a press, but the biggest challenge will be playing through the second line. Finding opportunities to progress the ball passed the resolute block of eight.

Here we can also see that this is an effective way to stop a side from playing out from the back when they have effective wide players. This is because it will deter the side in possession from passing into the overloaded area, thus it will force a different type of attack.

As previously mentioned, Manchester City now need to find a solution to this problem, if they want to continue to progress the ball into those wider areas, they will need to try to manipulate the shape of the opponent. Ideally, they want to try and remove the red winger to allow an overload to be created in that channel.

From previous pictures we know that it is the movement of the left back into the central space that is the catalyst for this. For this to work the trigger is often the goalkeeper regaining the ball during build-up play. Once this has happened the rotation can occur.



We will also need a solid structure in order to make this rotation work successfully. The two centre-backs must be fairly deep and the central midfield player already in the screen, must be far enough away to allow space for the full-back to come inside.

The possession of the ball must now be controlled, if the ball is moved too quickly, the opponent will not be able to make a decision, and thus the problem will not be solved. We need to make sure that we move the ball quickly, once the red wide player has made a decision.



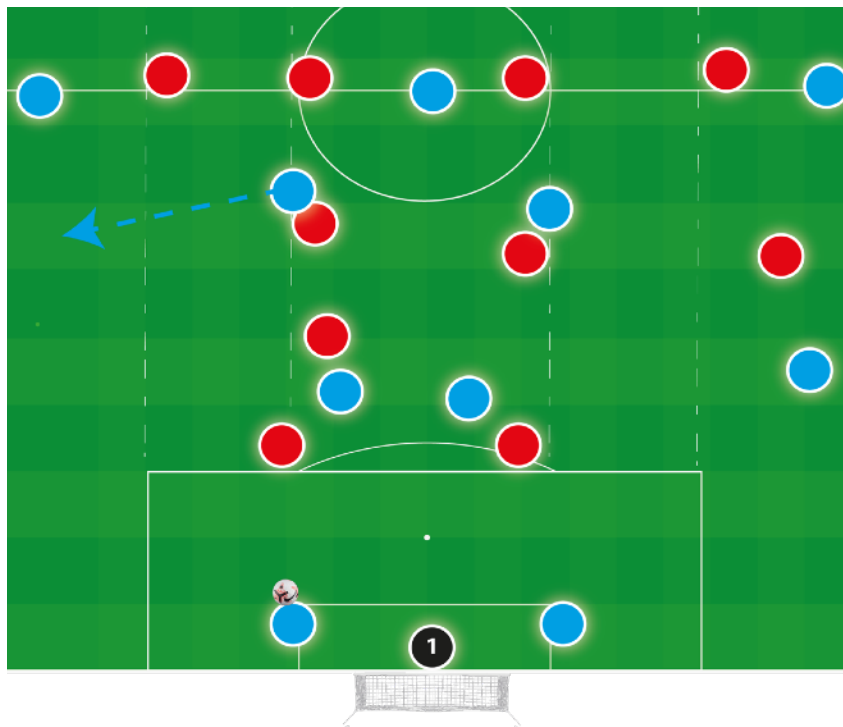
As the above image shows, once the wide players has made a decision, Manchester City can now change the pace of the attack and look to exploit the space. In the example above, the wide player has actually come inside to pick up Delph (LB) and has left the wide area in a 1v1 situation. This means the opponents full-back is in a dual with our wide player.

Now for your team, this might be the situation you are looking to create. For Manchester City, they want to create an overload in this area. In order to do that, they will now rotate one of their number 10's into this channel to hopefully create a 2v1.

The animation below just details how Manchester City exploit the situation. They have in this image, created a moment that open the outside channel. The 10 then needs to make a quick run across the back of the opponent number six, in order to receive in the outside channel.

Once the ball is into the outside channel, we need the ball to moved quickly and aggressively to isolate the opponent in a 2v1 picture in the outside channel. This picture is a form of build-up play that can be used by coaches in order to find a solution to a problem that might occur in a game.

By forcing the opponent to behave differently to that of their normal pattern, you might be able to create mistakes or confusion. This will then create moments of opportunity for us as the attacking side. This is a situation that Manchester City would have recognised in their analysis and training in the build-up for the game. This could have potentially been practiced around mannequins to provide players with understanding of the timing and movement required to successfully perform it.





---

## SYSTEM ANALYSIS

---

# SYSTEMS AND SOLUTIONS

The 1-4-3-3 formation is a footballing favourite in the most modern era of football, with clubs all over the world often using it. The formation has been played many different ways, many with huge amounts of success. What we are going to share is some strategies to use and solutions for dealing with build-up play against an opponent.

The 1-4-3-3 formation does have some strengths when looking to build up and that is that it naturally creates extra lines in possession compared to some other formations. It also allows for the creation of multiple triangles across the pitch. This extra line and the natural triangle of players in midfield allows for numerical advantages and other triangles to occur with the combination of the wide players, defenders and attackers.

We are now going to look at some opportunities you can create when you face a 1-4-3-3. We are going to try and keep this simple to ensure that this doesn't become too complicated for coaches working at any level. We also have to appreciate that every team and every opponent is different, this means that the exact pictures created on a tactic board will not work without tactical detail relevant to your players and your opponent.

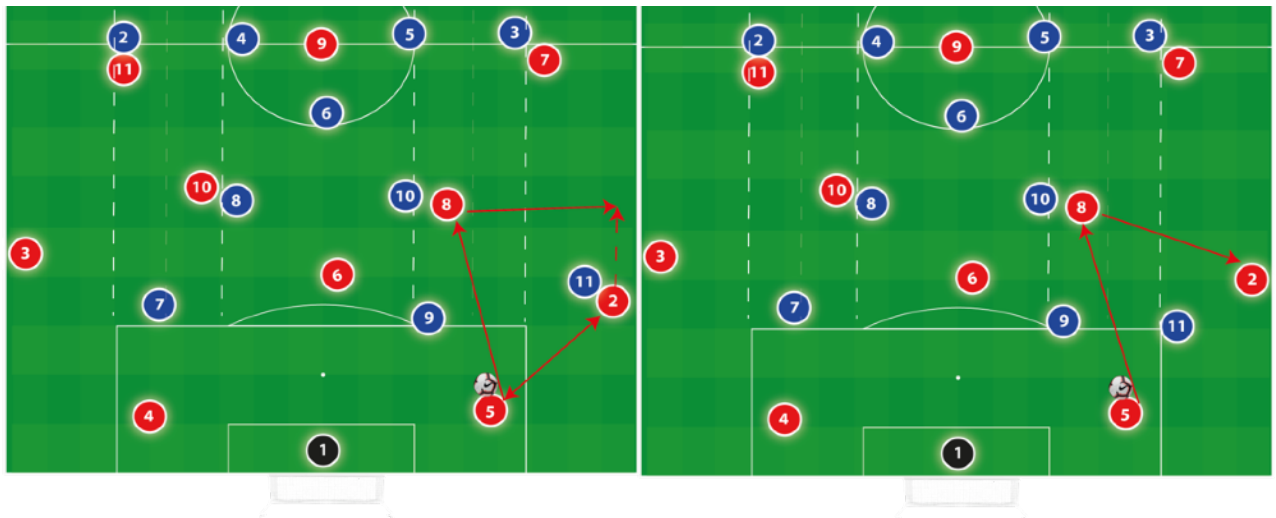
We have setup a simple 1-4-3-3 formation against another 1-4-3-3 formation below. We are now going to complete some patterns that might be possible when your team find themselves in this situation. It is important that the players are aware of the positives and negatives of each situation and what pictures they might see that lead to needing to create these moments.





When playing out from the back in a 1-4-3-3 against a 1-4-3-3 there will be consistent opportunities to demonstrate patterns and combinations to unlock space and break out against the opponent. The simple example we are showing here is how to unlock our full-back against the pressing front three.

On the left hand side we can see a simple bounce pass is nemeses with the number two, because the opponent do not allow them to play forward, once that bounce pass occurs, space is created behind the opponent 11. The five then plays into the eight who sets the two away. The movement of the number eight will be key to recognise when to go away and create space and when to come to the ball to allow this movement to happen.

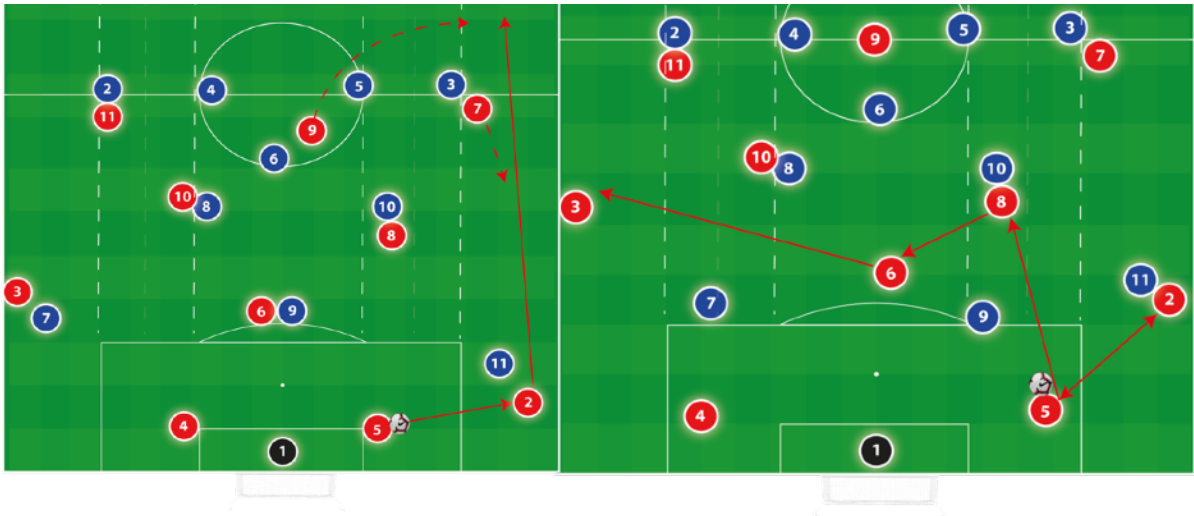


The important factor here is tactically we have recognised that we are holding the opponents back four with our back three. This means we are able to create numerical superiority with the ball, we are then simply looking to create 2v1 moments against the oppositions wide players to unlock a forward pass. This combination is a very simple one that you will commonly see in most systems.

Importantly the number two must recognise when to bounce the pass and when to spin and look to travel forward into the space left. Creating this moment in training will allow the player to experience the problem.

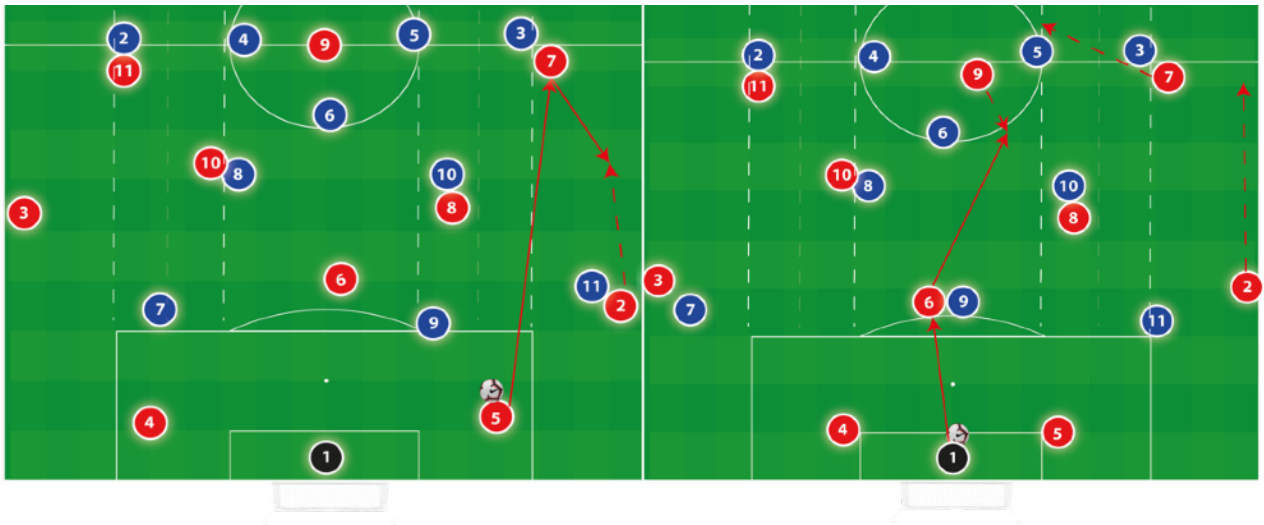
Here we can see some other pictures that might occur when the full-back has possession of the ball. Firstly on the left hand side is what some coaches will describe as the out-ball, this is a moment where the player in possession struggles to find a pass or wants to play with a more 'direct' approach. In this moment, the number two has taken the ball across their body on to their right foot, but is now unable to see a passing option.

To create one we ask the number seven to come towards the ball, this should drag the opponent number three towards the ball and leave space for the number nine to run into behind. This now allows the number two to have two different passes, one beyond the opponent and one into the feet of the number seven.



Secondly the image on the right shows how the pivot player can be the link player between areas of high and low pressure. The full-back firstly gets the ball and completes a bounce pass before the five finds the eight. The eight now looks for the moment of the two, if that doesn't occur the pass might go into the spare player the number six. This player is then able to switch play from the area of high pressure, to the area of low pressure on the opposite side. This is an effective way to use the width within the pitch to stretch the opponent and exploit space the opponent isn't able to defend.

The image on the left hand side shows a very simple combination that can be used to play out from the back. Firstly the midfield player must play on the inside channel and the full-back in the outside channel. This should leave a gap big enough for the centre-back to play a long pass into the feet of the wide player. This player can then pin the opponents full-back and pass the ball into the red full-back who is advancing forward and looking to join the attack. This is a simple method to play over pressure and force the opponent to not apply as much pressure.



The image on the right shows a slightly different tactical setup. Here we look to play through the pivot player, we are asking the player to use a wriggle and roll move to try and get away from the opponent. If they are able to do this we then want the number nine to drop into the pocket of space on the number six's blind side to receive the ball. From here we are going to need some rotation in order to play through the opponents defensive line.

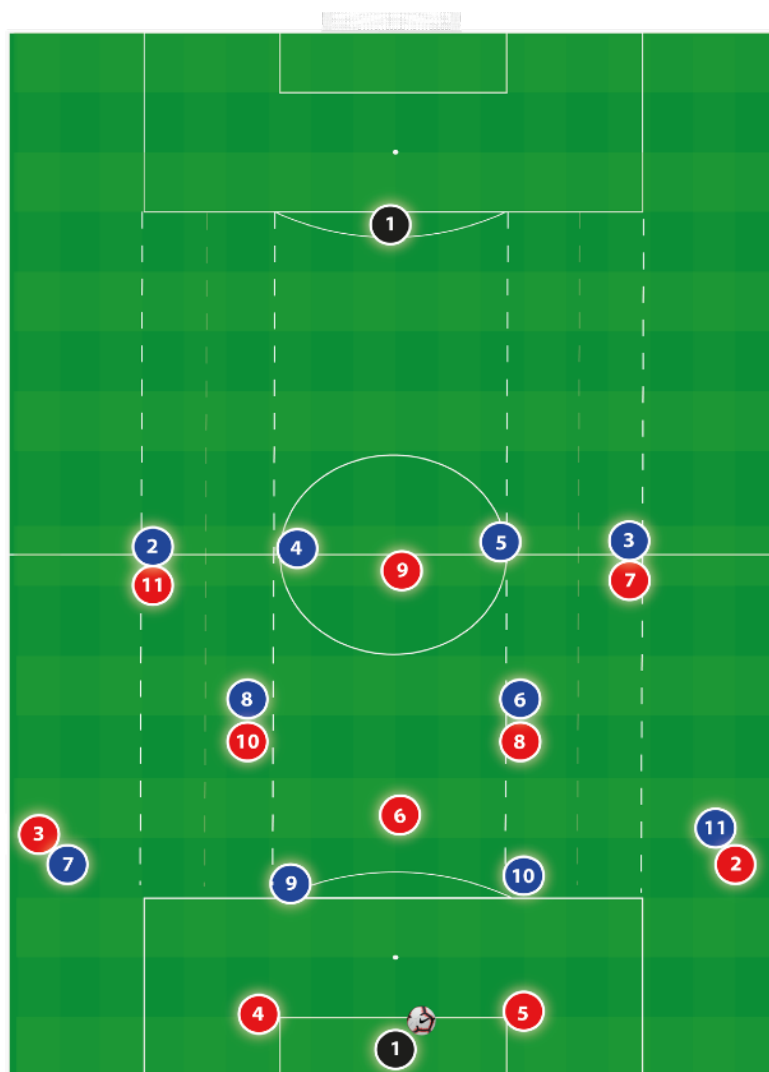
As the six is able to beat the opponent nine, we are looking for the two to get ready to attack the space, the space is then created by an out to in run performed by the number seven, that should in theory narrow up the opponents defensive line. This is a simple but effective way to stretch and exploit the central space within the 1-4-3-3 formation that the opponent are playing.

The next set of formations we are going to try and exploit is a flat 1-4-4-2 formation. The shape was very common in the previous early with teams regularly playing this in and out of possession in the 80's and 90's. The shape can often be very flat, and is commonly exploited centrally with only two midfield players. However, it can be a difficult shape to play out against, as it offers the opportunity to push the wingers height and create a 1-4-2-4 formation.

However, through the next few pages we are going to look at some critical tactical moments that can be used to exploit and damage this shape.

We will often look towards an animation of play rather than a formation to get out, this way the tactical principles can be passed freely from shape to shape and coach to coach.

Importantly, we will try to make sure that the detail is simple, and the patterns are realistic and meaningful. This way coaches will be able to use them without any fear of confusing players.



These first two images detail one of the most vulnerable areas within the 1-4-4-2 formation. This is the central area, with only two players occupying this space we can use manipulated shapes to create opportunities within this area. Firstly, we can see how the eight and ten have split, this creates a big space within the middle of the pitch. This means that our number nine is now able to drop into that space creating a 3v2 and build the attack from the middle of the pitch.

If we are looking to complete this animation, it is important that our number four looks to receive outside the oppositions number nine. If they do not receive outside the oppositions number nine, they might find it very difficult to find the pass into the number nine.

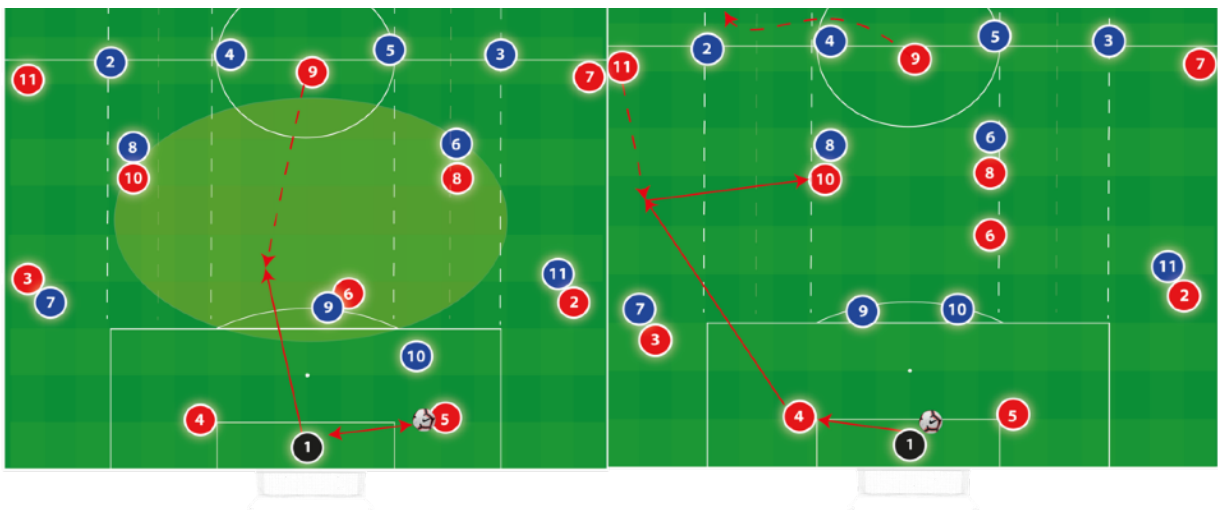


In the second image we can see the simplest build-up combination possible. This is where the opponents front two are so set on pressing what is ahead, they forget to deal with the situation behind. Often when a 1-4-4-2 meets a 1-4-3-3 the six in the build-up phase is the player that is left out because of the numerical differences within the shapes.

Here we want the six to move across the line to create a straight passing lane. From here the pass is played to cut out the front two and allow the ball to be moved forward quickly with the number six.

Firstly, we can see a method used to attract the press and then break the press. Here the goalkeeper plays the ball to the number five, this initiates the opponents press and forces them to show us their pressing structure. We can see how the front two are going to occupy the ball carrier and the pivot player. This provides our players with enough detail to have a counter reaction. The counter reaction is the nine dropping into midfield to create an overload of 4v3 in central space.

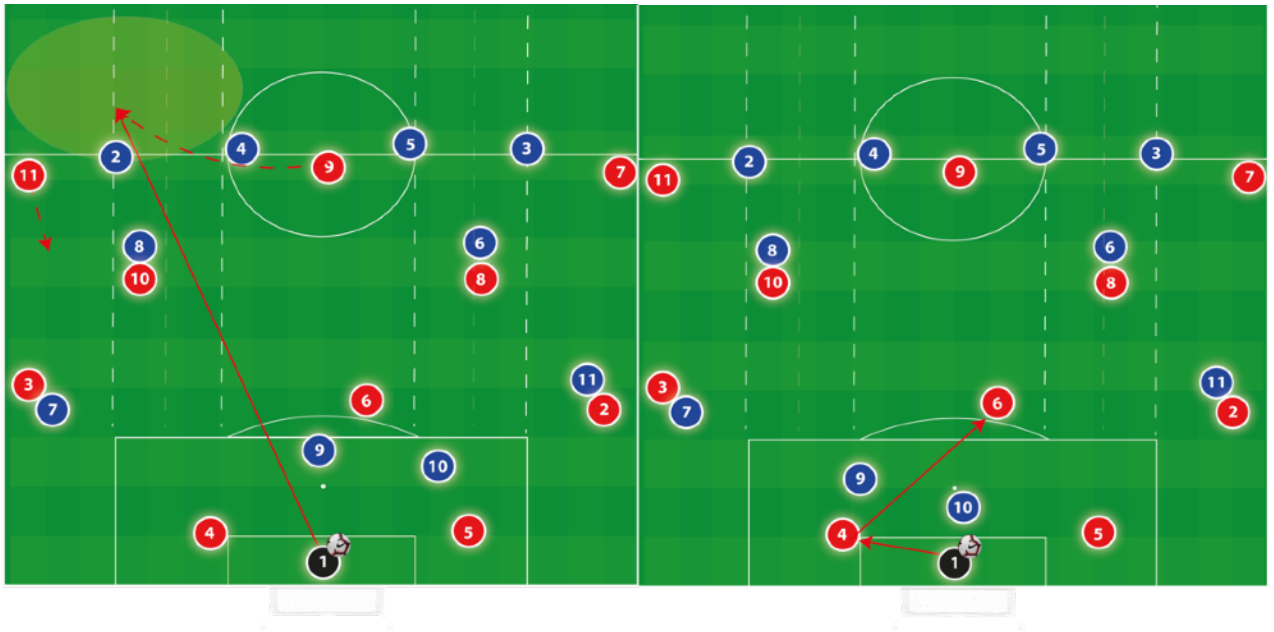
Again the timing of these movements will be key, we first needs to see a reaction from the opponent in order to allow our players to make decisions and exploit the decision made by the opponent. It would be difficult to go wide in this situation with the wide player marked in a 1v1.



The second image shows a manipulation of space that can unlock the space behind the opponent. In this picture the front two are looking to block the central space and not apply too much pressure to the ball. Our number 11 can manipulate this by coming down the line towards the ball, forcing the opponent full-back to do something and come closer. As the 11 receives possession of the ball, they can play a first time pass back into the number ten. Who can look to play over the top into the number nine, if they have a good body position, and they pass from the number 11 has the correct weight and detail.

On the left we can see how playing against a front two can be difficult if the front two are able to cut the switch and prevent the opponent building out. Here the ten and nine have been effective and the goalkeeper is looking for a longer pass. We want to try and do more than just hit it long, so the 11 looks to come to feet to receive the ball, the ten spins inside and the nine runs into the space left behind.

This co-ordinated move will hopefully prevent the full-back from covering the space behind and force the centre-back to defend against the nine in the wide area. The wide area is typically an area that centre-backs don't like to defend in as the can be isolated in 1v1 moments. So this could be an effective strategy to allow us to get out from the back.



The second option shows a very simple way in which we can breakout through the opponents front two if we are quick and effective with the ball. We have essentially created a four v two within the box. So if our players are quick with the ball, we should be able to break the passing lane between the two and recreate one of our 3v2 rondos to release the six. This is the most effective way of playing through the strikers, but it does rely on the strikers putting pressure on the goalkeeper and the ball carrier.



The 1-3-5-2 formation is another attacking formation that can be used to cause chaos to a side looking to build up from the back. The formation allows for numerical flexibilities and the opportunity to overload the opponent in the opponents half. When playing out against a 1-3-5-2 you are naturally met with a front four that are able to lock on to the defensive line and look to suffocate the ball and win it back high. This formation does have its weaknesses, it can be exposed on the defensive line where a back three is forced to defend against a front three when playing against a front 1-4-3-3.

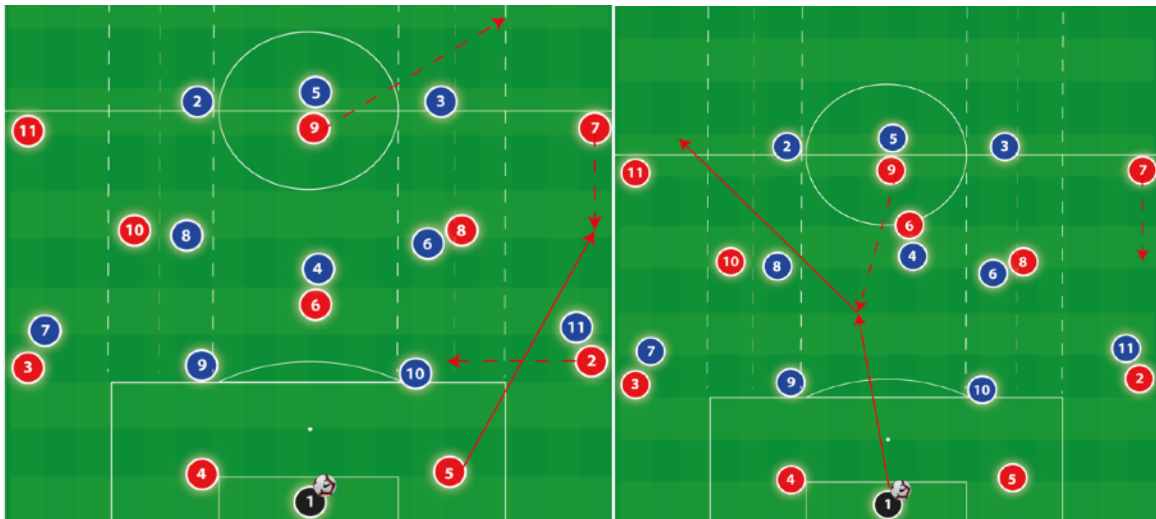
The next few pages will look at the some of the opportunities we have when playing within a 1-4-3-3 to attack the shape and expose the weaknesses. This isn't however specific to the formation of 1-4-3-3 and can be manipulated to fit any formation or system of play. Fundamentally the pages will show weaknesses of the shape and ways in which teams can setup to expose these weaknesses.





The 1-3-5-2 formation can provide a difficult challenge when playing out from the back. However, below are two examples of patterns that can be used to exploit the opponent. The bottom left image shows the centre-back receiving the ball and the full-back inverting and trying to pull the opponents wide player inside. This should hopefully open space for the wide player to receive the ball in the outside channel.

This will be a difficult challenge for the 1-3-5-2 to deal with because of the 3v3 on the defensive line. The outside centre back will be forced to follow the number seven into the wide area leaving the central centre-back exposed to a 1v1 on the defensive line. This is if we are able to get the red seven on the ball in space.



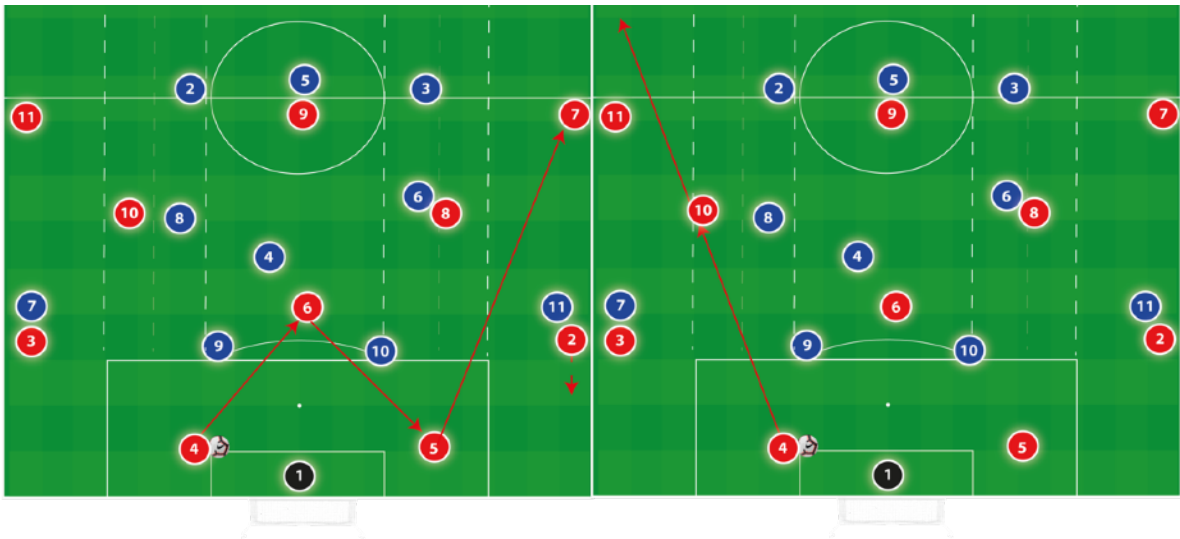
The second image shows a more tactical rotation to open space and exploit the 1-3-5-2 shape. Here we are able to see that the 3v3 in the centre of the pitch means no player is able to receive the ball in space. We can overload this by dropping the number nine into the midfield area and playing into the number nine. This has now created a 4v3 picture in the middle of the pitch, where are players are able to dominate possession of the ball. Once the nine has received the ball, we want to encourage the number 11 to run into the space behind the defensive line, and the nine plays a forward pass into that area.

40

These two final images show ways in which it is possible to exploit a 3-5-2 when pressed. The first image (left) shows a clear strategy to trying to break through the press. The ball is firstly played into the pivot player who isn't able to play forward and has to bounce the ball out to the opposite centre-back. At this point the full-back starts to drop for two reasons.

- To create space to receive
- To open space up for the pass into the wide player

The ball is then played through the opened space and the wide player is able to receive the ball and drive into a 1v1 with the opponents centre-back. This is an extremely effective way of breaking the opponents press and exposing their weakness in the defensive line.



The second image (right) shows a simple way to use vertical and horizontal dominance to build-out from the back. The reds have dominate in every lane and control vertical space through the pitch. The blue centre-back who is under pressure from the opponent looks to move the ball from the inside channels inner space to a player on the shoulder of the outside channel. This allows for the player to receive away from the opponent and receive a diagonal pass. From here, the player keeps the ball away and finds the 11 in the outside channel. This makes it difficult for the blue three to have any influence as they will feel uncomfortable having to defend in such a wide area.

The 1-3-4-3 formation is another shape that can cause problems to a side when looking to play out from the back. The shape carries some similarities with the 1-3-5-2 formation. This is naturally because of the back three, but also because of the flexibility it has in overloading the side playing out from the back.

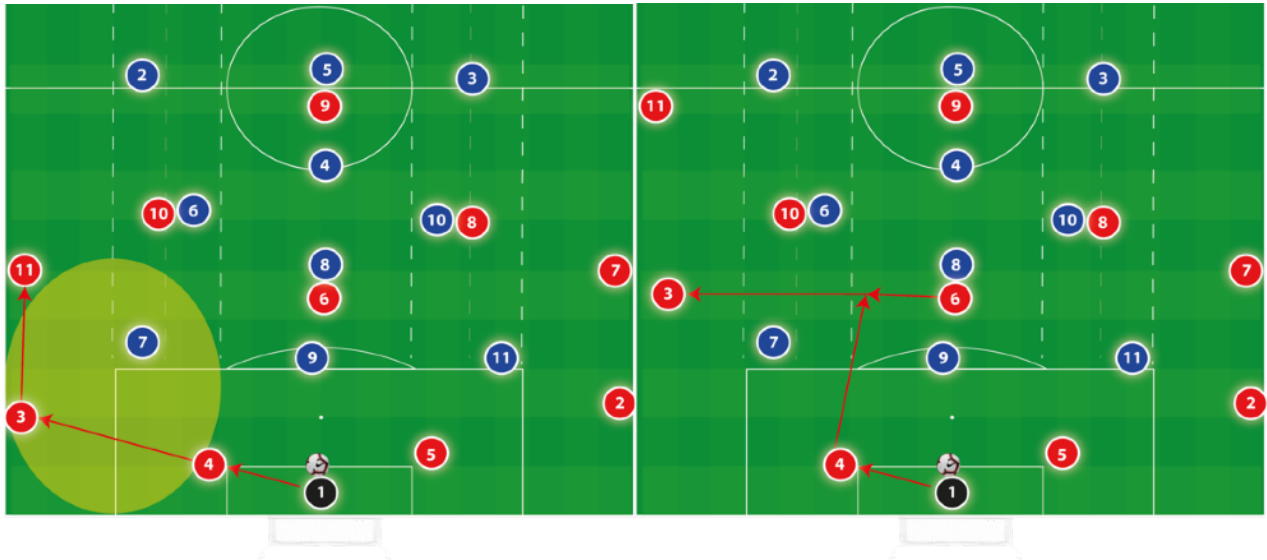
The 1-3-4-3 formation can be used in different ways, some teams will look to play it with a diamond midfield as we have shown. This means essentially the formation will become 1-3-Diamond-3. This gives dominance to the centre off the pitch but does leave the wide areas vulnerable to attack from the opponent. Some other sides will look to play a flat midfield four. This can be effective but can be overloaded 3v2 in the middle of midfield.

Whichever way the opponent use the 1-3-4-4, there will be opportunities to attack them either through the centre of midfield or around the outside of the midfield four down the wide areas. Through the next few pages we will look to analyse the opportunities and the structures needed to successfully play out against these shapes.



In the bottom left image you can see how the reds have tried to create a wide overload to play out against a 1-3-4-3. Firstly, we have to respect that the blues are able to dominate the centre of the pitch and make it difficult for us to play through. The centre-back has dropped deep to encourage the pressure from the number seven. Once seven has pressed the three can create an angle to receive possession of the ball in the outside channel.

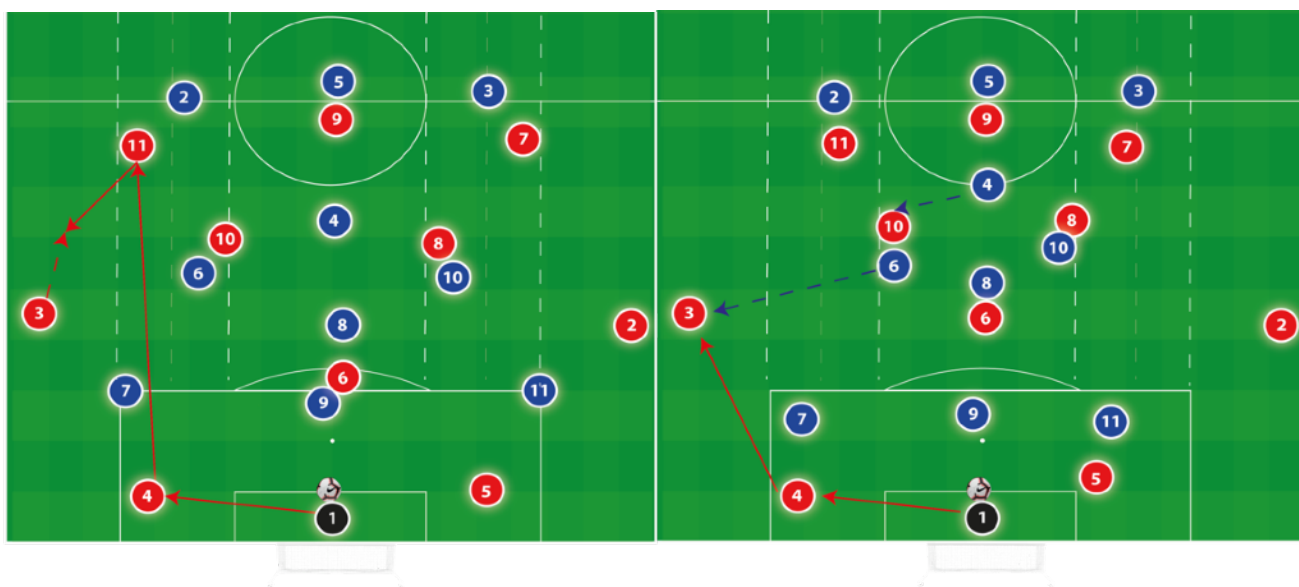
This then allows a straight pass into the feet of the wide number 11. The 11 has been able to drop deep unopposed because of the centre-backs unwillingness to follow the player into a deeper area. If the two does drop deep, can the three hit the ball behind the opponent for the nine to attack.



The second image (right hand side) shows another combination to unlock the wide overload. This time the centre-back is receiving possession and attracting the press of the seven and nine. Once both players have applied pressure, we are asking the number six to move horizontally to open a passing lane through the press. Once this has happened, the pass into the full-back should then become open. Once this ball is wide, our full-back can pass into our winger and a 1v1 is now created allowing the reds to have an attacking opportunity.

The left image shows another way in which the reds can break down the opponents 1-3-5-2. This time the reds are going to firstly play over the press and into the wide area where the player will receive with their back to goal and then look to hold off the outside centre-back. Once that has happened the number 11 will look to bounce the ball into the full-back and this has allowed the reds to play out.

Importantly from this moment, we need the number nine to spin into the space behind. This is because as the three receives possession of the ball, the opportunity to hit a ball into the space behind should open up. This will turn defensive to attack very quickly and effectively.



The second picture (right image) is a more situational pattern that might exist if the opponent fail to deal with the positioning of the full-back. Some teams will naturally find solutions, such as pushing the number six wide and pushing the number four on. However, if the opponent are slow to recognise it, the reds can move the ball quickly and find the spare player in the wide area. This is by moving the ball into the centre-back and then quickly into the full-back. This does require the front three to play in a very compact way to avoid the opponent being able to cover the wide areas.



---

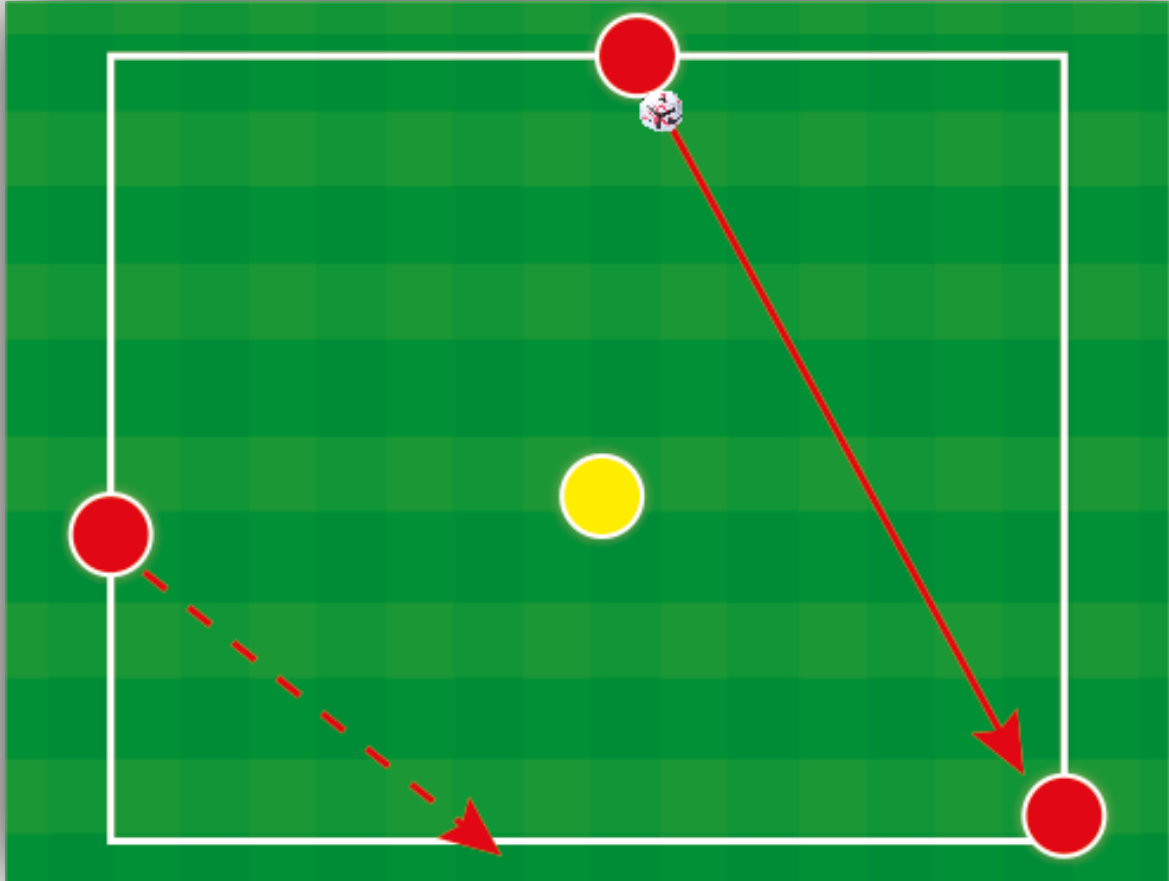
## COACHING SIDES TO PLAY OUT FROM THE BACK

---

# 3V1 PRACTICES

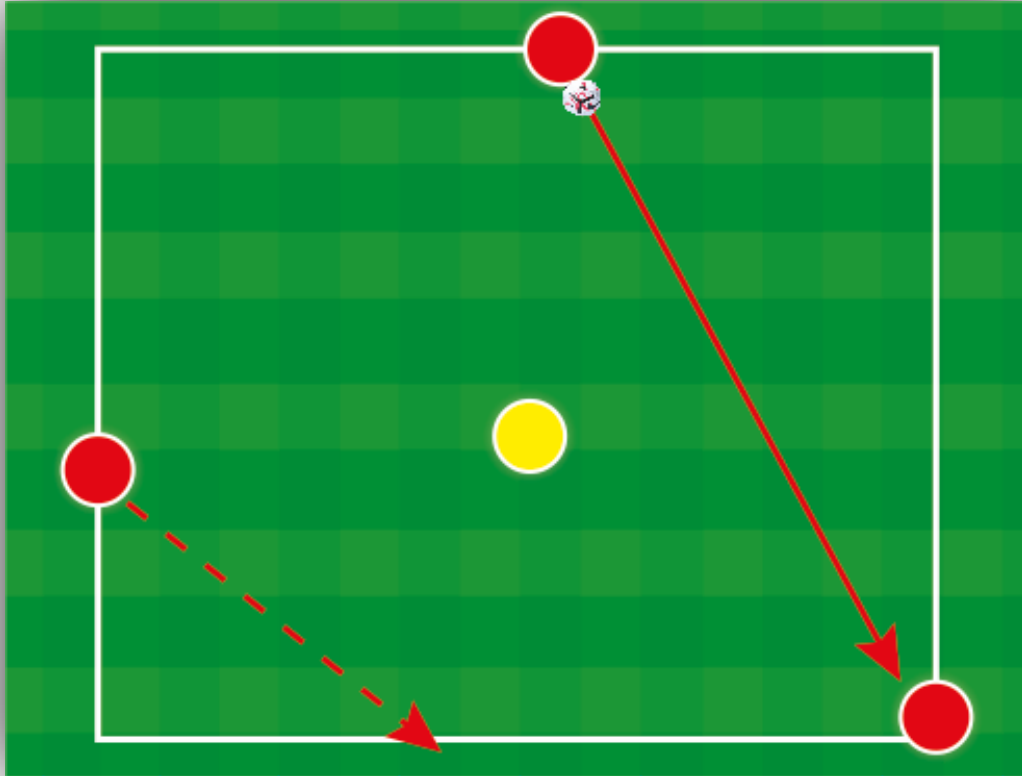
3V1 DEVELOPMENT: PRACTICE 1

### 3V1 RONDO: TRAINING PLAYERS TO KNOW HOW TO EXPLOIT OVERLOADS



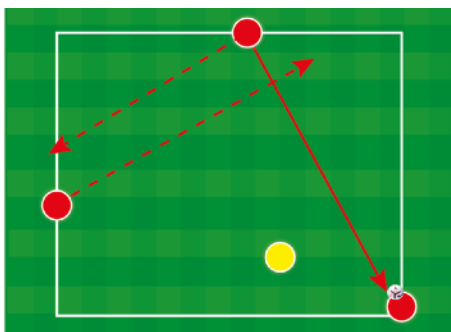
#### SESSION DETAIL:

This practice takes place within a very small area, of around 10 to 15 yards on both sides. The idea of the practice is to limit the natural passing options and force players to create movements that will allow them to receive possession of the ball. Players must move to vacant sides of the square and make life difficult for the yellow player to defend.



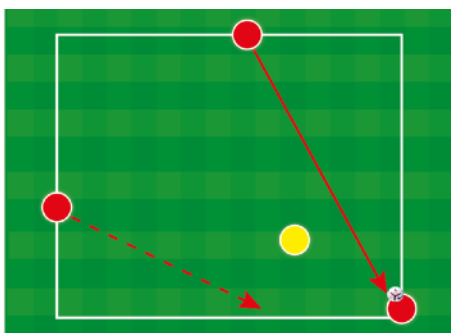
### COACHING POINTS:

- Ball speed is very important in the practice, it is important that the pass has purpose, can the red Bring pressure from the yellow by using an enticing weight of pass. This will create space in behind the yellow
- Timing of pass, can the player attract pressure before playing a pass.
- Players must recognise where and when to move to create a passing angle to receive possession when a pass is being played. The player must be confident in moving quickly to prevent the receiving player becoming stuck and the ball and being forced to attempt to stay on the ball.



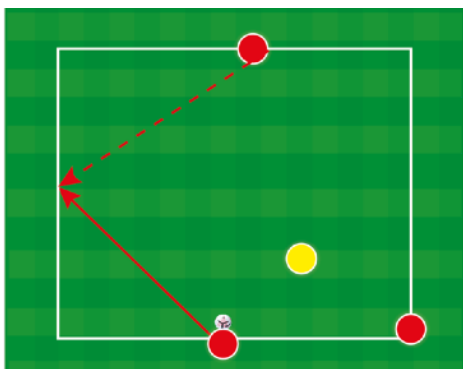
### TRAINING MOMENT

- It is a potential progression to not allow bounce passes. E.g. Limit the players from playing 1-2's.
- If this is the case, it becomes very important that players are comfortable rotating in and out of space as shown, this will open up the opportunity to move the ball when under pressure.



### TRAINING MOMENT

- Once the pass has been made it is important the third player is quick to create an angle to receive possession. If the red doesn't effectively move and support play the possession will end quickly with the yellow being able to apply pressure on the ball.

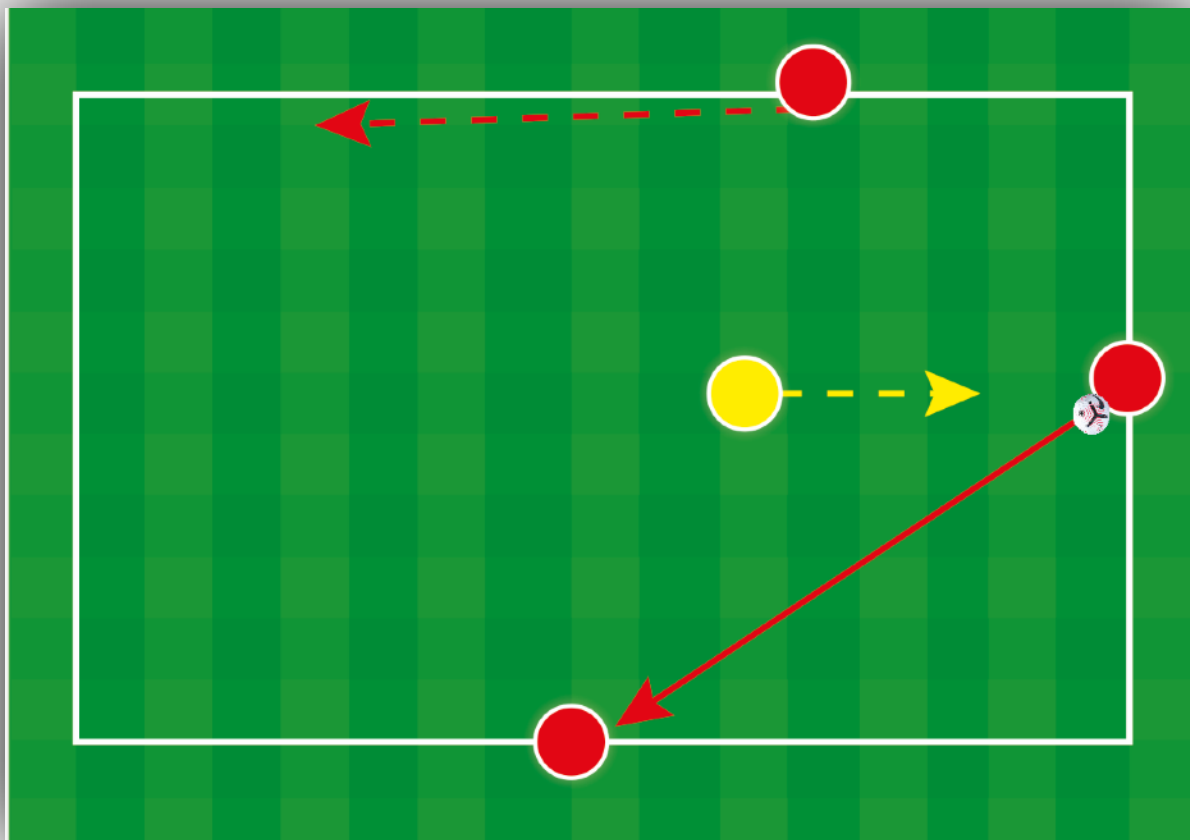


### TRAINING MOMENT

- Once the line has been broken and the yellow has been played around, it is important that the ball speed increases and the furthest player ensures they are able to receive possession of the ball.
- This change in ball speed will be important, the reds have gone from high pressure to low pressure.

3V1 DEVELOPMENT: PRACTICE 2

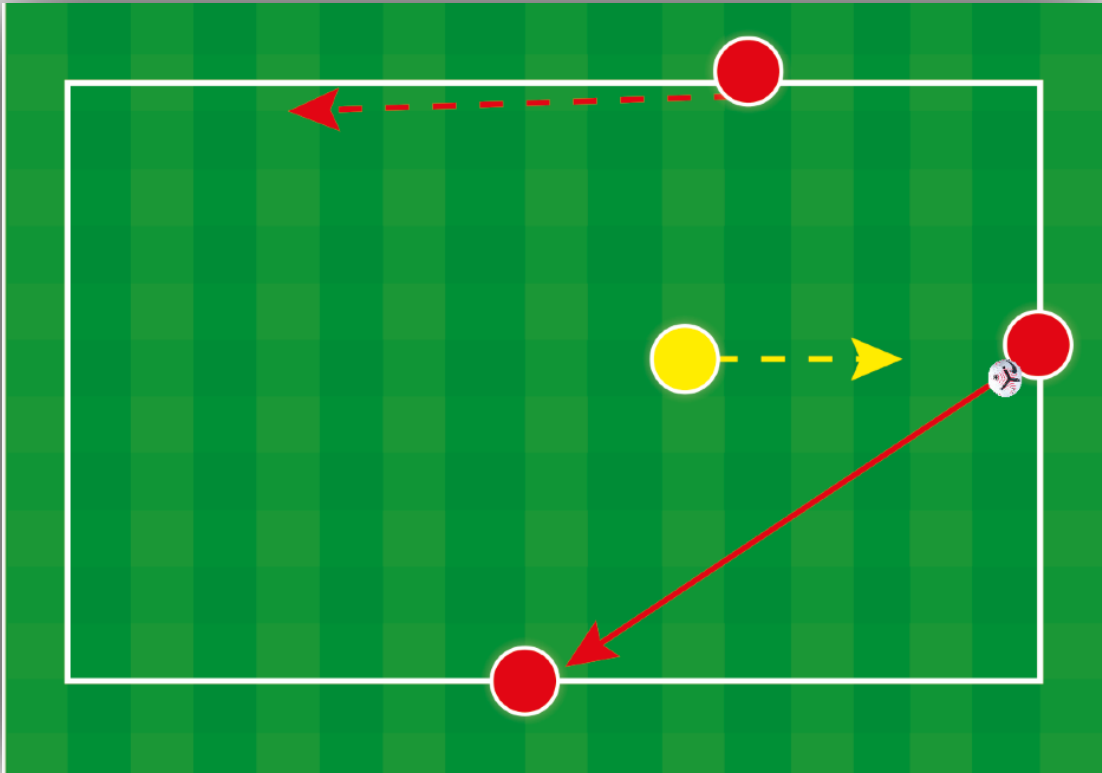
## 3V1 RONDO: EXPLOITING THE VERTICAL SPACE LEFT BY THE OPPONENT.



### SESSION DETAIL:

The concept of 3v1 is extremely important as previously mentioned in the book. We are looking to try and unlock some of the vertical space on the pitch. This practice recreates the initial phase of the build up play. The first red represents the centre back who is being pressed by the centre forward, the passing options on both sides are either a deeper midfield player or a full-back.



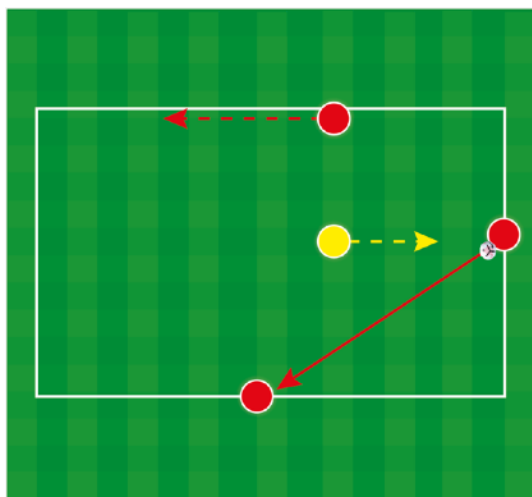


SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
4	12X8	5	60	60	10

## COACHING POINTS:

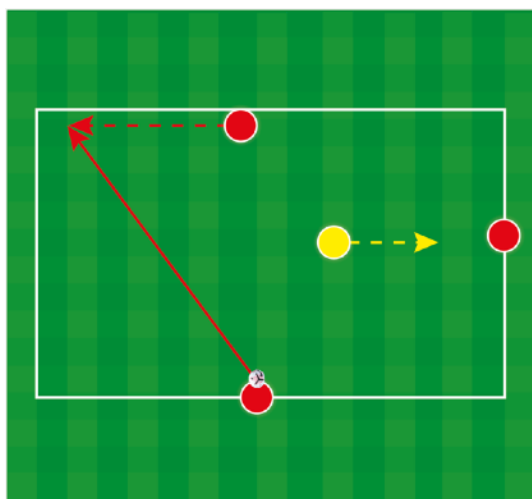
- Using the vertical line to open space in a hugely important component of effectively using space. The reds must be comfortable receiving possession ahead of the yellows shoulder and in the space behind the defender. This will allow for effective use of the vertical lines on the pitch.
- When receiving possession the players must be comfortable adjusting their body to allow possession of the ball across the body, this will allow for them to effectively push the ball across the body and open up both the top and bottom of the pitch.





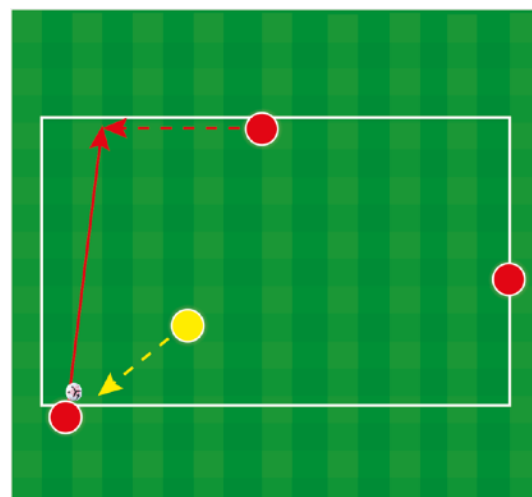
### TRAINING MOMENT

- As we can see in the first image, the red is looking to play beyond the yellow. This replicates playing around a pressing striker. In a game situation, we often see players pass possession of the ball too quickly and fail to attract the pressure of the oncoming defender.



### TRAINING MOMENT

- In the second image we can see how the second pass is key. If we give this practice context, the second pass is the ball back into the centre of the pitch with a quick combination. In these moments it is important the players recognise how to move from a slow passing sequence to a quicker passing sequence.

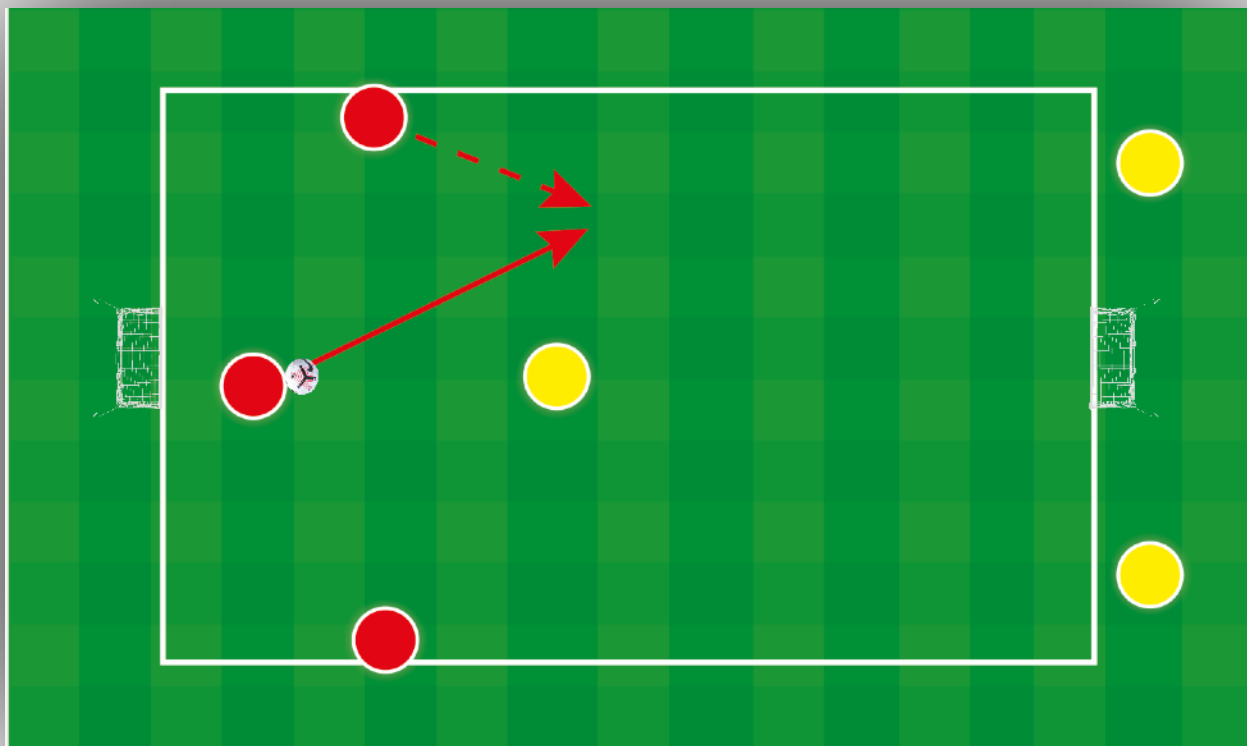


### TRAINING MOMENT

- We must remember how important it is to play vertically towards the opponents goal as quickly as possible. However, at times we will need to play a pass through the unit in order to play forward. In the image to the left, we can see the ball is passed wide to play around the yellow, before a vertical pass is played.

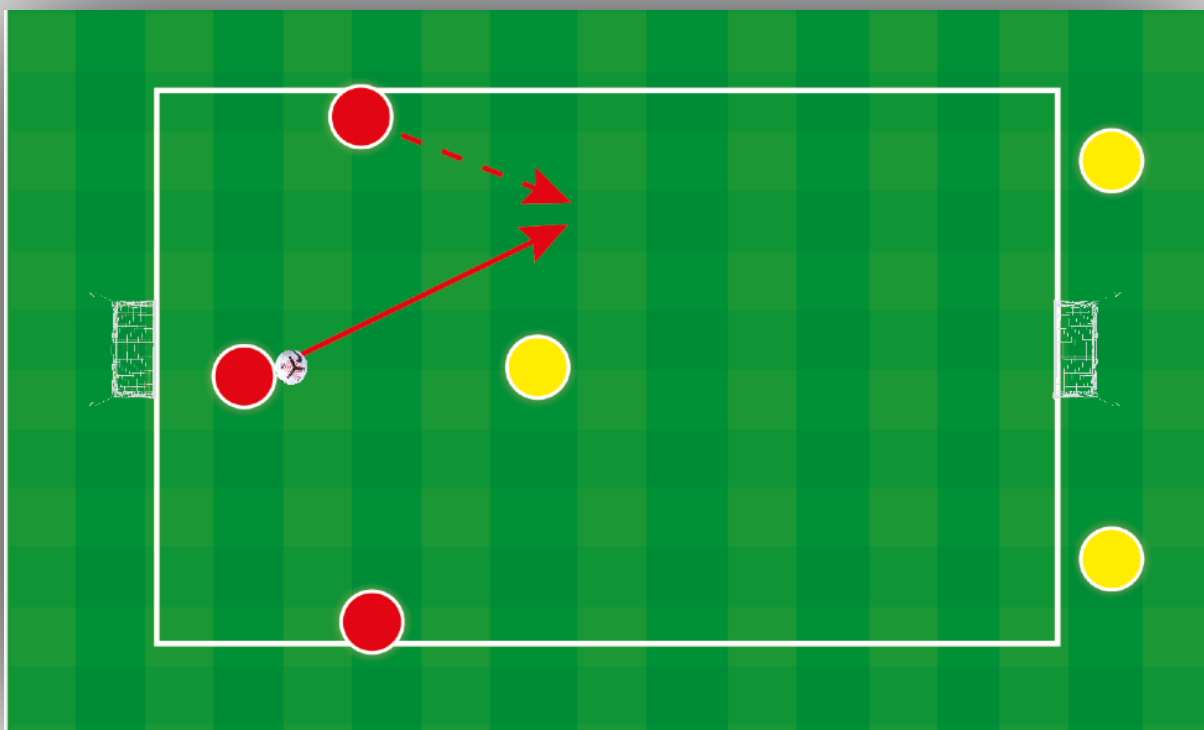
3V1 DEVELOPMENT: PRACTICE 3

## 3v1: USING THE SPACE BEHIND THE OPPONENT EFFECTIVELY



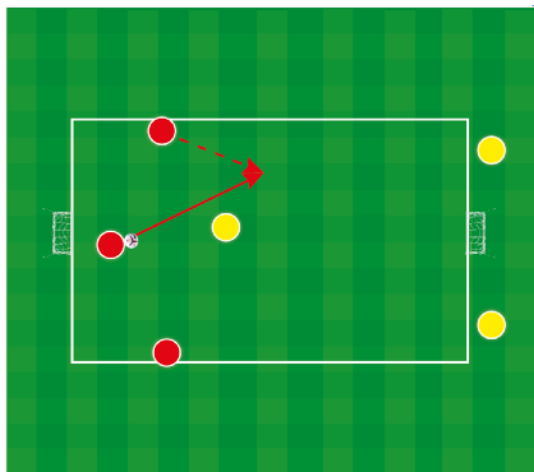
### SESSION DETAIL:

An easy to use practice, the reds attack 3v1 against the yellows, the reds must use the space behind the opponent to be quick and dynamic and score. As soon as the practice ends, the yellows break out and attack as a three, 1 red stays on and defends creating a 3v1 in the opposite direction. This will train our players to understand how to use the overload quickly and effectively. It will also train them to understand the role the space plays in behind the opponents line.



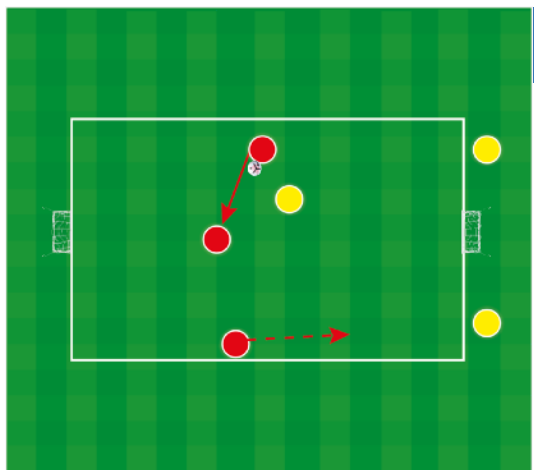
## COACHING POINTS:

- It is important we as the coach are aware why we are training a simple overload practice. In this practice we are just trying to encourage players to make passes around the opponent, whilst travelling at pace. Not playing passes into feet but into the space behind, to break lines and attack the opponent.
- Encourage players to play passes close to the opponent to allow their team mates to drive into the most central areas of the pitch.
- If the ball can't go forward, who can we play too, that can then open up the opposite side of the pitch.
- Can we encourage players to take their first touch across their body and towards the opponents goal?



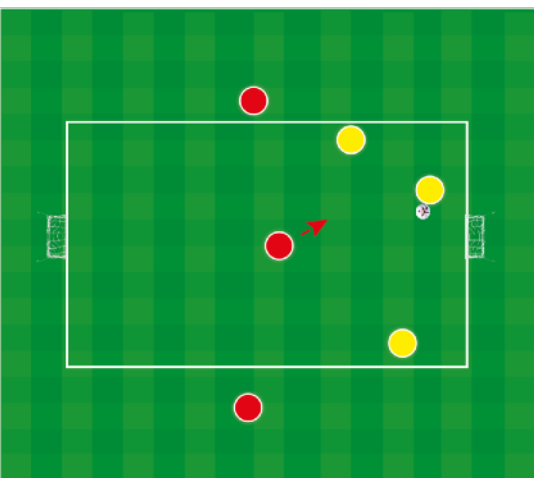
## TRAINING MOMENT

- This image demonstrates how important the passing detail is, can the red play close enough to the yellow that the red can attack centrally, without risking possession.
- The red must then look to take a positive touch towards the opponents goal to completely remove any opportunity for the defensive line to recover



## TRAINING MOMENT

- The second image shows how the opponent might drop to protect the space. In this moment we still have opportunity, however we now need to go from the overloaded area to the underlapped area. This is done by ensuring the reds are playing in different lanes, this will provide an opportunity to effectively switch possession from one side to the other.

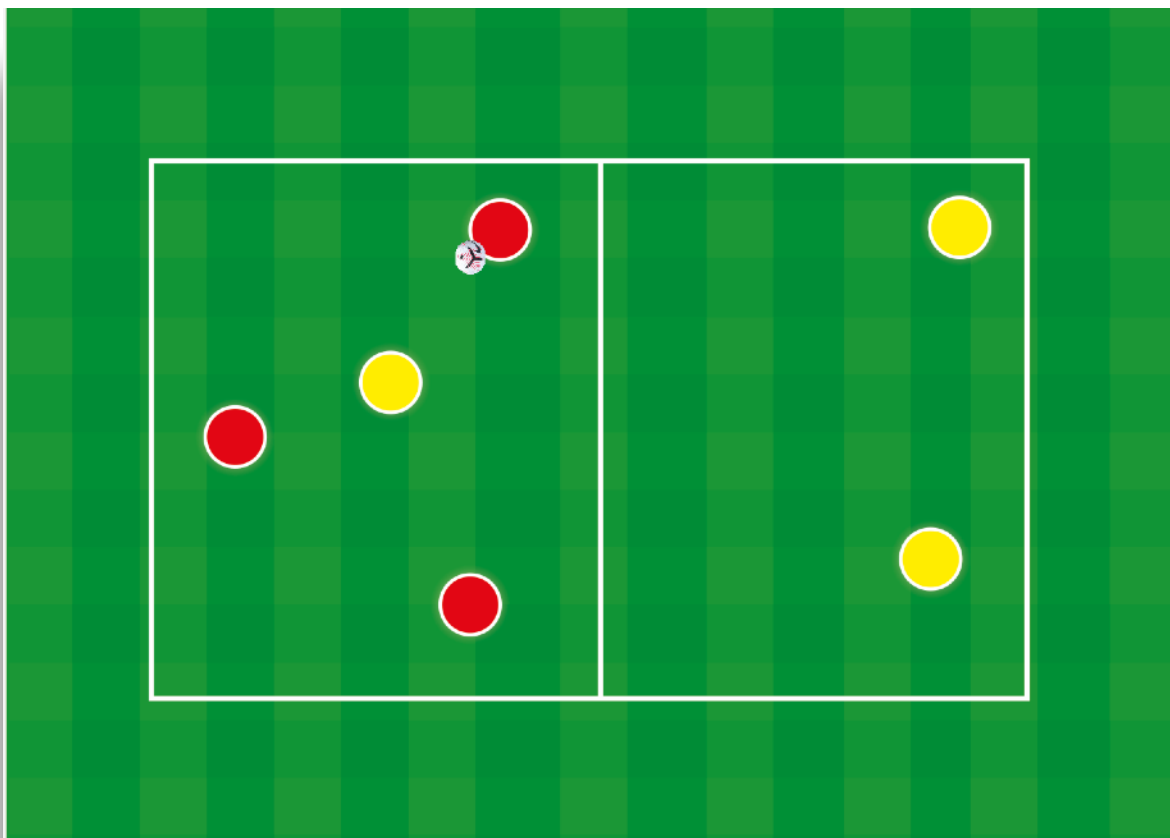


## TRAINING MOMENT

- Here we can see the transition. We must always coach the transition as it represents a hugely important moment of the game. Here the yellows have instantly transitioned effectively and occupied all three lanes. Once they have these lanes occupied (Three would be five in 11v11) they should find it easy to stretch and exploit the lone red player.

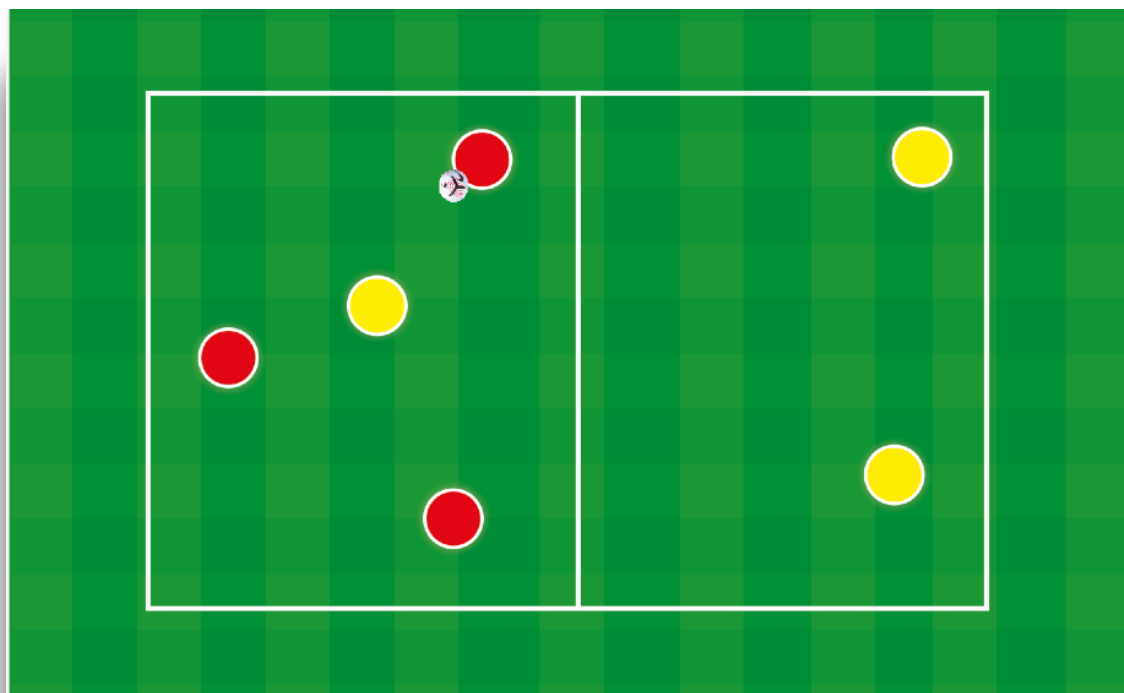
## 3V1 DEVELOPMENT: PRACTICE 4

## 3V1: DOMINATING SIMPLE 3V1 MOMENTS IN AND OUT OF POSSESSION



### SESSION DETAIL:

This is another simple to use practice to train players ability to dominate and succeed in 3v1 situations. The practice starts with the reds looking to keep possession from the single yellow. Once the yellow gets possession of the ball he or she must look to transfer possession to the yellow pair, and then join them with the company of one red, creating a 3v1 on the opposite side. This means there is a constant 3v1 practice occurring within. It is important that the practice is made tight to increase the pressure in transition.

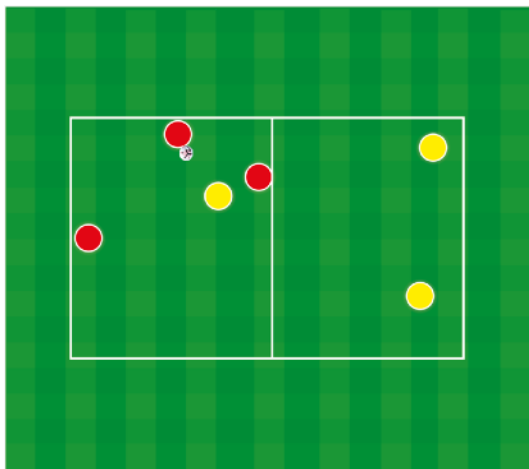


SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
6	18X14	5	120	60	15

## COACHING POINTS:

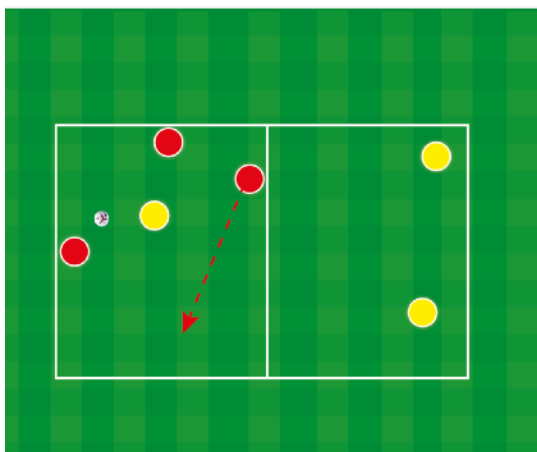
- Dominating the 3v1 is important, the timing of the passes will be a key measure of success. Can our players stay in possession of the ball and attract pressure, before playing a pass away from pressure?
- We must also ensure our players begin to focus on their body position when receiving and playing passes. E.g. can they get their body open to allow cases to both lines.
- Encouraging the pressure from the out of possession player is very important. Without the realistic and energetic press, the side in possession will lack realism and the possession will become consistent and not helpful to what we are trying to train.





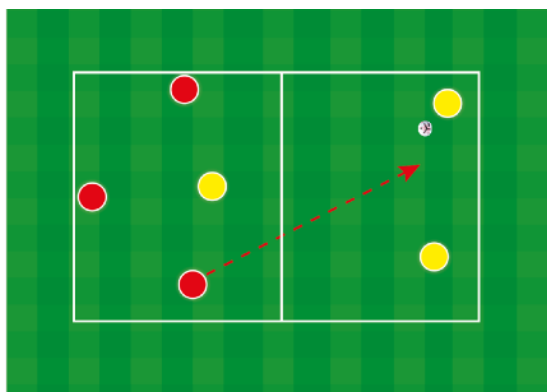
### TRAINING MOMENT

- Here is one of the key moments that provide us with success in possession. This is the positioning of the ball carrier, as you can see the player has started in a fairly central zone. This means that there is at least one lane on the inside and outside of the player. This is important coaching detail for our players to prevent us becoming stuck in one lane.



### TRAINING MOMENT

- In the second image we can see how the ball is now being moved wide, at this point the yellow might set a trap to press the player and look to steal possession back. As the ball travels we require the third player to make a dynamic movement into space to receive quickly, while the passing player might need to offer a bounce pass.

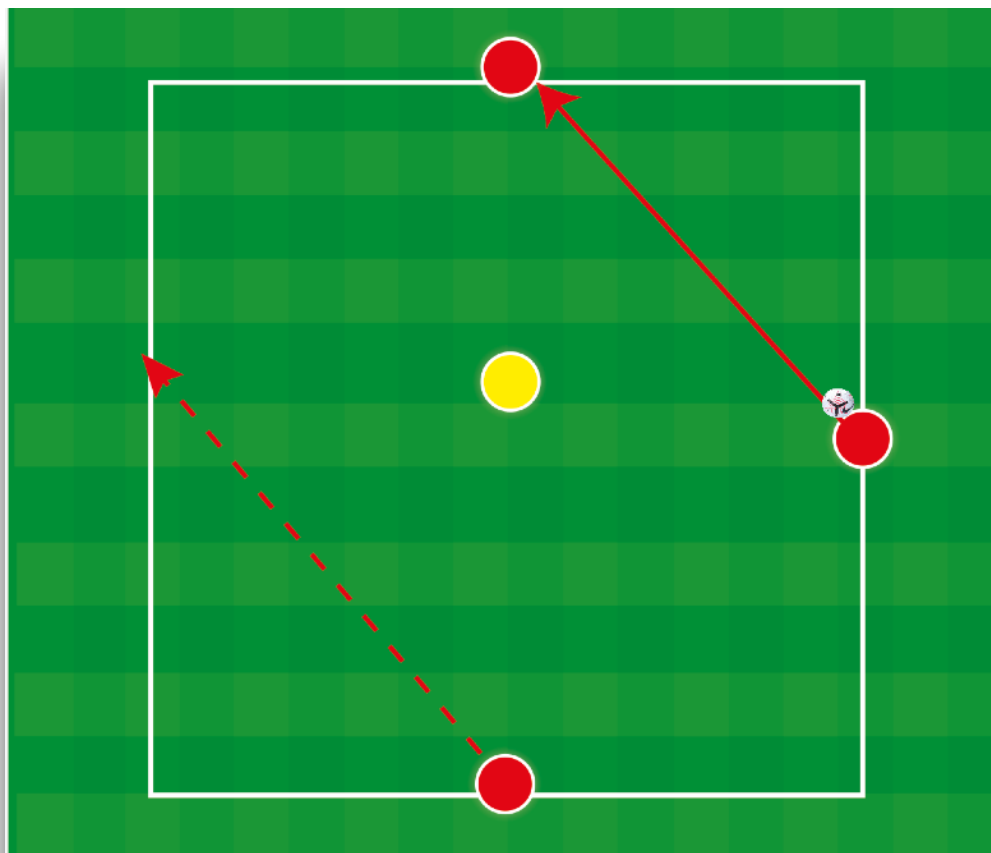


### TRAINING MOMENT

- Again it is important that we train transition within these practices to ensure realism, chaos and challenge. As the yellows win possession back. Can one red look to instantly go and influence the yellows possession. The quicker the red is able to react, the more likely they are to win the ball back in what will originally be a 2v1 situation.

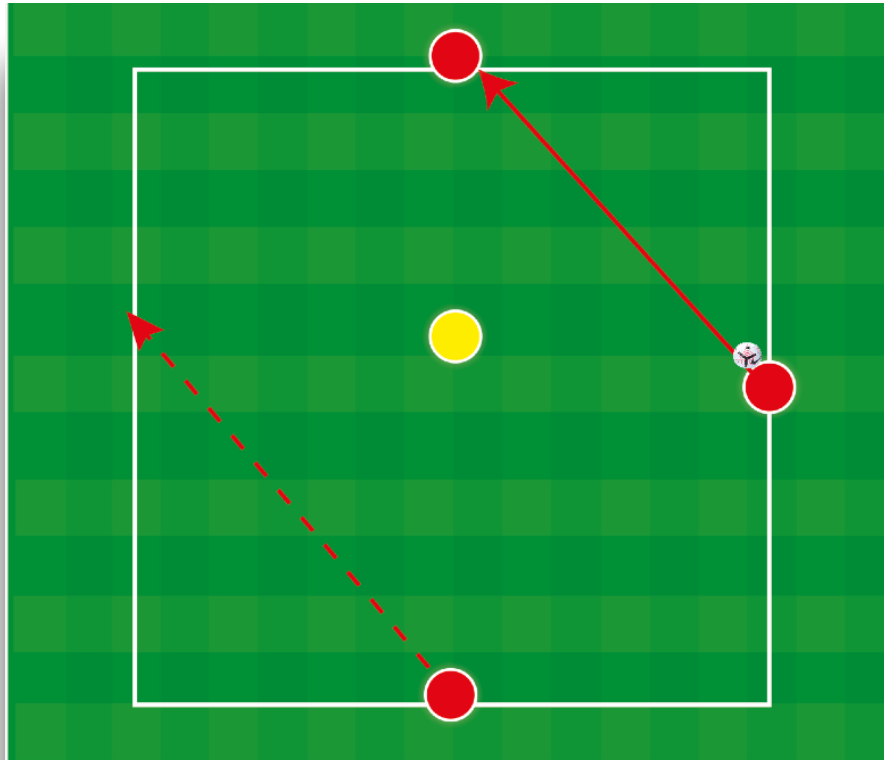
3V1 DEVELOPMENT: PRACTICE 5

## 3V1: CREATING CHAOS WITHIN A 3V1 RESTRICTED RONDO



### SESSION DETAIL:

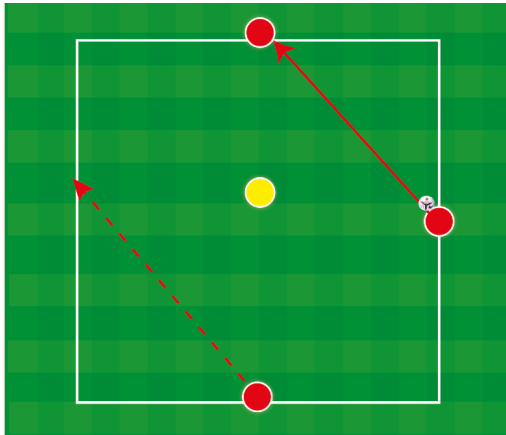
This 3V1 just requires some simple rules to understand in order to be effectively used. The practice has 3 outside players and 1 central player. The rules are simple the reds can move around the outside, but they cannot play bocce passes to each other. This will require a player to move to the open side each time to ensure the ball circulation is maintained. If the reds start to gain too much success, the rule can be removed, but coaches will need to be conscious of the space within the practice



SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
4	10x10	5	60	60	10

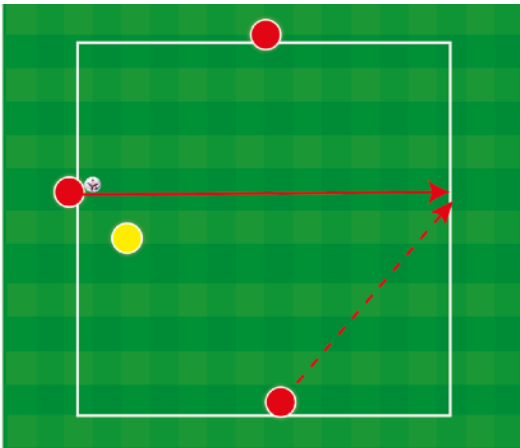
## COACHING POINTS:

- Ball speed is a very important component in this practice. The player passing the ball must recognise if the ball needs to hit quickly to avoid the onrushing pressure of the central player. When the opponent isn't applying pressure, less weight might be needed on the pass in order to open up space behind the opponent.
- Players must be very aware of where the next pass is going, this doesn't mean our players need to be one step ahead, but two or three steps ahead. For example of the ball is moving as shown in the top diagram, the bottom player must start to recognise there the ball is going next and as that happens, the first player must find the next space.



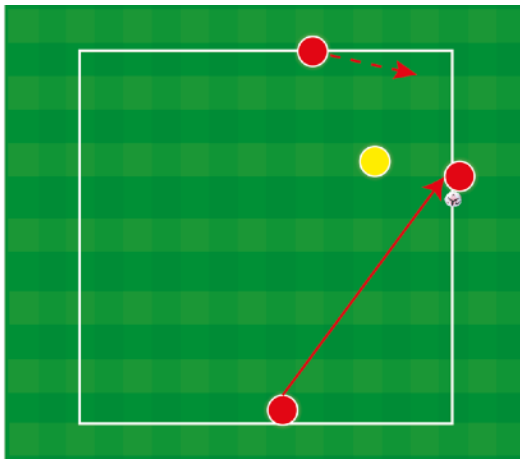
### TRAINING MOMENT

- The timing of the movement is very important within this practice, the player must start to make movements as the ball travels, not after the ball has traveled. In the example shown, the bottom red would need to start to make their movement to the spare side as the ball travels to the team mate.



### TRAINING MOMENT

- The second image shows what effective defending might look like under the rules applied on the practice. The yellow has blocked the second passing lane and forced the attacker to play back to a player they aren't allowed to play too. However the red must be intelligent and recognise to make a double movement back to the original location.

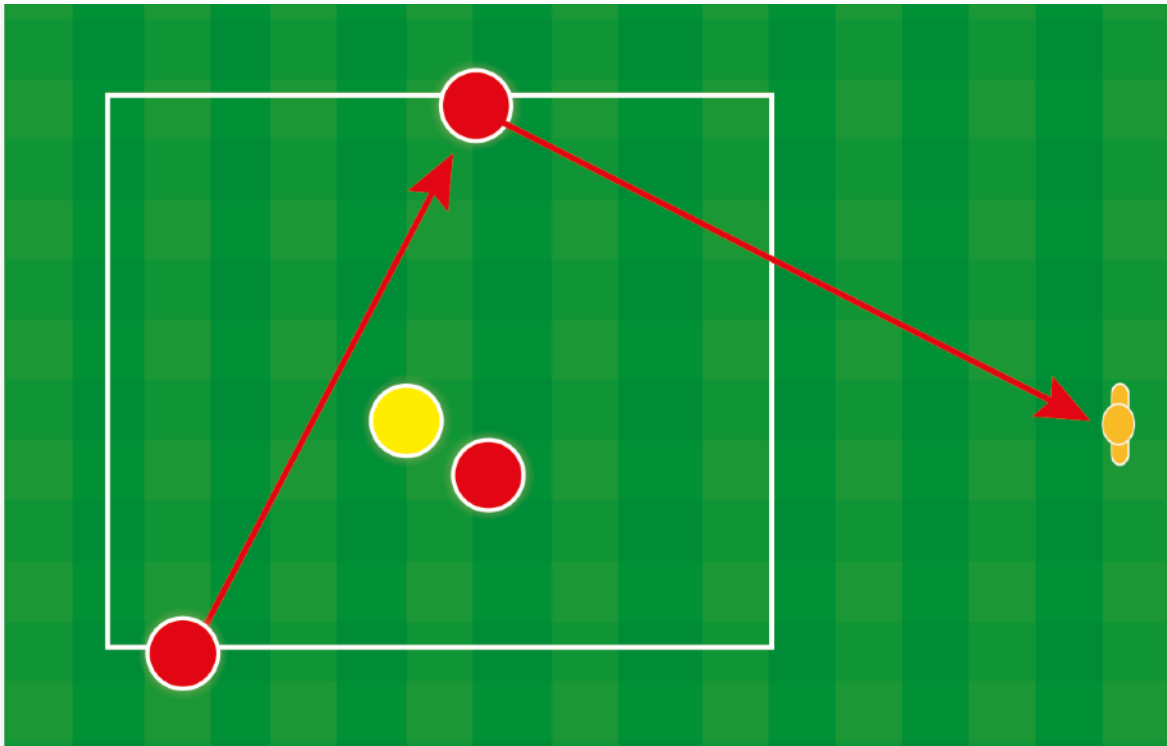


### TRAINING MOMENT

- The example here shows what a poor pass might create, the red is instantly under pressure from the yellow. We must encourage players to create supporting angles and get close to the ball carrier to prevent the player in possession needing to fight to stay in possession. The red must get the ball across their body to open up both sides of the pitch.

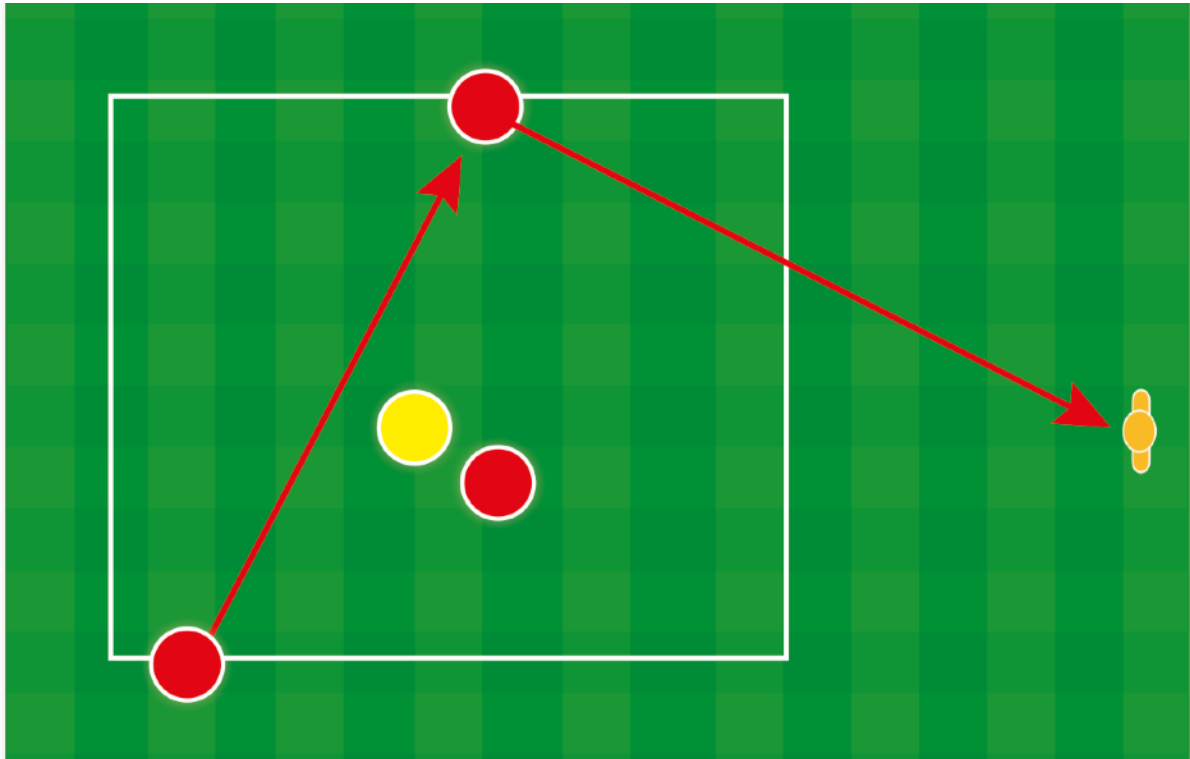
## 3V1 DEVELOPMENT: PRACTICE 5

## 3V1: DOMINATING TIGHT SPACES WITHIN A 3V1 MOMENT.



### SESSION DETAIL:

This 3V1 practice takes place in a quite compact areas with a small mannequin at the end. The idea of the mannequin is to force players to try and hit it as a method of breaking out of the 3v1, once they have found enough space and opportunity to do so. The mannequin represents a realistic and meaningful pass forward within our 1-4-3-3 formation. The use of a mannequin instead of a target goal represents a more difficult target to hit with higher levels of realism and transfer over to the game.



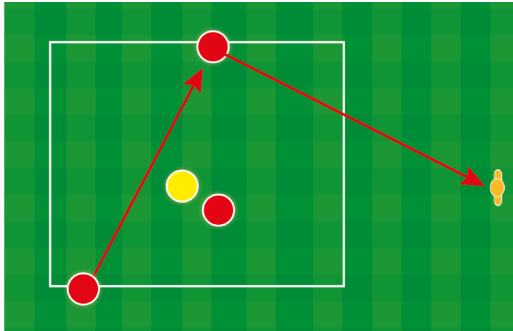
SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
4	9x13	5	60	30	7.5 mins

## COACHING POINTS:

- Receiving angles are very important within this practice. Players must be comfortable receiving with the ball across their body and away from the opponent. This will open up more space on the pitch and give players a better opportunity to play forward. Imagine the left back receiving the ball towards the touchline, and then using their left foot to play in to the wide player further up.
- The weight of pass will also be important, if we are passing the ball into a player we believe can play forward, can that weight of pass allow them to play forward with their first touch.
- Movement, it is important that it is used to create space away from the defender, into a position that allows us to play forward.

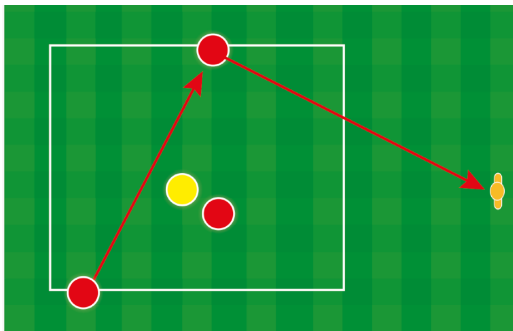


### TRAINING MOMENT



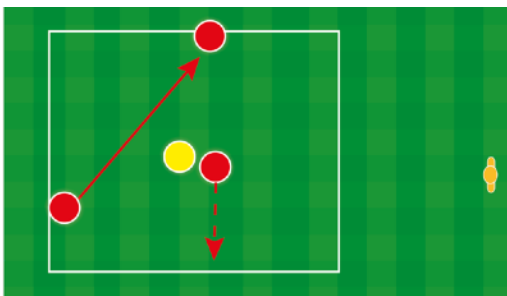
- In this simple first training moment, we can see the far red is holding the outside lane on their own, at this point we are just looking for the outside player to receive quickly and play into the mannequin at the far end. The technical detail will be in the receiving and passing skills. Can they hit the mannequin effectively?

### TRAINING MOMENT



- Using the same image, we can also mention some specific tactical detail included within a small session. The yellow has been dragged into the inside channel by the movement of the middle red, this movement is an unselfish movement that has forced the yellow to deal with the central player and leave the outside channel free for our left back.

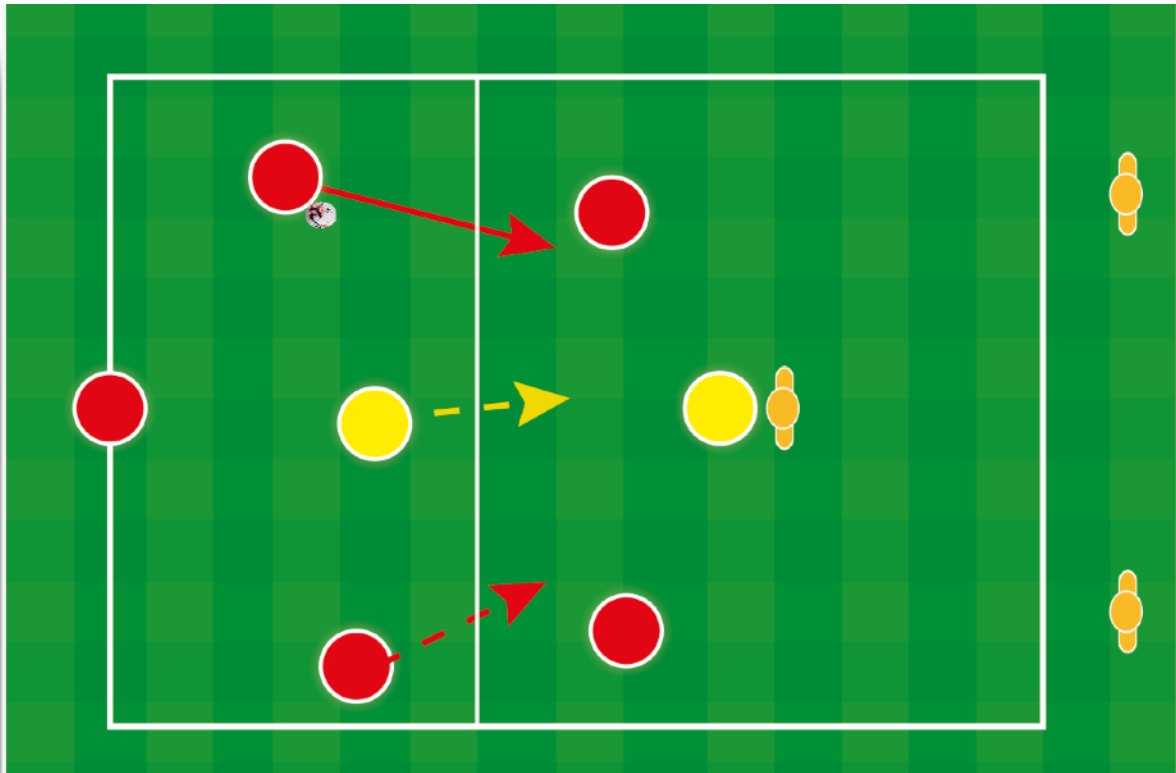
### TRAINING MOMENT



- The third example shows the problems that might occur if the reds lose positive positioning within the practice. For example here, the reds have become quite narrow and made life more simple for the yellow in order to defend. The movement of the red will be vital, as we can see here, they have moved away from the ball forcing a decision from the yellow player.

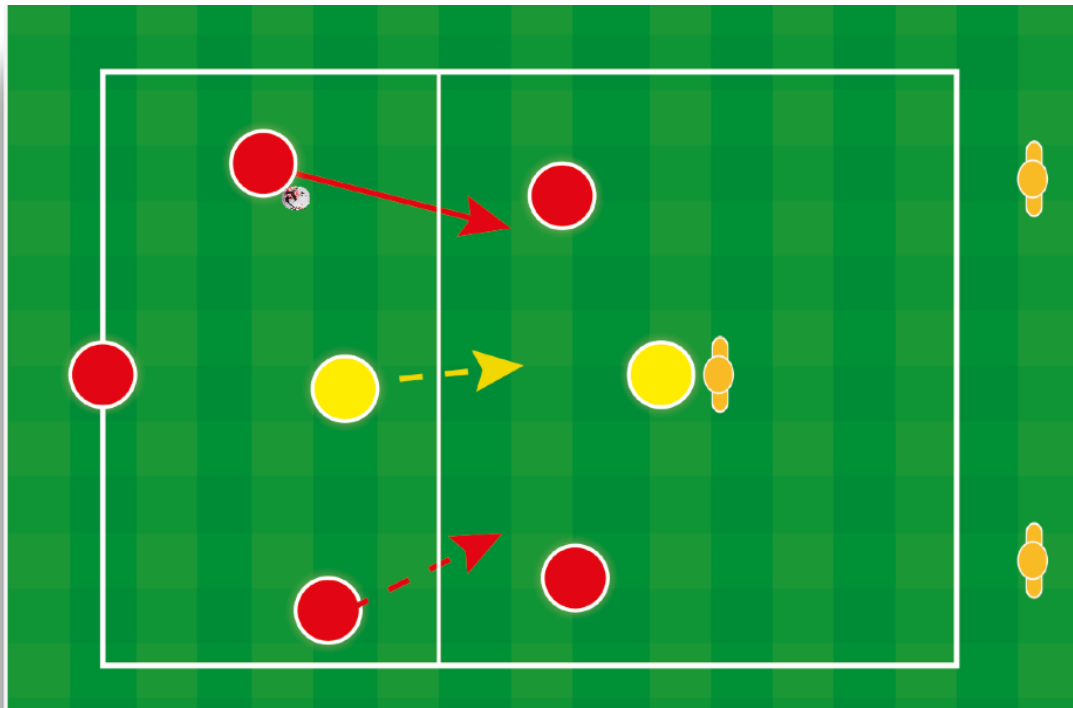
## 3V1 DEVELOPMENT: PRACTICE 5

## 3V1: UNLOCK ONE 3V1 BY DOMINATING THE FIRST



### SESSION DETAIL:

This is a slightly more complex 3v1 practice, the players play within the first area in a 3v1 situation. Players are challenged to create a specific sequence of passes to break out, let's say 3 passes ( This will depend on your age and ability to players). Once they have made those passes they will play into the next phase of the practice where the reds have a 2v1, one player from each team can then break into the next zone creating a 3v1. The reds must play quickly to dominate the 3v1 and hit one of the two mannequins behind.



SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
6	14x22	5	180	60	20 mins

## COACHING POINTS:

- Receiving positions are very important for the players receiving the ball in the second phase of the practice. We must always have in mind the end objective, which is to score. So how can they receive in the best form to assist that, it might be that they turn instantly and attack in the 2v1 moment. It might be that they must retain possession and bring the 3v1 into play.
- The direction of the pass into the final zone will be key, is there space to play a team mate in behind. If there is can we do it early.
- If we are too slow in possession the yellow will recover and make the practice 3v2, so we must encourage our players to make quick and effective decisions in the final zone of the practice.

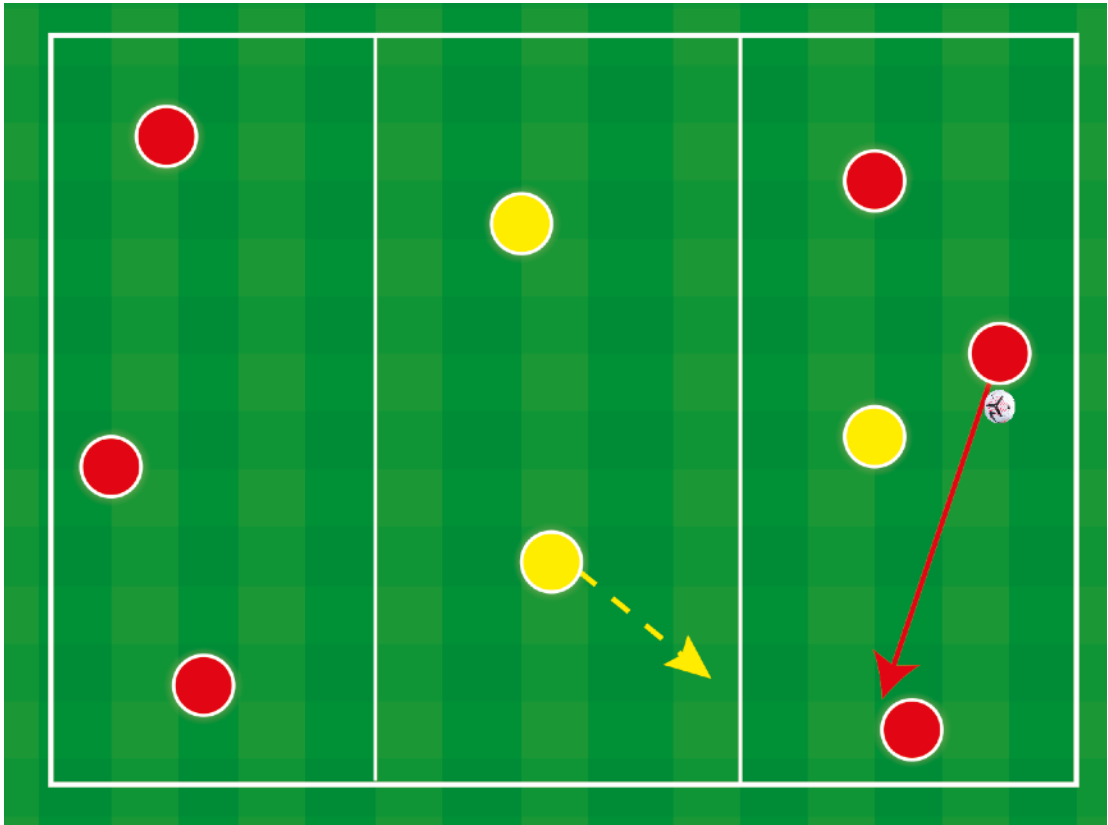
A diagram of a soccer field with a green and white checkered pattern. The field is divided by a vertical white line representing the center. There are six red circles representing players: one on the left side, one in the top center, one in the bottom center, and two on the right side. There are two yellow circles representing the ball, one in the center and one on the right side. There are two yellow figures representing referees, one on the right side and one in the bottom right corner. Arrows indicate movement: a red arrow points from the top center red circle to the top right red circle; a red arrow points from the bottom center red circle to the bottom right red circle; a yellow dashed arrow points from the center yellow circle to the right yellow circle; and a yellow dashed arrow points from the center yellow circle to the center red circle.

A diagram of a soccer field with a green and white checkered pattern. A white rectangular box represents the field. Inside the box, there are several red circles (players) and yellow circles (players). A red arrow points from a red circle on the left to a red circle on the right. A yellow arrow points from a yellow circle on the left to a yellow circle on the right. Outside the box, on the right side, there are two yellow circles representing spectators. The diagram illustrates the movement of players during a game.

A diagram of a soccer field with a green and white striped background. The field is bounded by a white line. There are five red circles representing players: one on the left side, one at the top center, one at the bottom center, one on the right side, and one at the bottom right. There are two yellow circles representing players: one at the top center and one on the right side. There are two orange circles representing players: one on the far right and one at the bottom right. A yellow arrow points from the yellow circle at the top center to the yellow circle on the right side. A red arrow points from the red circle at the bottom center to the red circle at the bottom right.

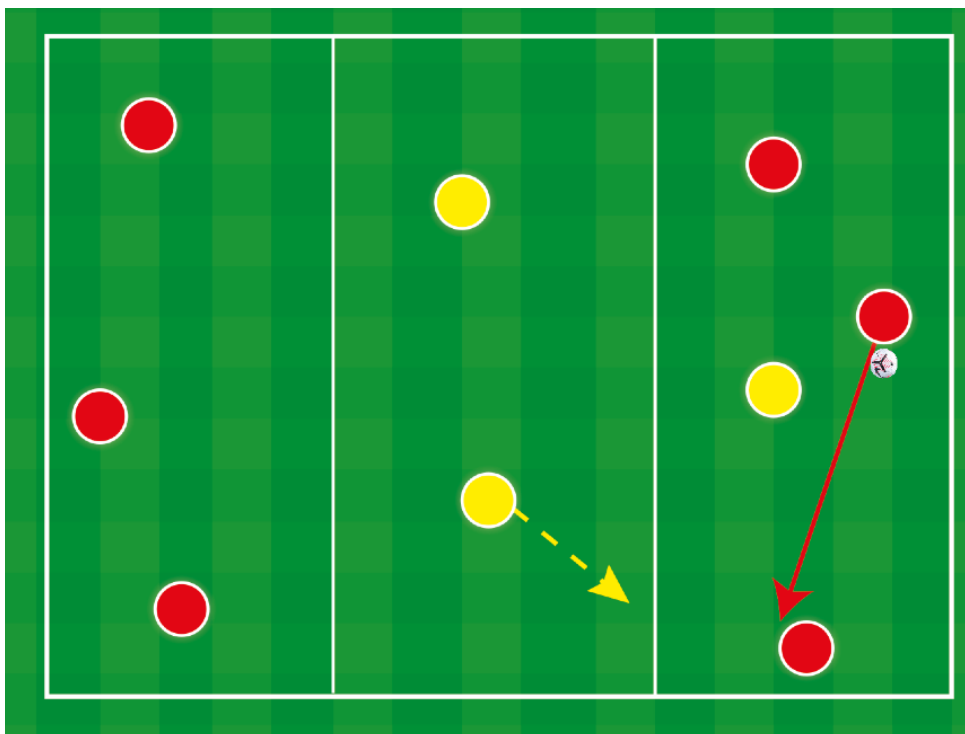
## 3V1 DEVELOPMENT: PRACTICE 5

## 3V1: PLAYING THROUGH THE OPPONENT IN A 3V3V3 PRACTICE.



### SESSION DETAIL:

The 3V3V3 practice is a great way to encourage players to play forward under pressure with quality in their passing. The reds look to move the ball within their 3v1 and attempt to pass the ball across the practice into the opposite 3v1. However if the ball is one by the yellows, the teams switch, so the red side would replace the yellows, and the yellows would become the side in possession of the ball.



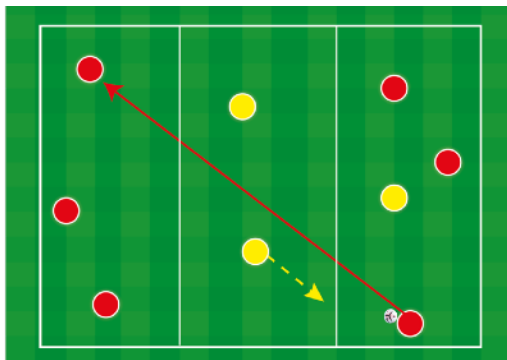
SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
9	25x15	4	240	60	20 mins

## COACHING POINTS:

- Reverse passes are a key component of being successful in this practice. The three yellows will often create a triangle, that shifts across and blocks passing lanes. As the yellows do this they try to block the space in between lines, If space opens up, the reds must try to reverse balls between the lines to play forward into the opposite end of the practice.
- The use of one touch passes is very important, the players must look to move the point of attack quickly to limit the yellows chance to become organised.
- Bouncing passes (1-2's) will force the opponent to move quickly to block passing lanes, if they don't then we will have success playing forward.

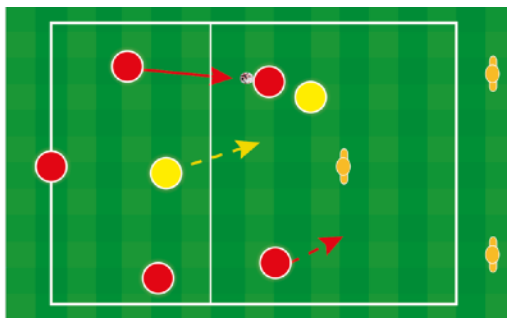


### TRAINING MOMENT



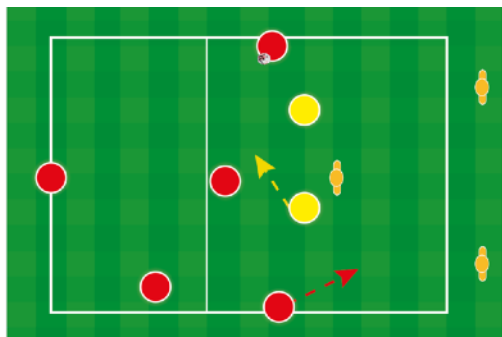
- Here we show a great example of how the reverse pass might be used. The yellows have left a lane open, and offered space to the reds through the centre off the pitch. The wide player might look to play down the line and give the eyes to the line, before reversing a pass through the centre of the pitch.

### TRAINING MOMENT



- The second image shows how our players might need to be quick and effective to use the overload and play forward. We don't often keep overloads for long periods of time in football, so it is important we use them effectively to get further forward. In this example the red makes a movement from out to in to exploit space in the centre off the pitch.

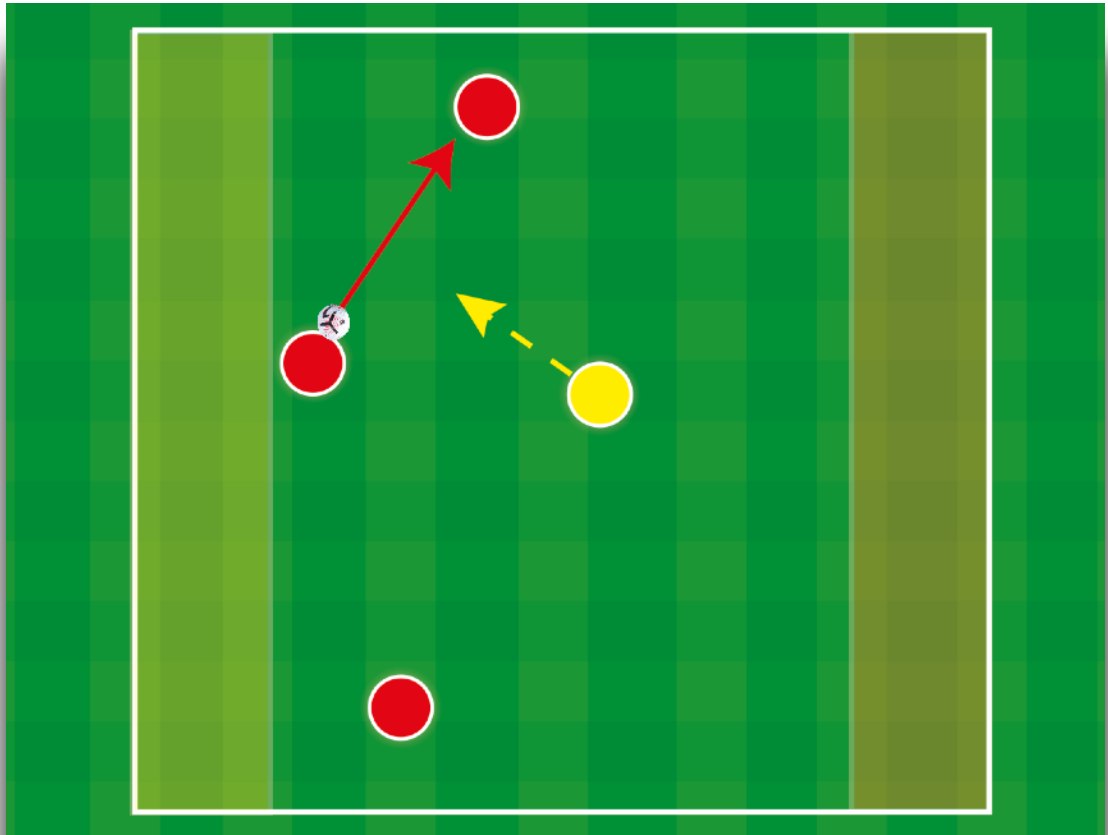
### TRAINING MOMENT



- We must always prepare our players to meet problems and force them to adapt, in the situation here we can see the yellows have recovered well and have now created a 3v2 situation. We must make players aware of how simple principles that we have trained throughout will prepare us for these moments. Here we need width, depth, penetration and control to exploit the opponent.

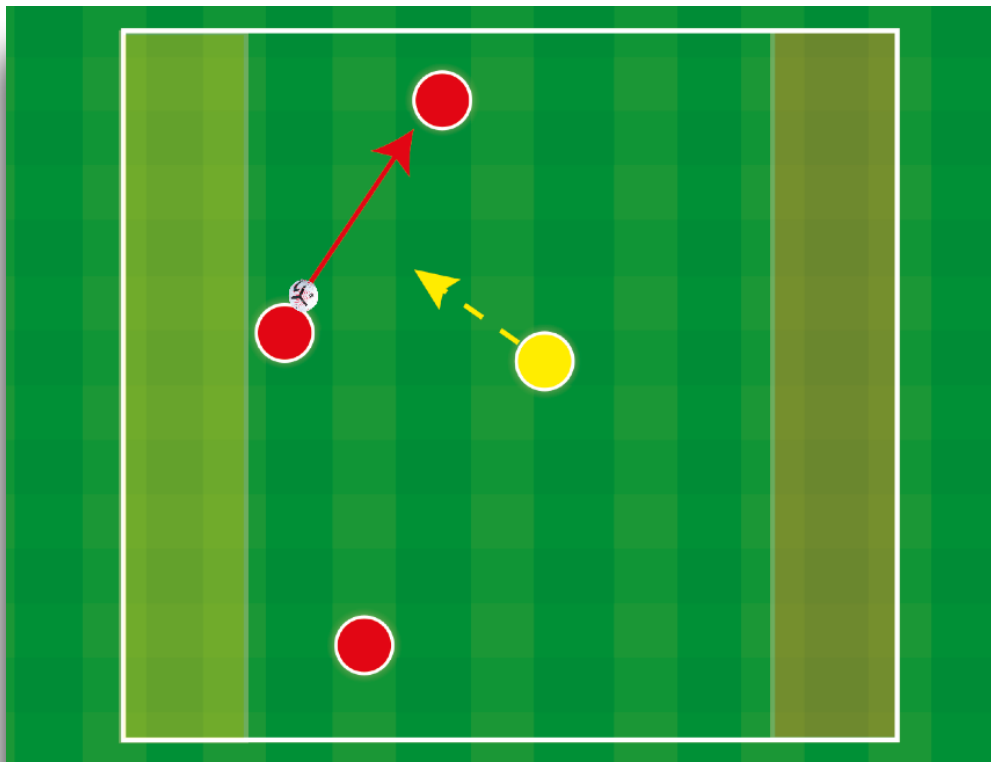
## 3V1 DEVELOPMENT: PRACTICE 6

## 3V1: BREAKING INTO THE SPACE BEHIND THE OPPONENT IN A 3V1



### SESSION DETAIL:

This is a great practice to develop players ability to dominate 3V1 situations. In this practice we are looking to release a player to run in the space behind the opponent. This will replicate the moment where a wide player or full-back is played possession of the ball in space, and then needs to drive out quickly to get forward. The practice needs to be in a fairly narrow space to prevent the reds having unchallenged success.

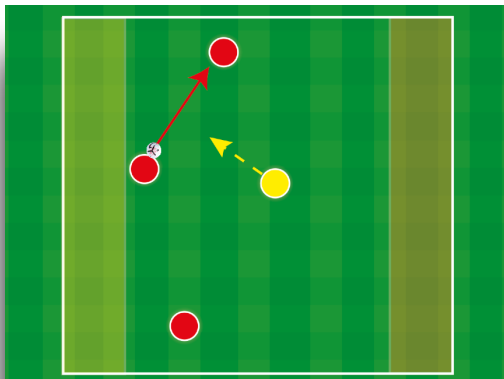


SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
4	20x13	5	180	60	20 mins

## COACHING POINTS:

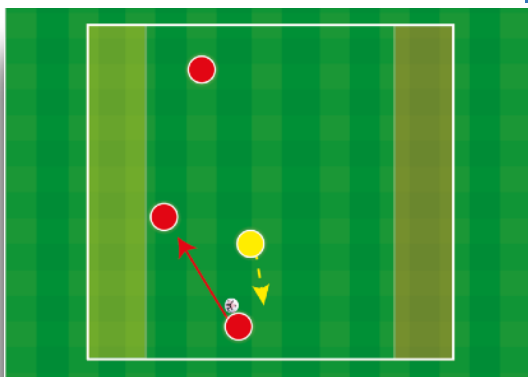
- Delay can be a tool used both in and out of possession. In possession can the player in possession, delay moving the ball from side to side to try and encourage the yellow to apply pressure and leave space behind for the reds to attack. If the yellow doesn't apply pressure, can the reds move the ball quickly to try and open up space to play forward.
- First touch is a vital technical component for any player when looking to break out from the back. The player receiving must be comfortable playing forward quickly, taking their touch into space. This will allow them to break past the yellow defender and attack the space left behind.

## TRAINING MOMENT



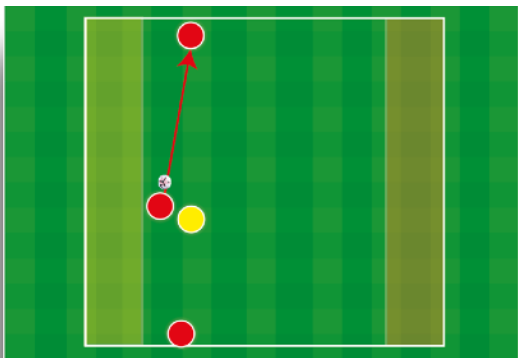
- Here we can see a moment where the yellow has dropped slightly deeper, this means the red is receiving possession in front of the defensive line. In these moments the wide player must make a decision as to try and run in behind or try and switch play quickly to stretch and challenge the yellows.

## TRAINING MOMENT



- In the second moment, we can see how the ball has been played wide and the yellow has managed to come across and prevent the red playing forward. In this moment it is important that there is depth to our attack, and the central player is able to receive possession and switch the ball out to the other side.

## TRAINING MOMENT



- One of the challenges of attacking with a 3V1 is that the defender can go high and force the two opposing defenders to be offside. In this moment the reds must be aware of this, and be able to change their position to stay onside and exploit the space left behind

---

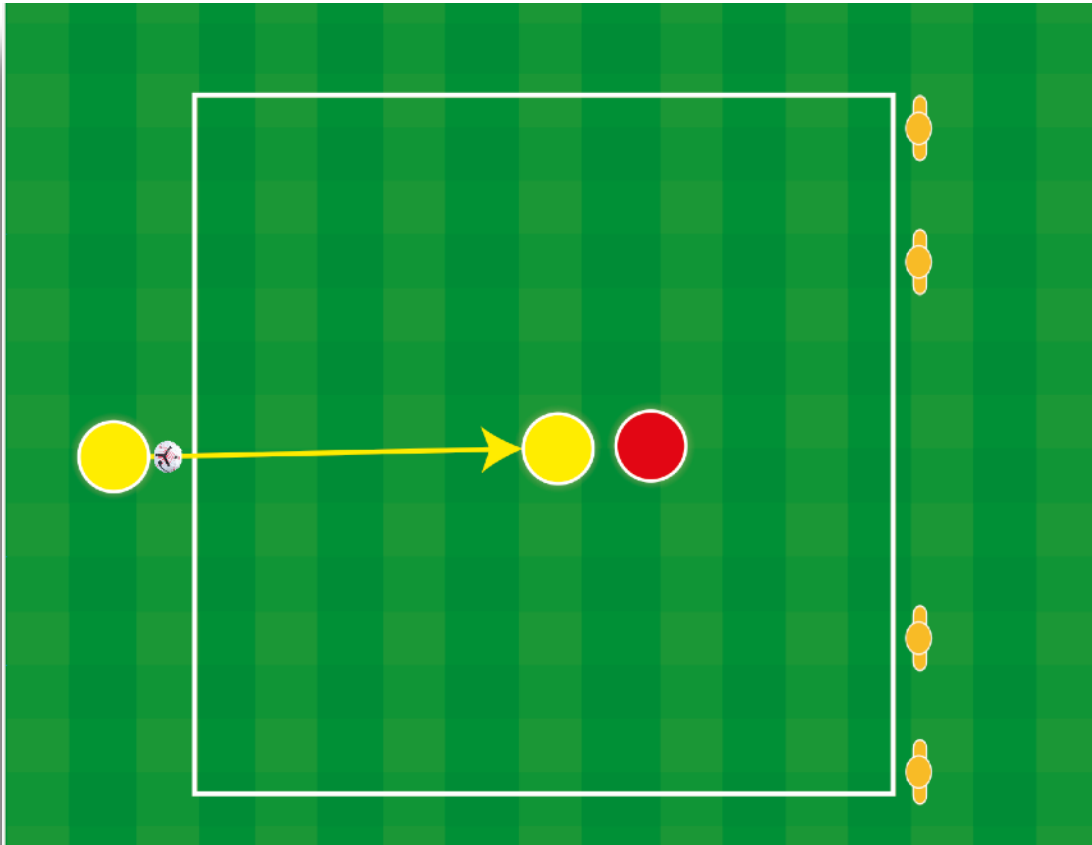
COACHING SIDES TO PLAY OUT FROM THE BACK

---

# RECEIVING PRACTICES

## RECEIVING PRACTICES

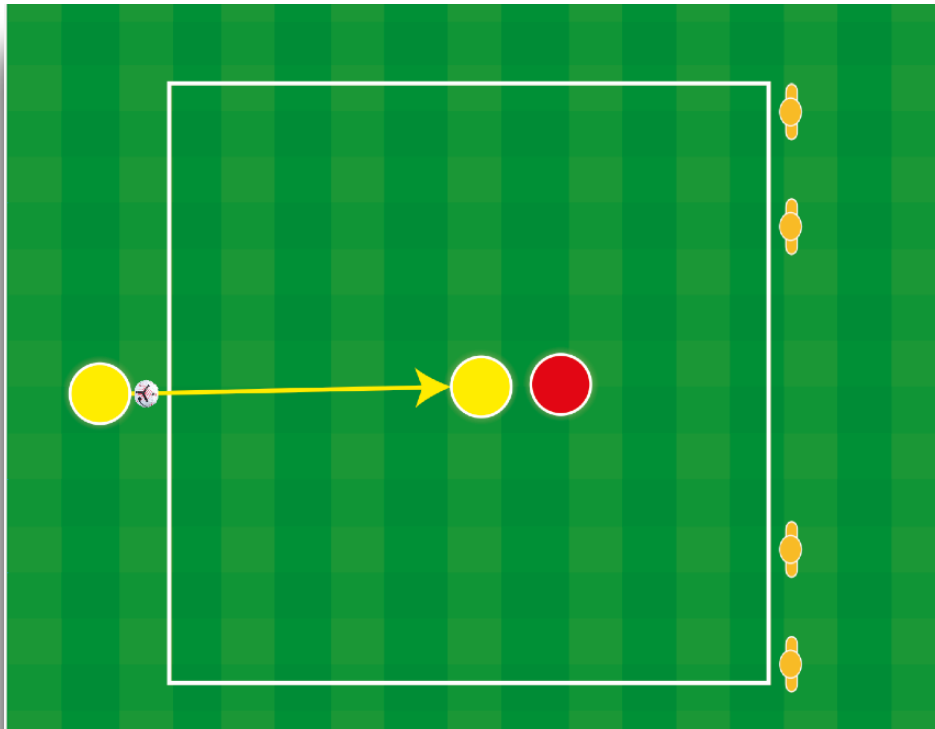
## RECEIVING PRACTICES: RECEIVING AND DRIVING THROUGH GATES



### SESSION DETAIL:

This is a simple but effective practice to develop players who are comfortable and able to receive under pressure in 1v1 moments. The yellow on the outside passes the ball into the other yellow, who looks to beat the red in a 1v1 match up and drive through the gate. We need to challenge the yellow to receive with different intentions, at times can they receive on the half turn, other times can they look to drag the yellow into a wider area and play on the half-turn to attack the gate



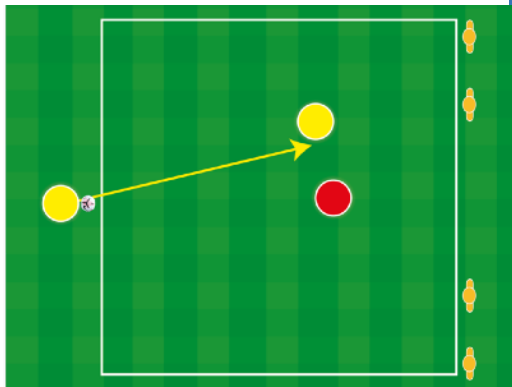


SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
3	12x12	5	120	60	15 mins

## COACHING POINTS:

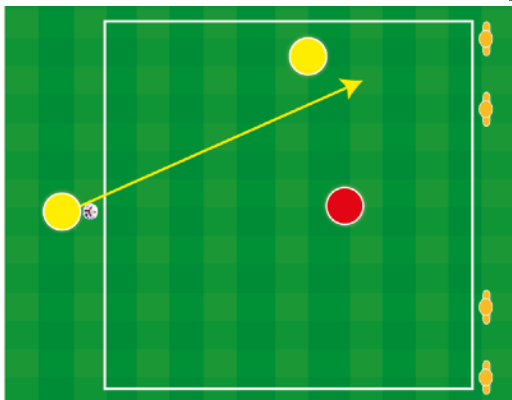
- Receiving skill are clearly very important in this practice, can our players be comfortable receiving on both sides. At times our players must be comfortable receiving possession under pressure from the opponent, but they must know how to use the pressure as an opportunity to play forward
- Movement will be very important, can the yellow make movement into one of the wide areas, in order to receive possession on the half-turn and attack the space behind
- Double movements will also be very important as a method of manipulating the opponent and playing forward.

## TRAINING MOMENT



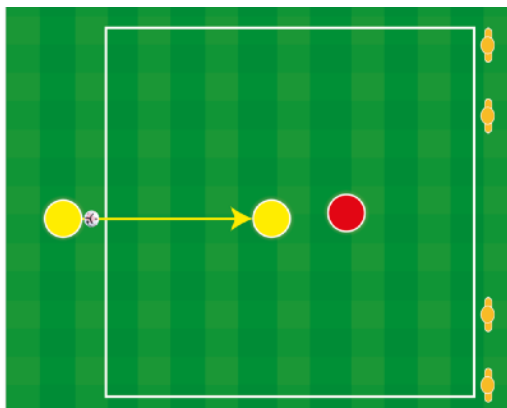
- In this moment we can see how the yellow has peeled off the opponent red to create a little bit of space to receive on the outside of the opponent. This will allow for the yellow to now play beyond the red without having to compete in a physical 1v1 battle.

## TRAINING MOMENT



- In the second moment, the yellow has moved away to the outside channel to create space to try and receive away from the opponent, this might be more position specific information for players who are playing in wide areas, to make their movement from in to out to try and open up enough space to receive possession.

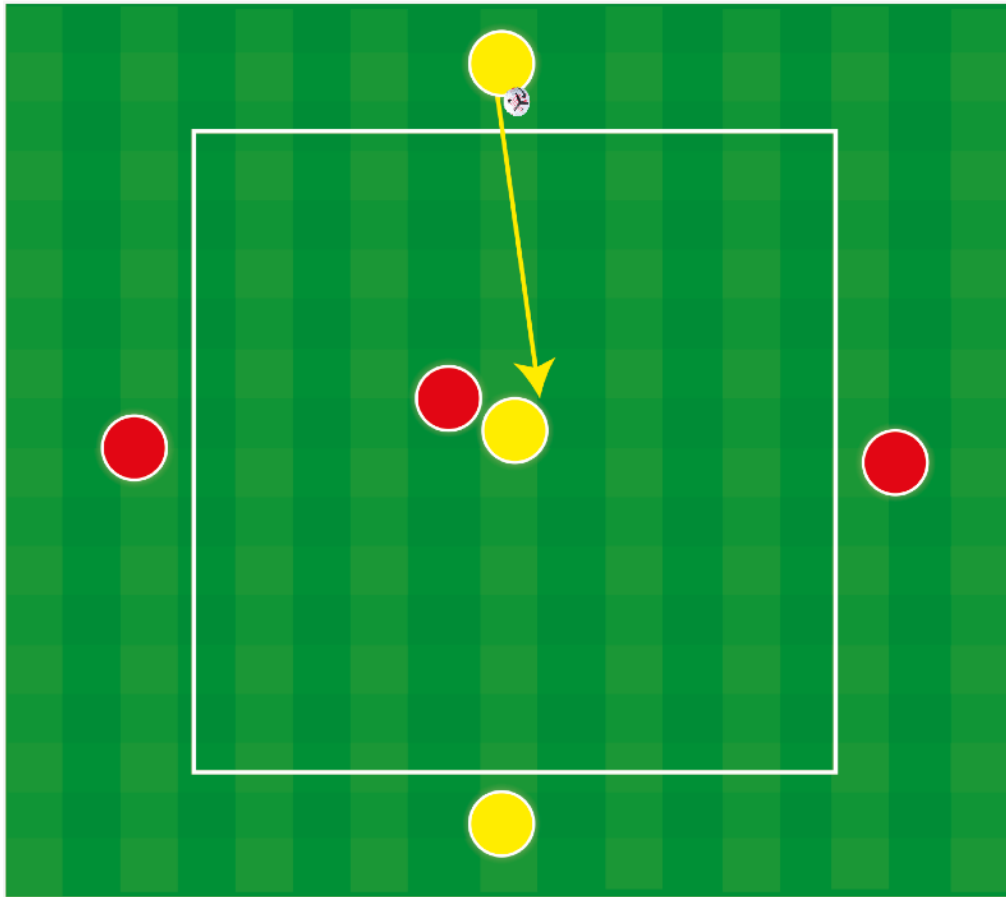
## TRAINING MOMENT



- One of the challenges here, is for the yellow to come away from the defender to receive in a bit of space. By doing this they attract the pressure of the red who consequently leaves in behind. This will be an important movement for a central midfield player during he first phase, when the opportunity to play forwards hasn't been successful.

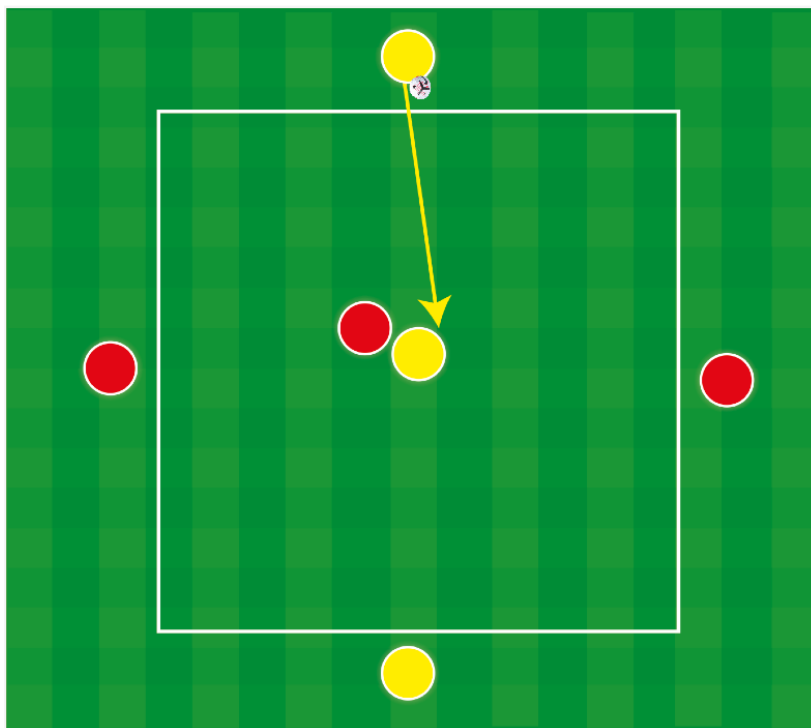
## RECEIVING PRACTICES

## RECEIVING PRACTICES: RECEIVING AND PLAYING UNDER PRESSURE



### SESSION DETAIL:

This is an effective way to develop players who are able to receive under pressure and find forward passes. One of the key components of playing out from the back is being able to play forward under pressure, and not needing to turn backwards and retain possession. In this practice the yellow plays into the 1v1, where the player must try to receive and play forward. If the reds win possession they do the same with the yellows becoming the defensive side until possession changes hands again.

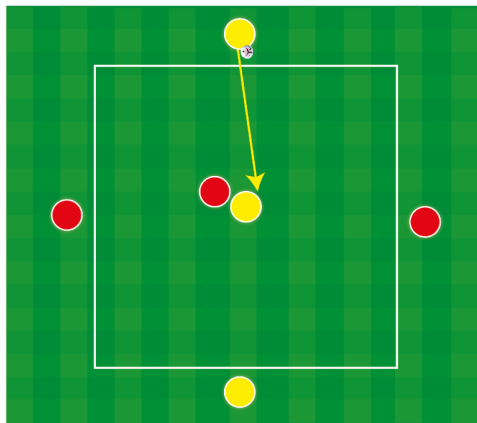


SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
6	15x15	5	120	60	15 mins

## COACHING POINTS:

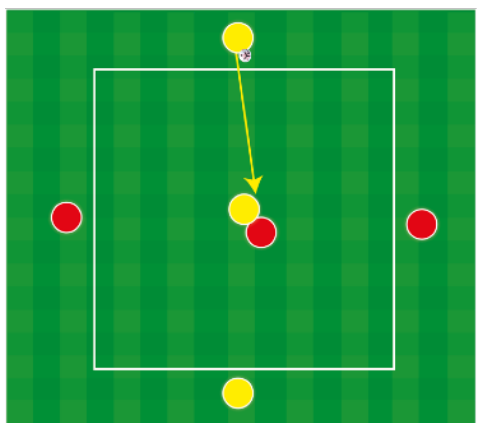
- Body manipulation — this is an important trait for players to have in order to win 1v1's. Can our players look to drop their shoulder, and manipulate their body in order to create a bit of space to play forward?
- Awareness – Our players must be very aware of the space around them, scanning will allow this to happen. We must make sure our players are aware
- No touch turns are also an important skill for players to use in order to beat opponents. Taking a no touch turn might be an effective skill to use when the opponent gets too tight and there is an opportunity to role them and play behind. When a players is going to do this they must make sure the pass is not right into them but on the outside of the opponent.

## TRAINING MOMENT



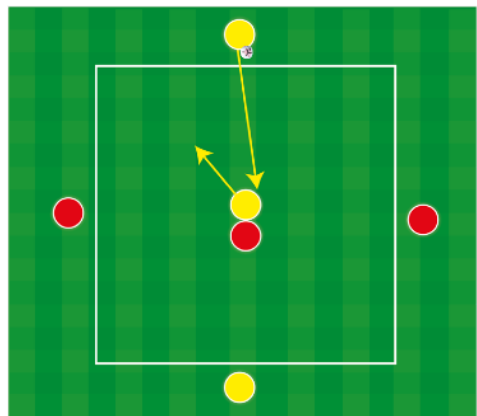
- In the first training moment, we can see how they yellow has created space to receive in the most central position. They have done this by backing their body into the opponent and then received the ball to the opposite side of the defender. This manipulation is an effective way to force the opponent into a poor defensive position, where a foul is needed.

## TRAINING MOMENT



- In the second moment, we can see how the yellow has been matched by the red, with the red getting touch tight and refusing to allow the yellow easy possession of the ball. In order to get out here, the yellow might encourage the red to try and step in and win possession, in this example the red enters from the right, so the yellow should try to move the ball left.

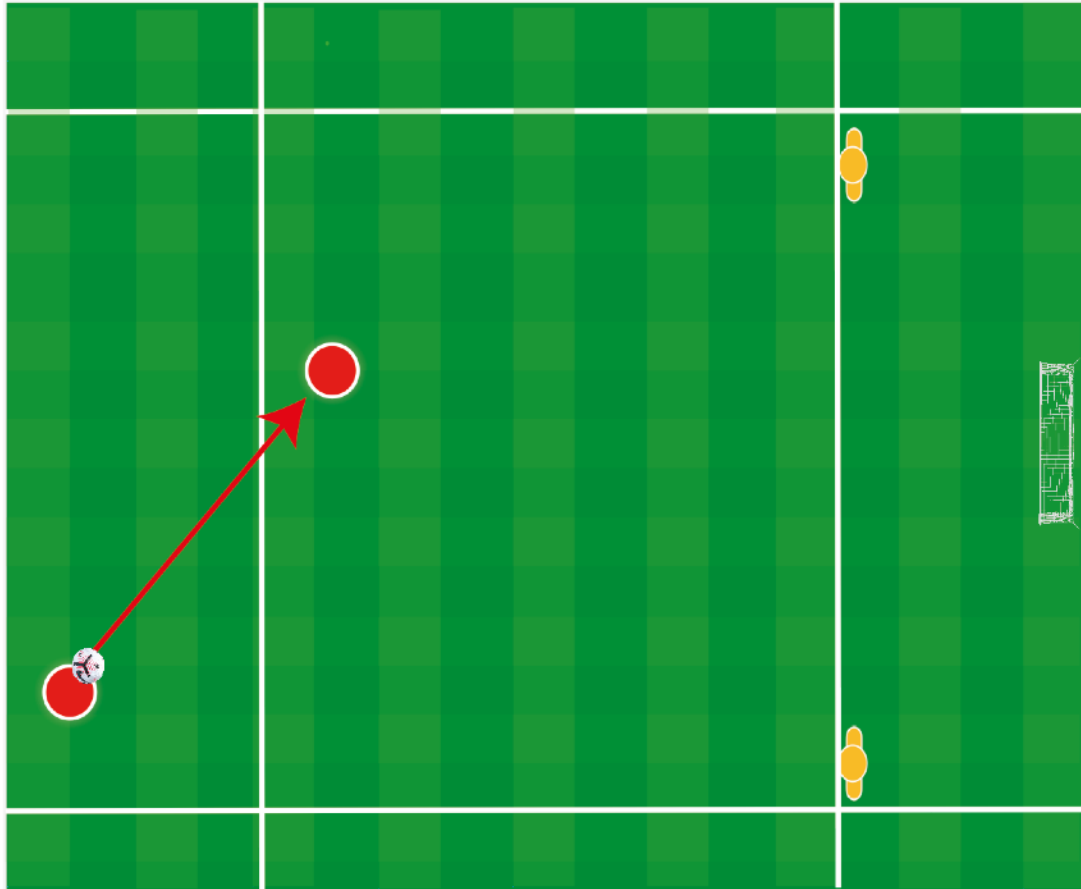
## TRAINING MOMENT



- A major challenge in the practice, is what to do if the red doesn't look to step in. What happens if they drop and don't apply pressure. In these situations we are looking for the yellow to take their touch away to create more space. They can then turn and drive into 1v1 with the opponent. It is much harder to play forward when our players are facing their own goal.

## RECEIVING PRACTICES

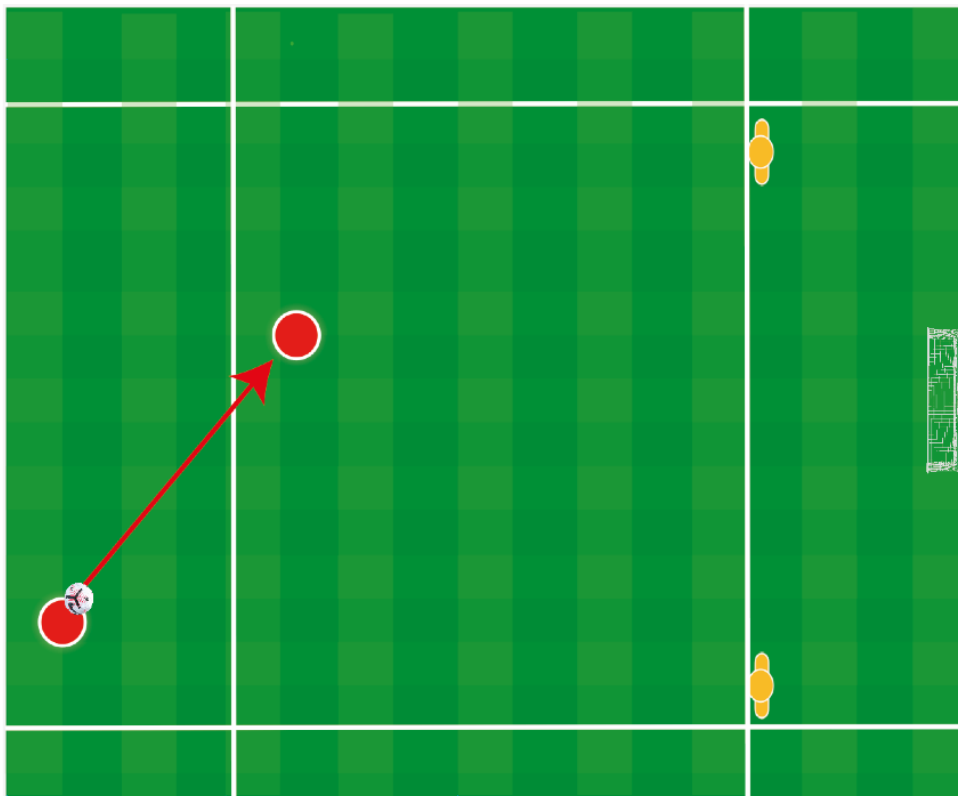
## RECEIVING PRACTICES: FINDING PLAYERS IN FORWARD LANES



### SESSION DETAIL:

This is an unopposed practice used to try and prepare players to play passes into the correct positions when playing out from the back. This practice replicates the centre-back playing a pass into the feet of the full-back who then has three passing options. One into the winger in the outside channel, one into the midfield player inside. Or the third option is to try and clip the ball into the goal behind which might replicate playing in behind to the number nine.



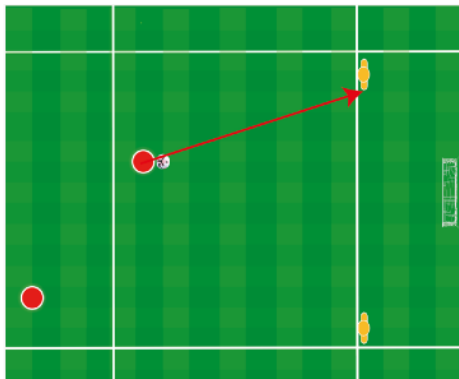


SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
1	30x50	5	90	30	10 mins

## COACHING POINTS:

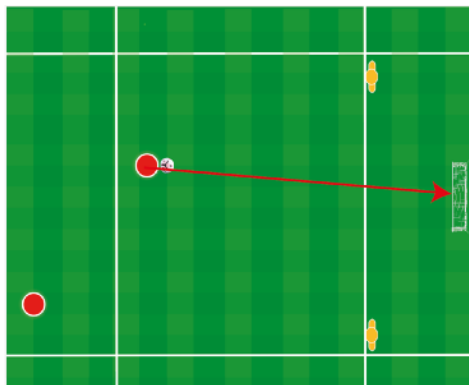
- Whenever we practice something unopposed, it is very important that the practice has some intensity that would replicate what this moment would be like in a game. For example we don't want the player receiving, taking another touch and then focusing in on the pass. It should be receive, play, receive play. There won't be lots of time in a game situation.
- Ball striking — this technical skill is very important in this practice, what type of technique is used and why. In these slower recovering practices, it provides us more time to work with or players and challenge the ideas of the players. Why might you use a lofted technique? Why might you use a striking technique? A discussion might produce a better outcome.

## TRAINING MOMENT



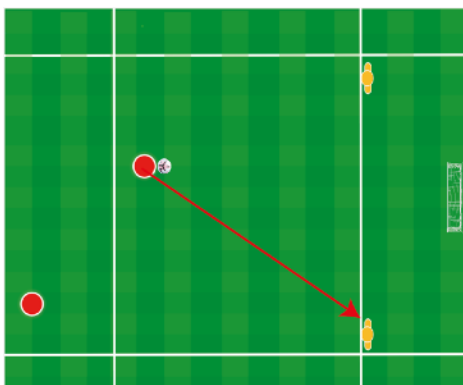
- In the first picture, we can see how the ball is played into the wide player from the red. We must be aware of the detail. Can the red hit the inside of the mannequin which would encourage the next player to play forward? Or if there is pressure behind can the red hit the outside of the mannequin. This side might be the safe side in that moment.

## TRAINING MOMENT



- The second image might demonstrate an out ball for the side in possession, but we must have specific detail on this ball to make it most effective. Can the red strike the crossbar from the distance they are at? The striking off the crossbar will demonstrate an effective ball played just over the head of the defender.

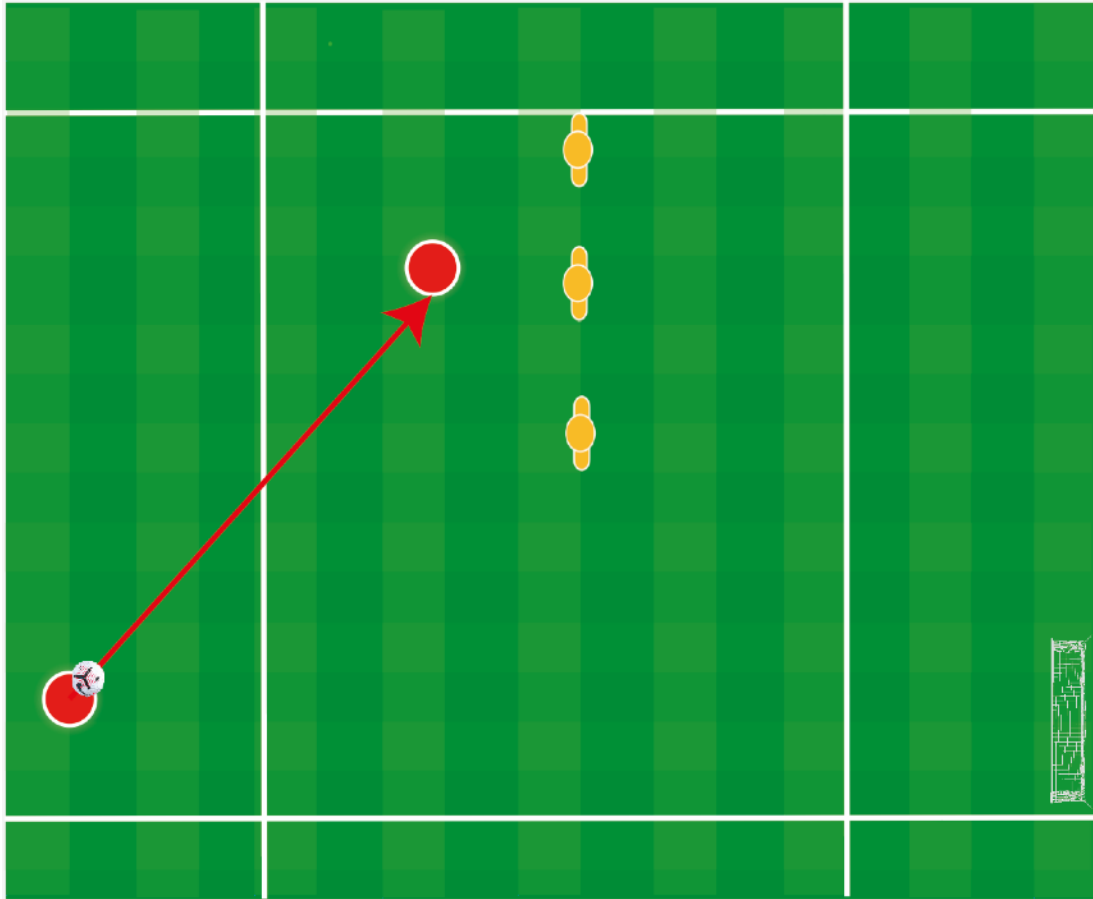
## TRAINING MOMENT



- The third image shows the pass that might go inside to the number 6 or 8 depending on the system. This pass might need more disguise than the other passes within the system. For example the full-back might set up to go big and play over the defensive line and then reverse the pass inside to the midfield player.

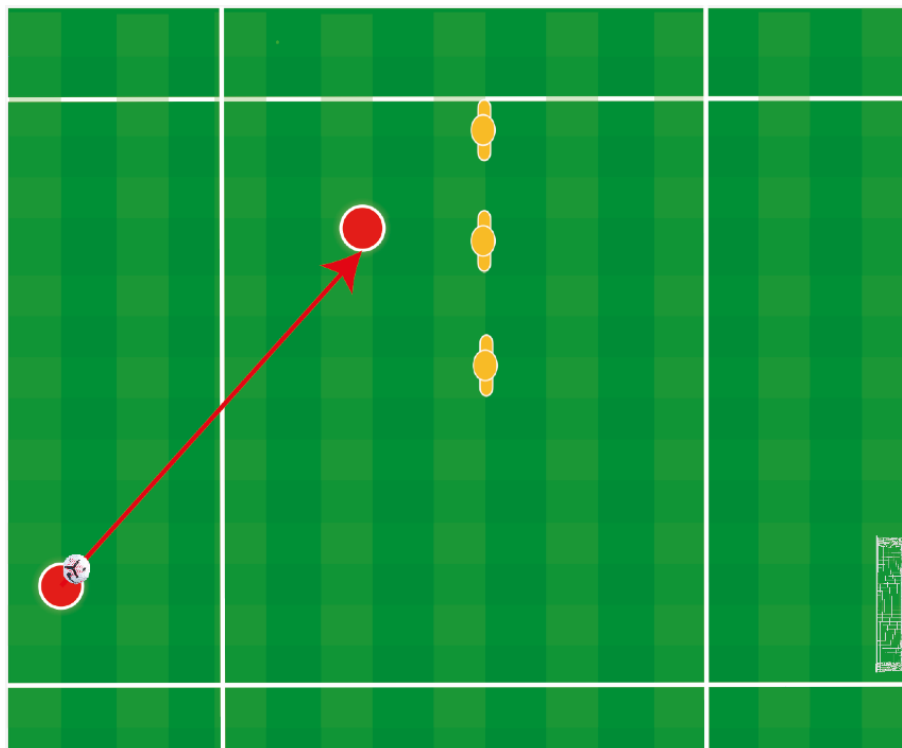
## RECEIVING PRACTICES

## RECEIVING PRACTICES: TAKING A TOUCH INTO FORWARD AREAS



### SESSION DETAIL:

This is another simple receiving practice with some position specific detail for the full-back. In this practice the ball is played into the full-back who is then told by the passing player if to drive through the inside or outside gate. They will then take their touch through the gate and fire the ball into the small goal on the inside of the practice. This challenges players technique under the command of the coach, as well as their passing technique of passing into the most advanced players feet.

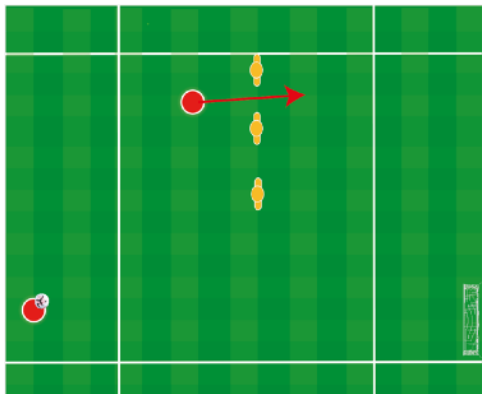


SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
1	30x50	5	90	30	10 mins

## COACHING POINTS:

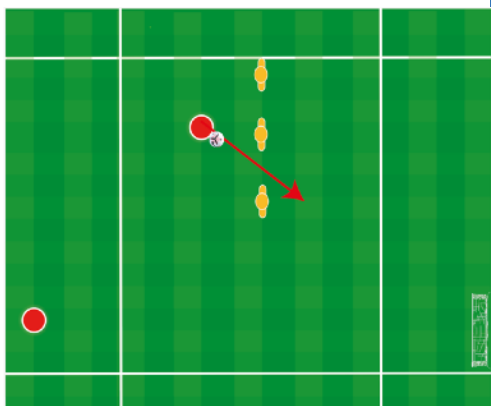
- Taking a touch into space – We must encourage players to take a large touch out of their feet and into space but with accuracy and detail. The receiving player here, needs to open their shoulders to be able to play forward and take their touch through the designated gate. The touch should go into the space behind and eliminate the mannequins from being near the next movement.
- Receiving position – Where a player receives the ball is very important, if they become too deep, then the touch between the mannequins becomes very unrealistic. However if they come too narrow and need to go wide, their touch will need to be much more unrealistic in order to exploit the space.

## TRAINING MOMENT



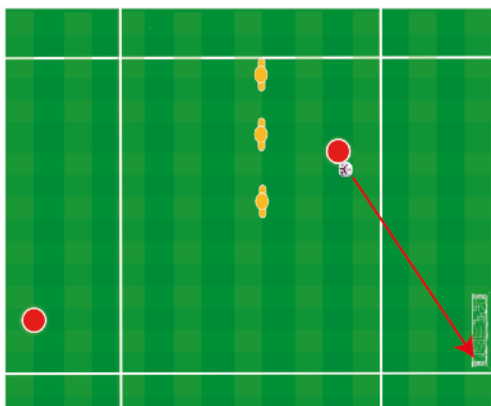
- Here we can see how important the receiving position is to be able to use the wide gate. If the full-back is not in the outside channel. They have little to no opportunity to take their touch through the gate. Because they are exploiting space in the wide area, we want to see the touch be taken away from the mannequins and into the space behind.

## TRAINING MOMENT



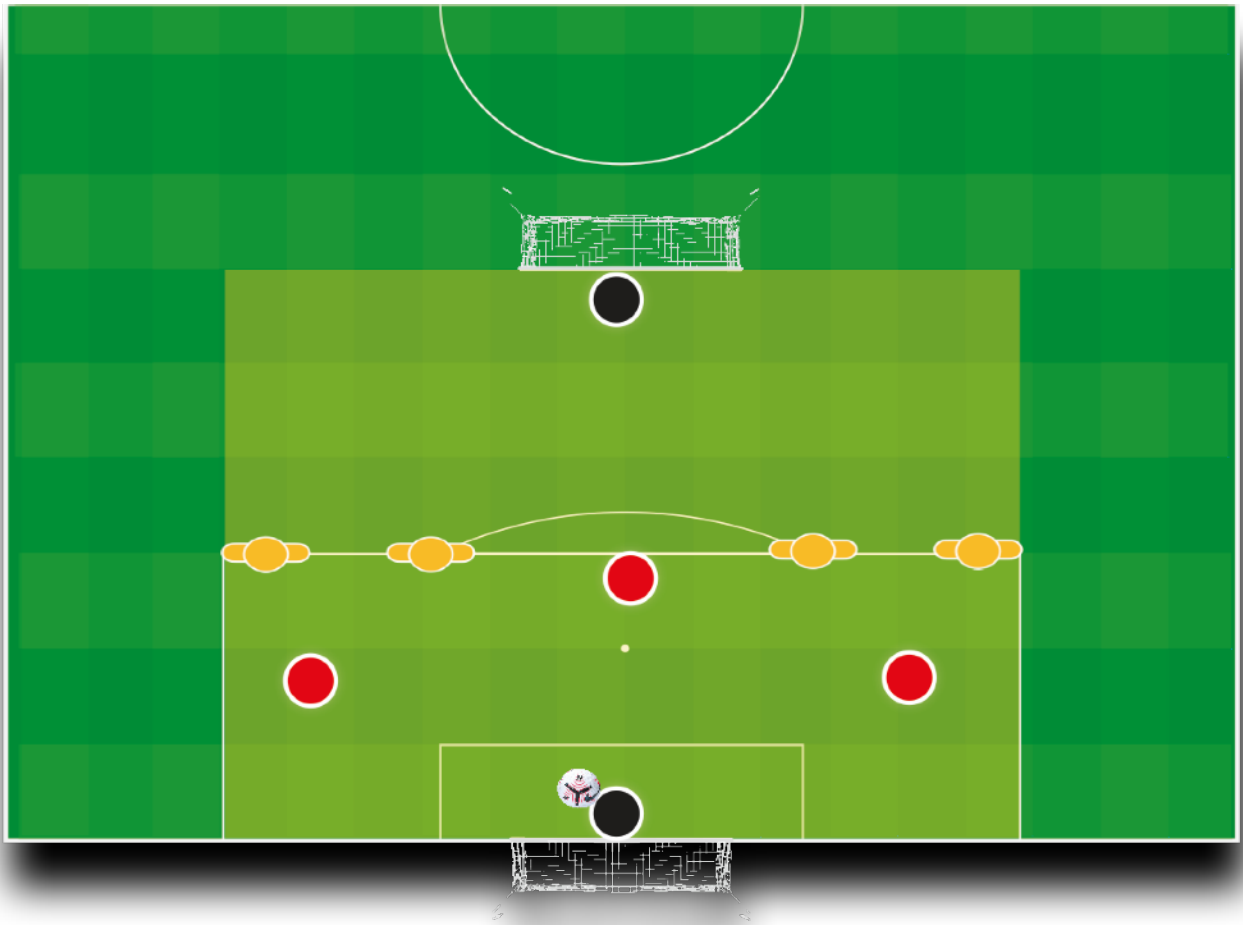
- The second position shows how important it is for the receiving player attacks the ball and looks to receive the ball on the move. Receiving the ball on the move is a difficult but essential technical skill for players to be successful and effective receiving possession. The player should then be able to simply strike the ball into the back of the mini goal.

## TRAINING MOMENT



- The final image just shows how important the final moment is. We often see players just fire the ball into the back of the net like a shot when we add goals to practices. However, we need to ensure that this is a pass (a realistic pass) into the corner of the net. This replicates the ball into the feet of the number nine who can become the pivot player for the attack.

## RECEIVING PRACTICES: RECEIVING UNOPPOSED INSIDE THE BOX



This practice is another simple unopposed receiving practice, where we deliver a high level of repetition. Mixed with some highly relevant pitch geography. We are recreating a penalty box in back-to-back locations, so the practice is 36 long. The mannequins represent the tight window of opportunity that the players might have to break out of the box and start the attack.



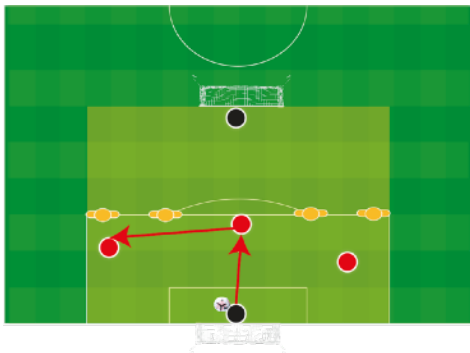
SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
5	35x44	5	120	60	15 mins

## COACHING POINTS:

- Realism V. Repetition – this is an important trade off. Here we are looking to deliver a high quantity of repetition whilst we have realistic positioning on the pitch.
- Can we encourage players to make realistic combinations, so for example if the ball is played into the central player, can they bounce it into a centre back who can then break out and pass into the opposite GK
- Ball speed is very important within any of these practices. When the ball is moved wide can the receiving player be decisive in what action they are going to perform, if they are going to break out, encourage them to break out quickly. If they are going to pass the ball can they do it first time with a realistic intensity and speed.

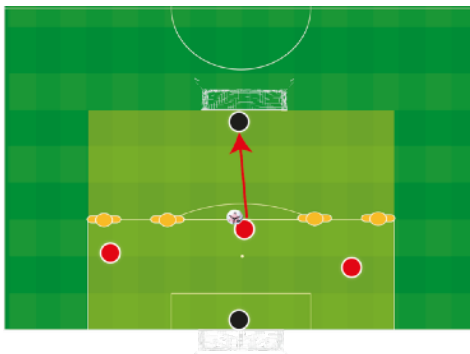


## TRAINING MOMENT



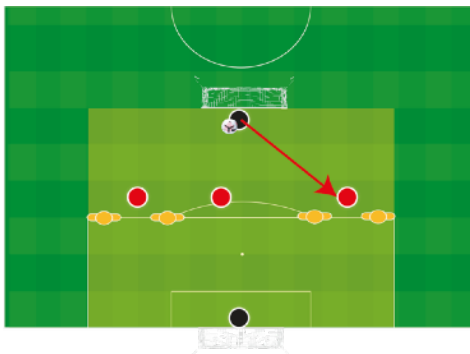
- Ensure that the movements and combinations are realistic. Here we can see the goalkeeper plays into the holding midfield player, who bounces the ball into the centre-back who can drive out of the box and play into the opposite goalkeeper and restart the practice. Although this isn't the only combination, it might be one of the more realistic and specific rotations.

## TRAINING MOMENT



- The second image shows how simply the reds can play forward at times, the pass through the centre of the pitch represents the most rewarding pass, but it can be a challenging pass in realistic situations. But repetition in this position can help create confidence in the success and the opportunity for repetition in a realistic situation.

## TRAINING MOMENT



- The final image shows what the practice looks like as it reaches the other end. At this point the practice is just replicated and players flip roles and attack the other way. Here we can see the attack is now being started through the opposite player and that player is now challenged to play forward into the opposite goalkeeper.

---

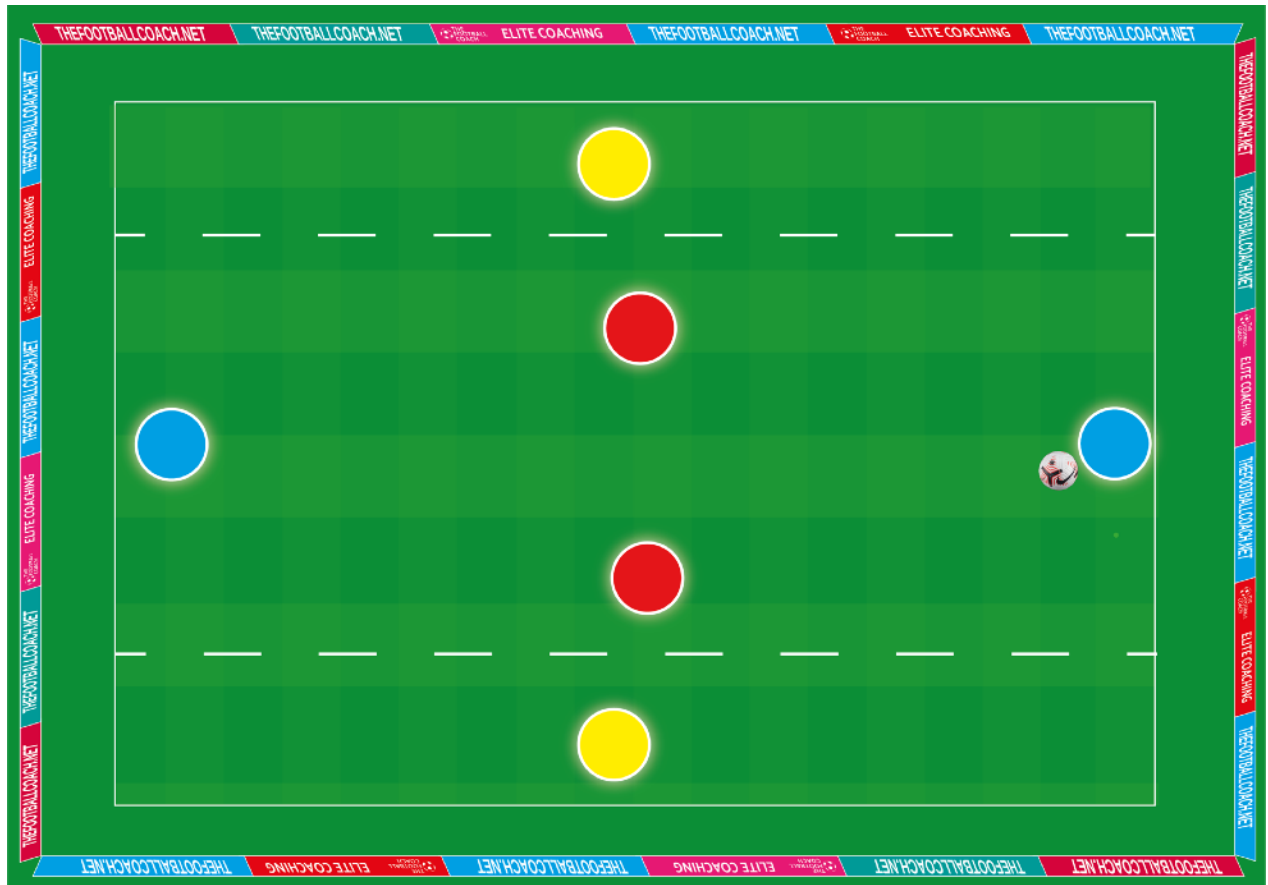
COACHING SIDES TO PLAY OUT FROM THE BACK

---

# WRIGGLE AND ROLL PRACTICES

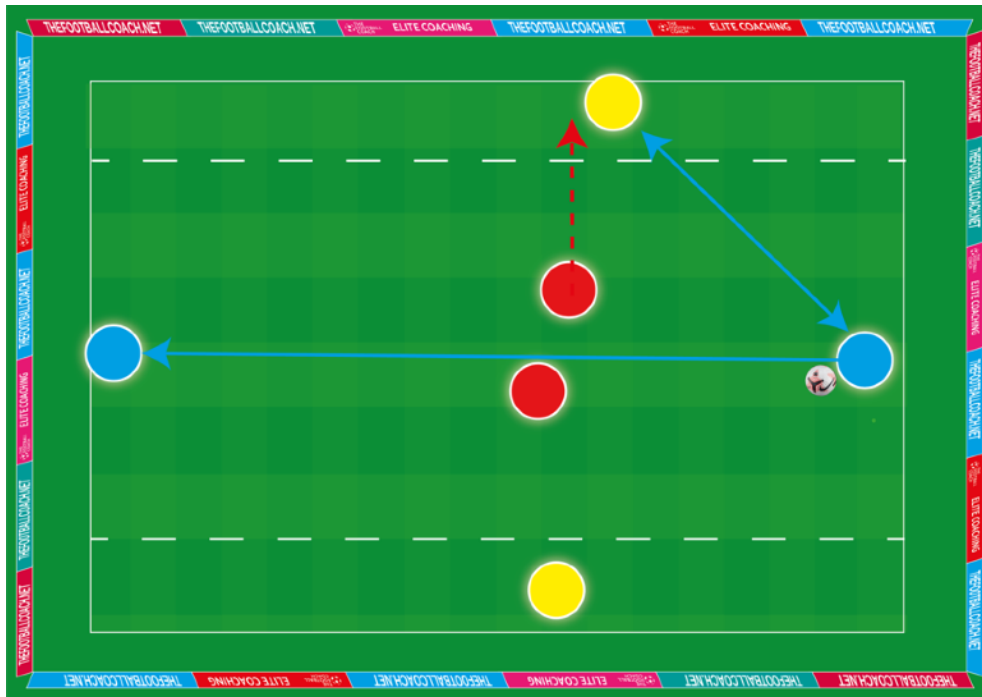
## WRIGGLE AND ROLL PRACTICES

# WRIGGLE & ROLL: RECEIVING ON THE OPPONENT AND PLAY



## SESSION DETAIL:

The session sees the blues play the reds in a 2v2 with the support of the wide players in a very narrow practice. The reds look to stop the ball being played through the centre of the pitch. Looking to force the ball wide and then applying pressure. The 4v2 takes place in a narrow and compact area, challenging the players to receive under pressure from the opponent. We must still encourage players to receive possession, even when under pressure from the opponent.



## SESSION INFORMATION

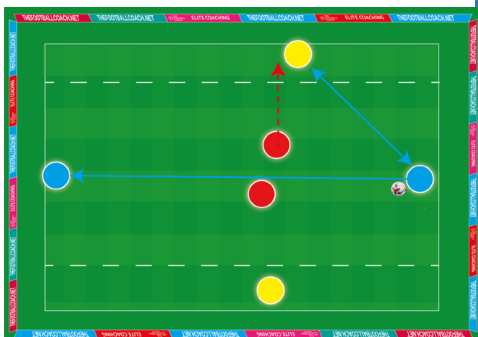
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
6	15x7	7	60	60	14 mins

## COACHING POINTS:

- Try to ensure the practice is compact and the ability to play through the reds is limited
- Once the yellow receives possession, can we challenge them to have a variety of skillsets. Can the player be comfortable bouncing the pass into the blue or receiving and wriggling away from the opponents pressure?
- Receiving possession — this is very important if you want to beat a player 1v1. The ball might be received across the body in order to turn out and play forward. However, if a player recognises that they want to receive and turn the opponent, they might receive the ball on the Goal side in order to attract pressure. This way they can turn the opponent.

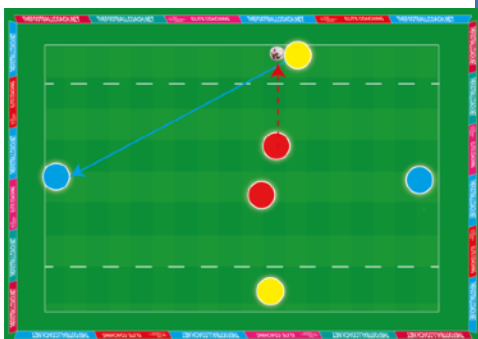


## TRAINING MOMENT



- This picture shows a combination that might occur to play through the opponent. In this example the blue plays wide and attracts the pressure of the red. The red applies pressure and stops the forward pass, but the yellow plays a bounce pass to open up space between the reds and play through to the opposite end.

## TRAINING MOMENT



- The second image here shows the yellow receiving possession with enough time to be able to move the ball across their body and play to the opposite end of the practice. This is a different type of receiving for the end player and this might represent the challenges seen by a full-back in an 11v11 game.

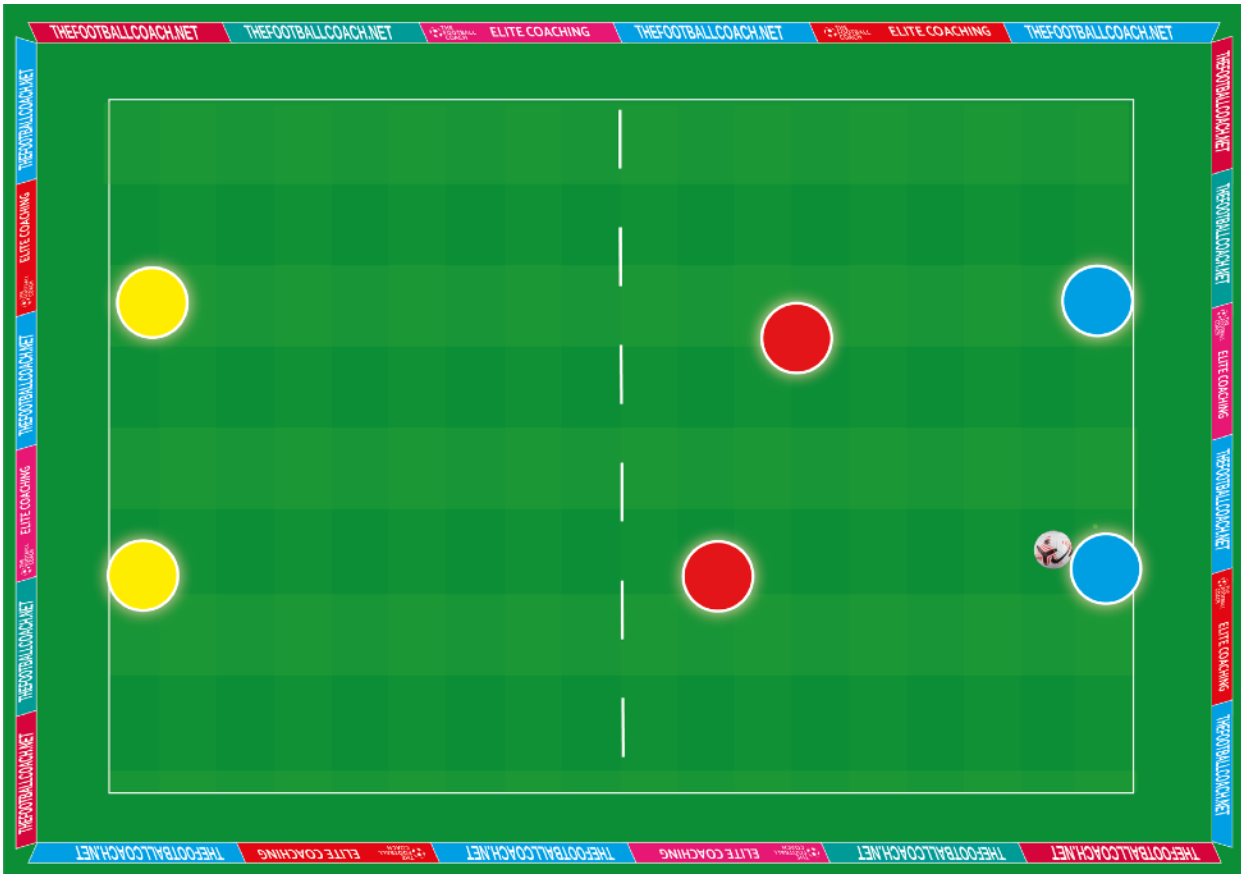
## TRAINING MOMENT



- This example shows what might happen if a player receives the ball with their back to goal and struggle to stay on the ball. Here we are looking for the yellow to be able to create the 'wriggle and the roll'. This will involve the player using his or her body to win the 1v1 and get away from the defensive player. This will replicate some of the challenges a midfielder player creates during a build-up phase.

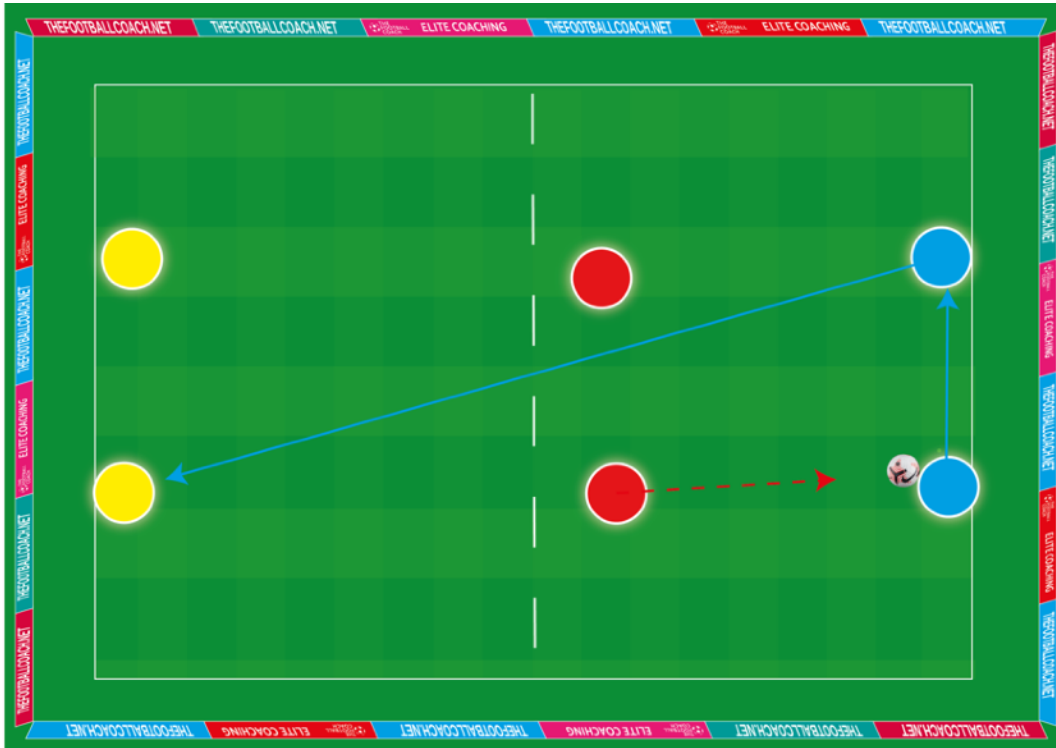
## WRIGGLE AND ROLL PRACTICES

# WRIGGLE & ROLL: TRANSITIONAL 2V2V2 PRACTICE



## SESSION DETAIL:

This session challenges players to play 1v1 and 2v2 against the opponent under realistic pressure from in front. The blues in this example play with the yellows and look to play through the reds. If the reds win possession the side that give possession away become the defenders and the reds become the attackers. The practice will create realistic situations and moments that challenge players to manipulate the ball to create space and play forward. This is a fundamental attribute in playing forward.



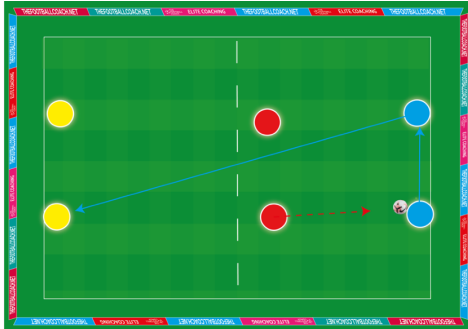
SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
6	15x10	5	120	60	15 mins

## COACHING POINTS:

- Challenge players to be able to recognise when to play quickly to use the space that is available around and between the opponent.
- Quick is not always the best option, players must recognise why they are slowing down the attack. They might be looking to attract pressure in order to move the ball quickly and play behind the opponent.
- When attacking in a 2v2 dual, players must be aware of so many different things. What is the game situation, what is the risk? Am I the best opportunity to play forward? If I'm not the best option to play forward how can I find my team mate to ensure he or she is able to play forward.

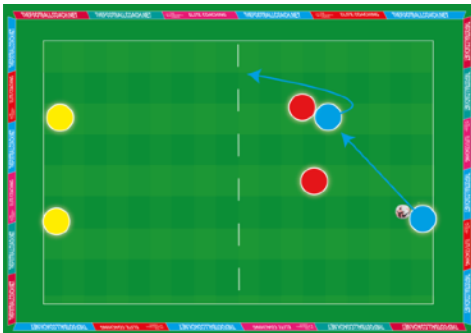


## TRAINING MOMENT



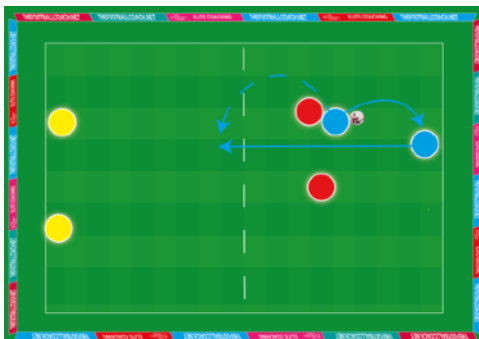
- In this situation here, we see a simple strategy to play through the opponent. The blues move the ball when pressure is applied to a different angle. This player is then able to play through the lines quickly and effectively. This occurs when the gap between the reds is too large and this means that the opportunity to play through the centre of the pitch exists.

## TRAINING MOMENT



- In this example here we can see the blues receives pressure with the opponent behind. Here we might see the blue look to roll and beat the red to play into the yellow. This will involve manipulation and deception to beat the opponent and play into the opposite half. This could also be a turn or a trick but we want to challenge our players roll and wriggle away.

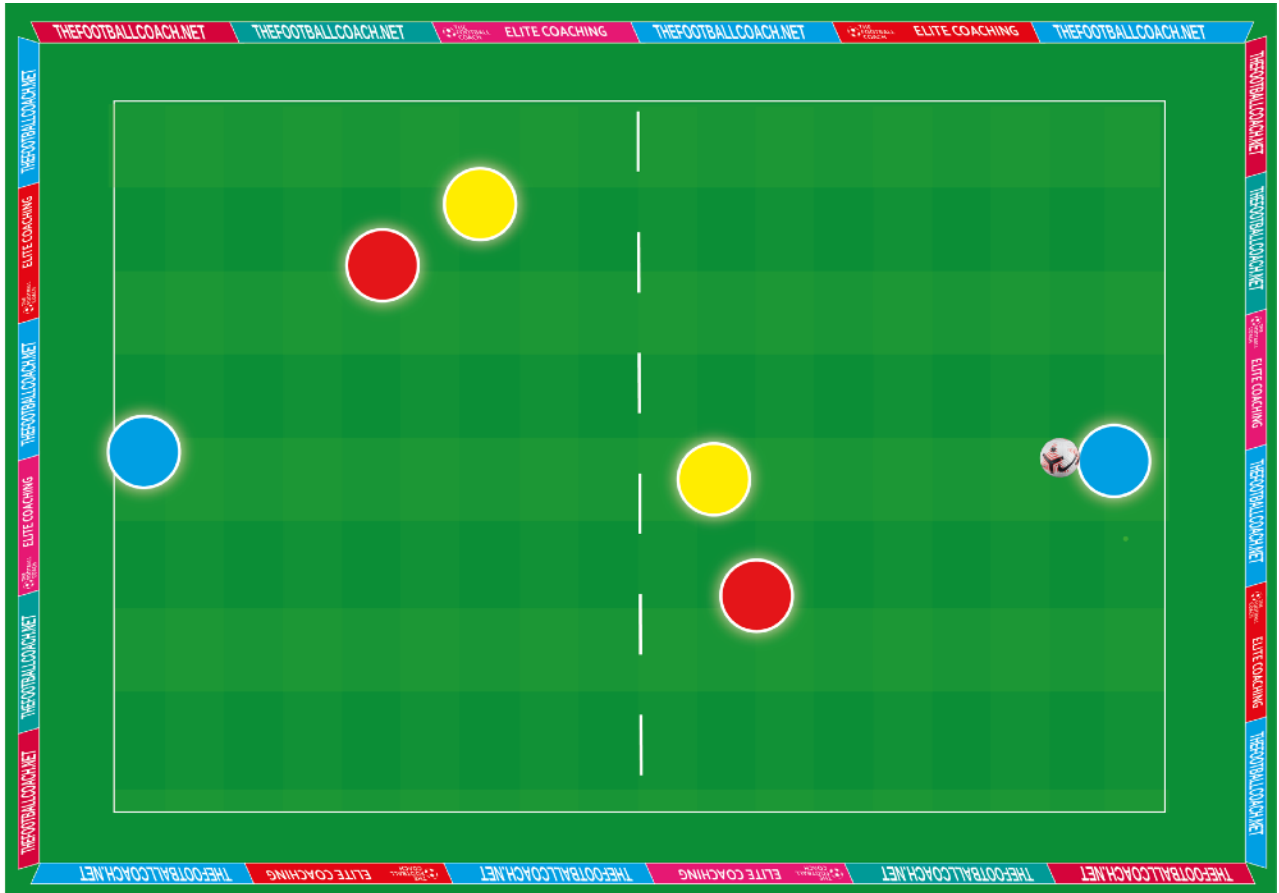
## TRAINING MOMENT



- In the third example, the blue has tried to wriggle and turn their way out of the 1v1, but hasn't lost the pressure of the red. At this point they might use a team mate to bounce the ball into the space behind and run on to it. This way they have created a space to run into by attracting the pressure of the red player.

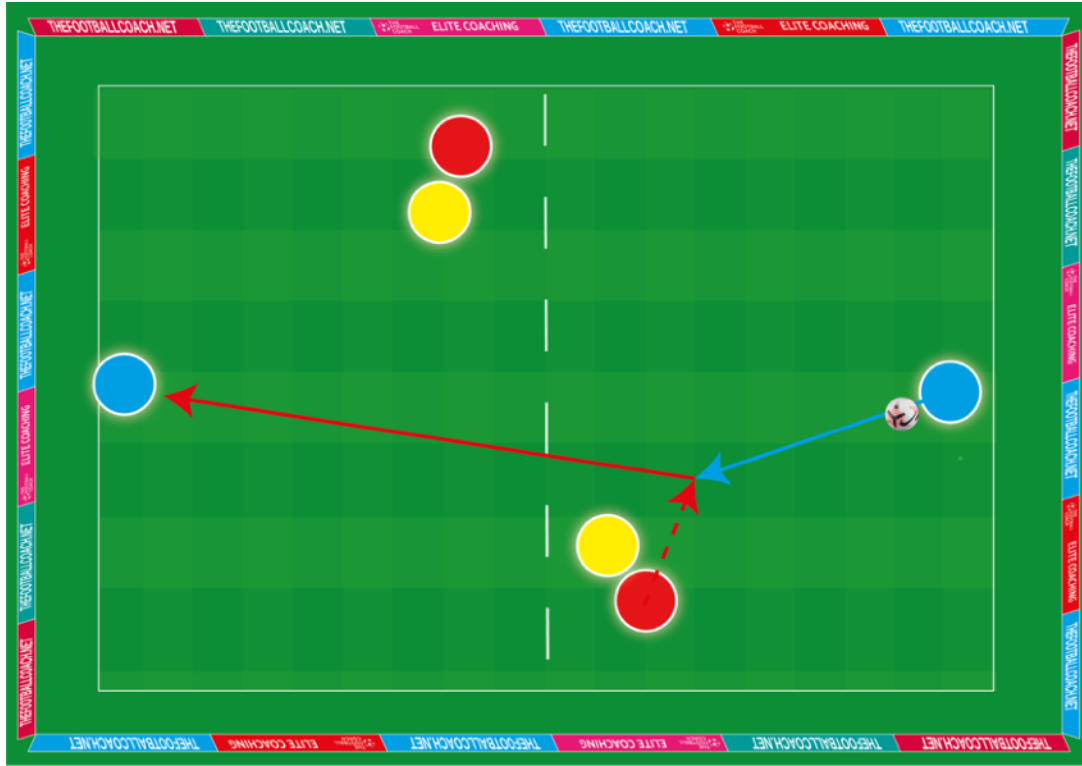
## WRIGGLE AND ROLL PRACTICES

# WRIGGLE & ROLL: BREAKING OUT OF A 1V1 DUAL



## SESSION DETAIL:

This session is a very simple practice where end players play at each end of the practice. The practice then has two different 1v1's in each half. The ball must go through the closest player in order to go to the opposite end. The player initially can bounce the ball back into the blue and play into the opposite end. But the practice can be restricted in order to not allow bounce passes, this will force players to try and wriggle their way out of 1v1 moments.



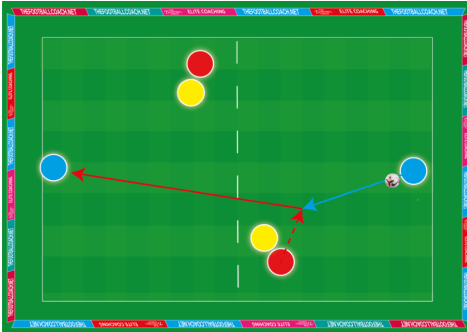
## SESSION INFORMATION

PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
6	15x10	5	120	60	15 mins

## COACHING POINTS:

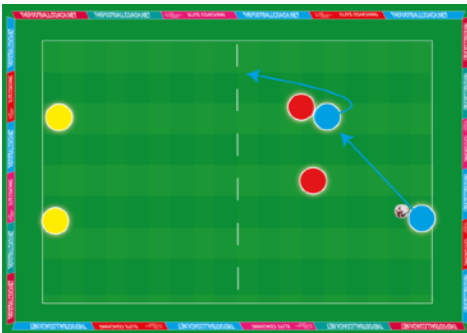
- Challenge the receiving player to manipulate their position in order to open up the space they want to attack. For example if the player starts centrally it will allow them to turn in either direction. If they receive the ball in the wide area, the defender will be able to use the touchline as an additional touchline to increase the opportunity to win possession of the ball back.
- The positioning of the second player is also important. Imagine this is both players in your midfield screen. How they stand in relation to the opponent will play a key role in how our side are able to play out. If the player compacts the space, we will see limited opportunity for the receiving player to be able to receive and turn in the central space.

## TRAINING MOMENT



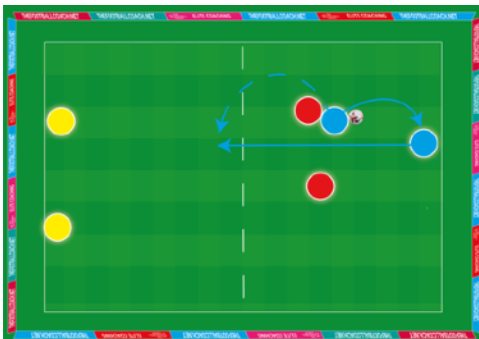
- The first image shows how a player might receive across the opponent in order to play forward. In this example, the red makes an out to in movement to receive the ball inside the opposite midfield player. The player then quickly looks to play straight through the pitch into the number 10 at the opposite end.

## TRAINING MOMENT



- In the second image the blue plays to a player who is marked and is under pressure from the red. In this moment the blue then has an opportunity to try and wriggle their way out of the 1v1 and play into the opposite end. This wiring and rolling effect can then beat the opponent and help move the ball into the opposite half.

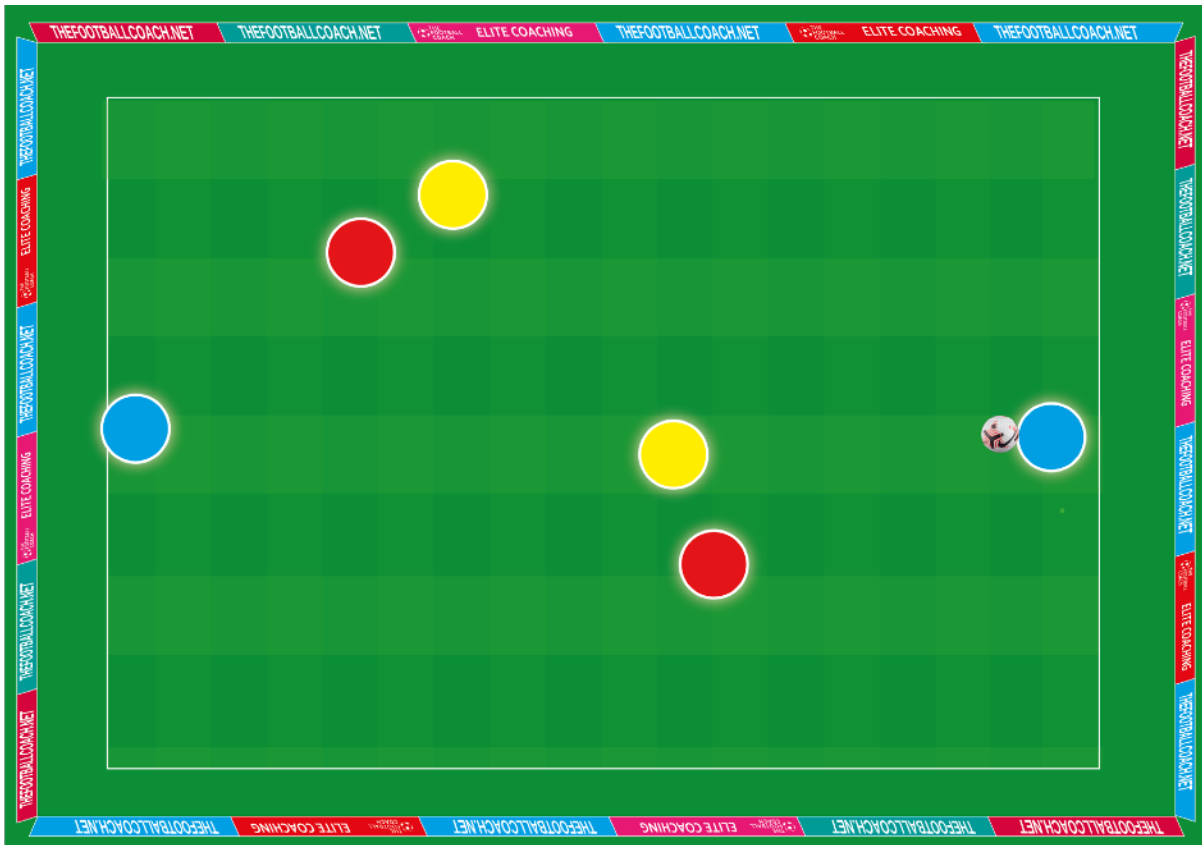
## TRAINING MOMENT



- In the third example we what happens when a player struggles to get out of a tight situation. In this picture the blue has wriggled and rolled but can't find a way to play forward. In this situation the blue will look to control the placement of the red and then look to play a pass to his or her team mate who will be able to play through the practice into the top end, moving the ball through the thirds.

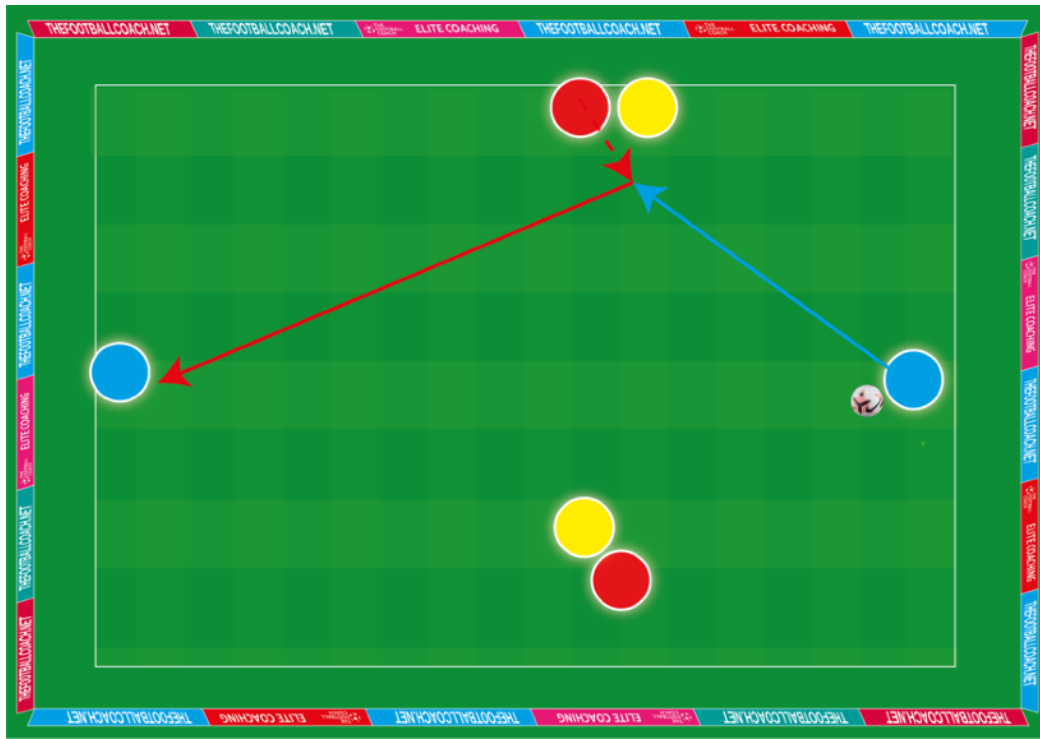
## WRIGGLE AND ROLL PRACTICES

# WRIGGLE & ROLL: 2V2 DUALS - KEEPING POSSESSION OF THE BALL



## SESSION DETAIL:

This practice is very similar to the other 2v2+2 practices, but does have some slight changes. Inside the practice the players are not restricted by a half-way line and compete 2v2 in the centre of the practice. The outside players just look to simply feed possession of the ball to the inside players to look to maintain possession of the ball and move possession end to end. The blues look to play with whichever team have possession of the ball. If reds win it from yellows, then reds play with blues.

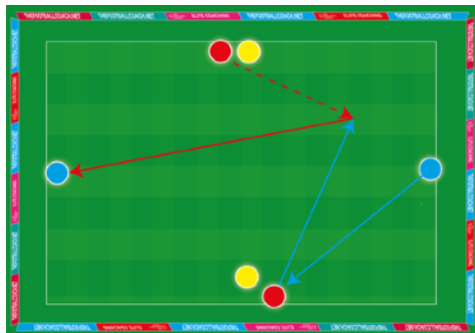


SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
6	15x10	5	120	60	15 mins

## COACHING POINTS:

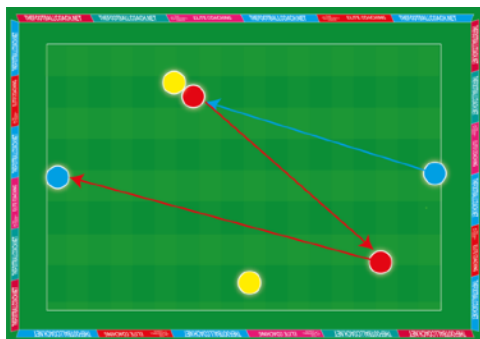
- This practice will challenge our players to now make more effective decisions. They have greater opportunities now to pass the ball and move it throughout the 4v2 overload.
- But also have the chance to go 1v1 and roll opponents when the situation is correct for this.
- This puts a greater value on decision making in the players.
- The timing of the pass from the blue player is important within this practice.
- It is important that the coach is able to restrict the pass from blue to blue.
- This is because we want to challenge players to pass and move and change the point of the attack at all times.

## TRAINING MOMENT



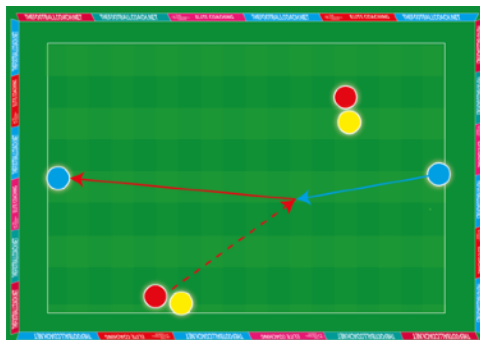
- The first image here shows how width can be used to create space for progressive passes. The players in possession are controlling both different vertical and horizontal lanes. This allows different diagonal passes to be played. The benefit of these diagonal passes, is it allows positive body positions when receiving the ball

## TRAINING MOMENT



- The second image shows how reduced width can be used to still dominate the ball. Here different angles have been created to allow for a forward pass to create space for a bounce pass into the end player. The players must be able to move to create these passes at the right times. This timing factor will be significantly important.

## TRAINING MOMENT



- The third image shows how at times there is no need to combine between all four players. The quickest and most effective way might be to play directly through one player. Here we have challenged the red to receive the ball across their body and then play forward into the end player. The movement and timing of pass are critical in receiving the ball unopposed from the opponent.



---

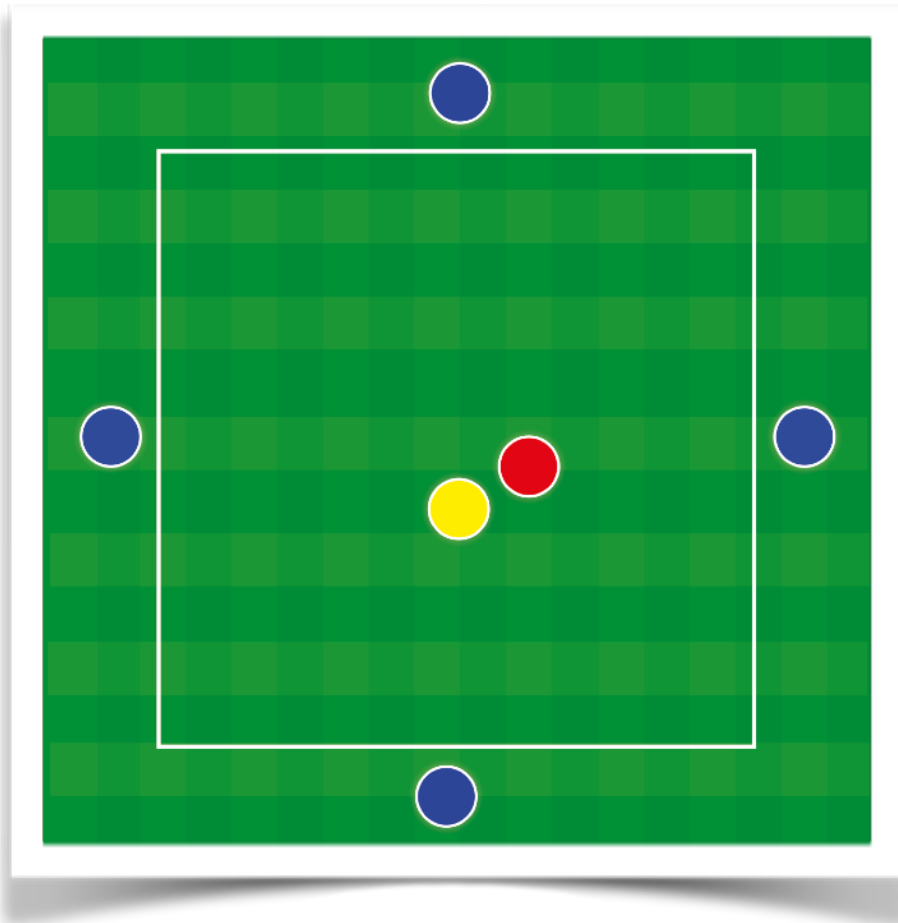
COACHING SIDES TO PLAY OUT FROM THE BACK

---

# PURPOSEFUL RONDOS

## RONDO PRACTICES

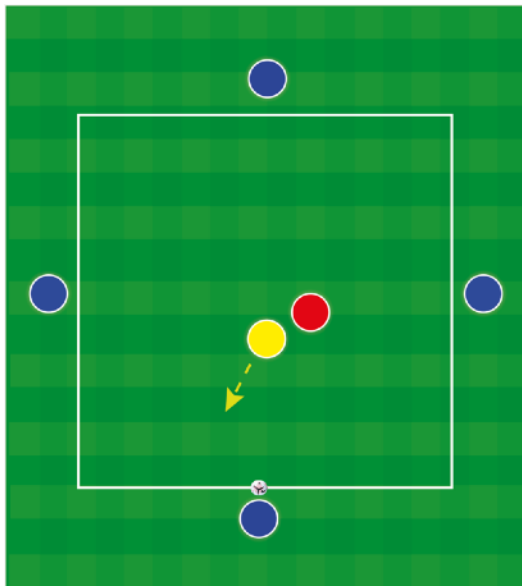
## RONDO PRACTICES: RECEIVING AND RETAINING IN 1V1+4



### SESSION DETAIL:

This is a simple 1v1+4 practice, the player in possession of the ball (yellow) has to look to move the ball as quickly as possible with the outside players restricted to one touch only. This means the rondo is all about supporting angles, movement and combinations. It should encourage our central player to work hard and try to create space constantly. Players often find it difficult to consistently work within a rondo practice. Within this the central player must be thinking at all times at how to support play.

## KEY MOMENT



- A key factor within the practices is to ensure that the red is kept away from the ball side to give the player in possession more time. In this movement the yellow might move away to the left hand side to open up space for the blue to play to the opposite side to the blue.

## COACHING POINTS:

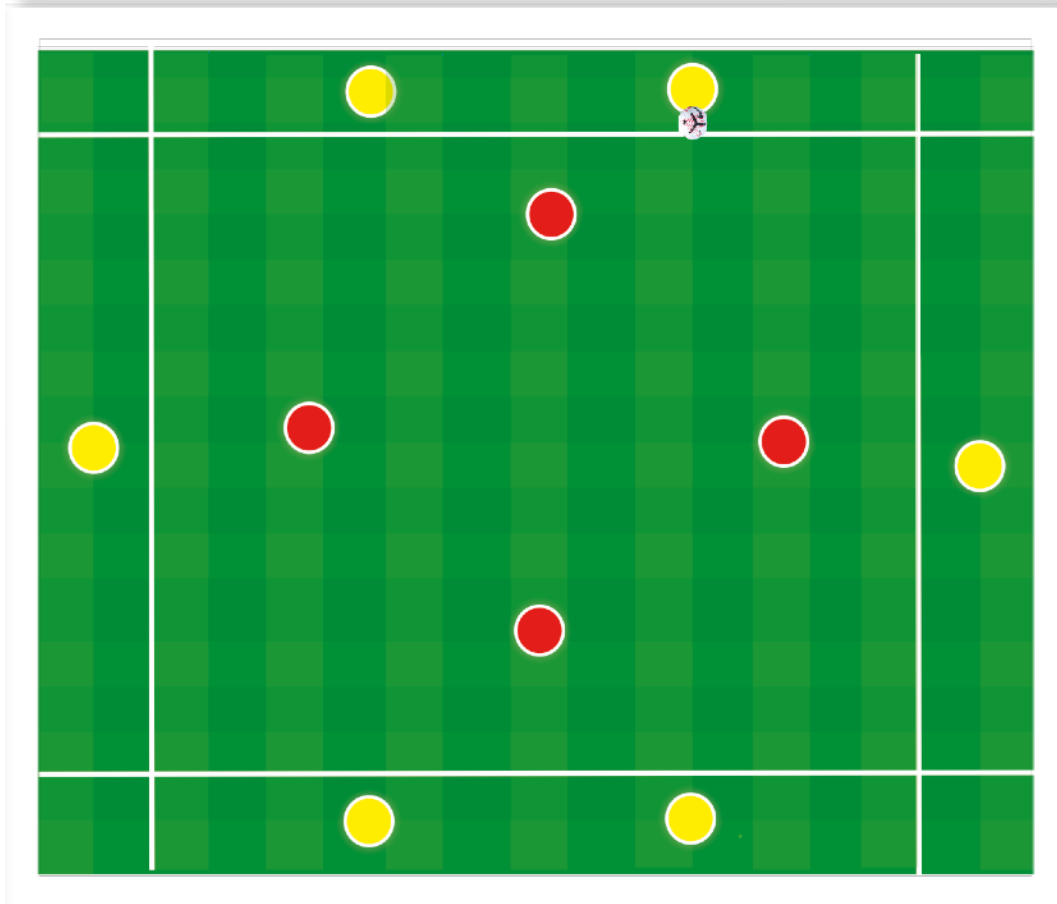
- Encourage players too recognise where and when they are under pressure. If they are aware when they are under pressure this should have an influence on the decision they make. E.g. should they stay on the ball or look to play quickly first time.

## RULES:

- Outside players have to play one or two touch depending on your players ability
- The passing sequence can only go outside to outside once, before the central player must touch the ball
- The central player can have as many touches as required.

## RONDO PRACTICES

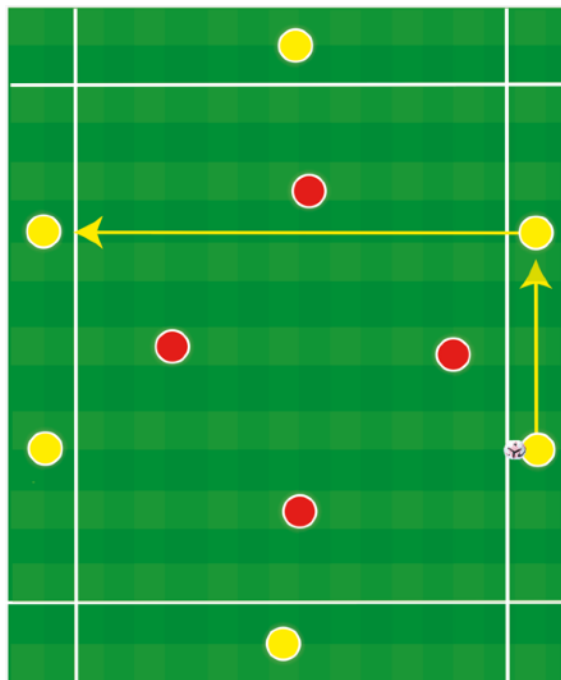
## RONDO PRACTICES: 6V4 MIDFIELD COMBINATION PRACTICE



### SESSION DETAIL:

This is a very popular positional rondo, with coaches throughout Europe. It sees six outside players play against four central players. The outside players look to move the ball around and keep possession moving the ball around the shape until it is possible to play through. We need to see lots of short sharp combinations to see success in this practice. We can encourage the players to be selective in their ball speed, when to play fast and when to play slow. Invite pressure and then kill pressure.

## KEY MOMENT



- A key moment as previously mentioned is when to play forward. We have to encourage our players to have a mindset that thinks forward first, but if we can't play forward we have to be decisive in our intention to shift the ball sideways to find somebody else who is able to play forward
- Changing the point in the attack is an essential way to manipulate and move the opponent and create spaces to play forward.

## SESSION INFORMATION

PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
10	25x30	5	240	60	25 mins

## COACHING POINTS:

- Movement – This will be a key factor in the practice being successful. Players must be prepared to move up and down the line to create space to receive and space to play forward
- First time actions – If we are to find success in here, players are at times going to need to be able to play first time passes and first time switches of play

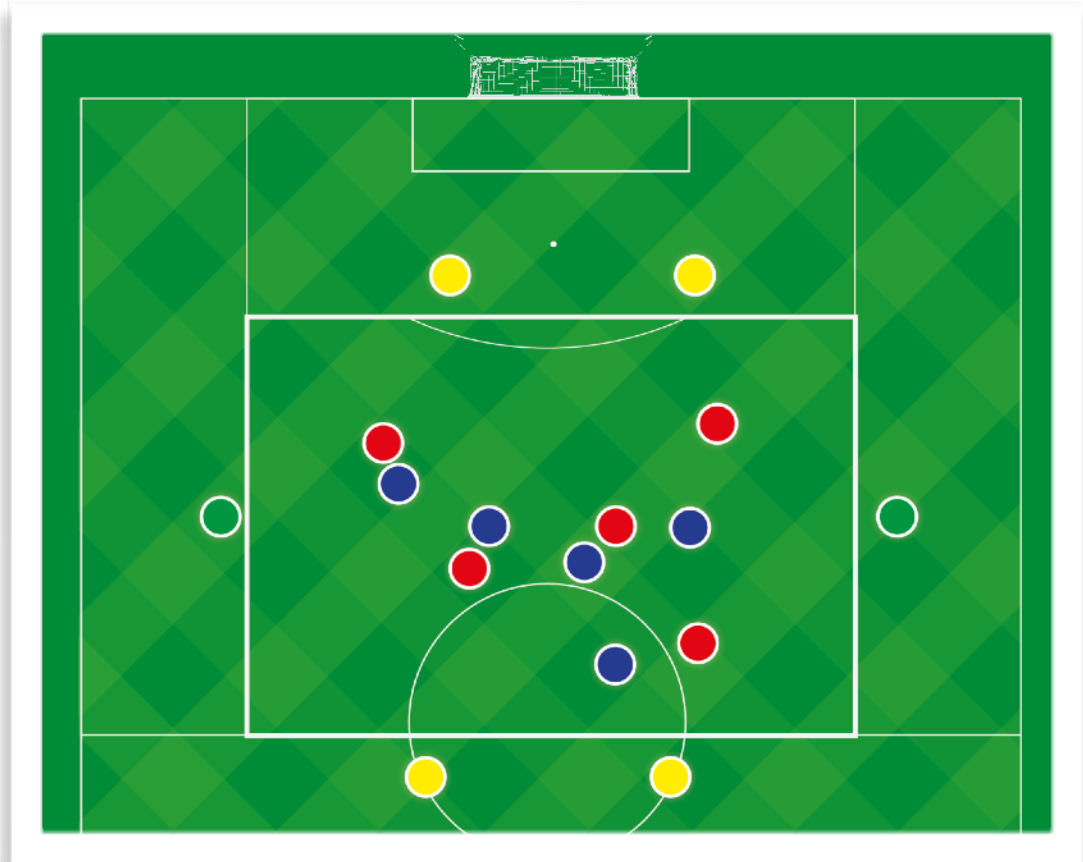
## RULES:

- Outside players can only play forward on two touches.
- A progression is for one forward player to be able to drop in to the shape
- Outside players can be pressed and tackled
- Must try to keep the ball on the floor, playing over will be pointless in this practice.



## RONDO PRACTICES

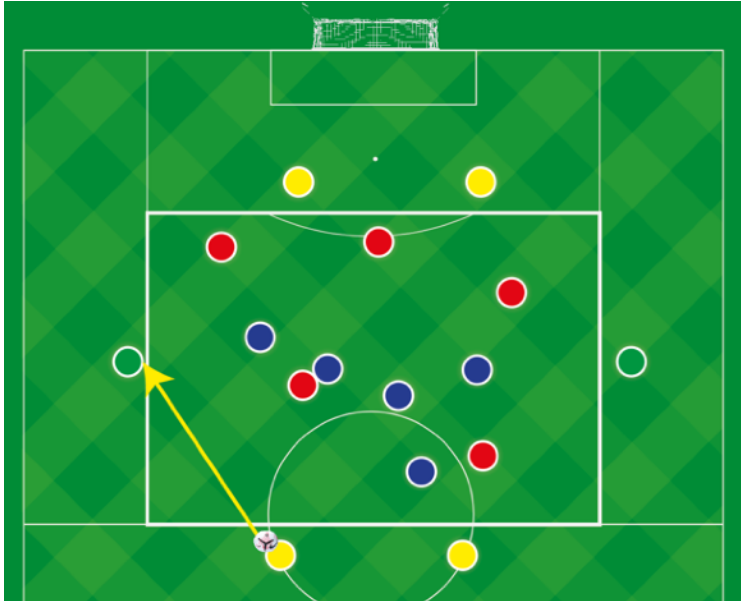
## RONDO PRACTICES: 5v5 POSITIONAL RONDO WITHIN A 1-4-3-3



### SESSION DETAIL:

This positional rondo is a great example of a session that can help you build with repetition through the use of a controlled environment. The player play 5v5 in the centre of the practice with two players at both ends of the practice and two full-backs on either side. The side in possession should look to try and play end to end with dominance of the ball, whilst the wide players move up and down the line to create angles and support the manipulation of the ball.

## KEY MOMENT



- The key moment within the practice is to try and encourage the players to try and create the outside diamond, even under pressure. The full-back must be able to get in a position where they are able to receive possession comfortably. One player must be willing to go long and another must hold the inside channel to ensure that the space isn't killed by the overloading of the area.

## COACHING POINTS:

- Numerical dominance – We have to try and install an understanding of how to create a numerical advantage in possession. We do this by manipulating the opponent and keeping them away from the ball side of the practice.
- We also then ensure that we create space between our positions and play on different lines.

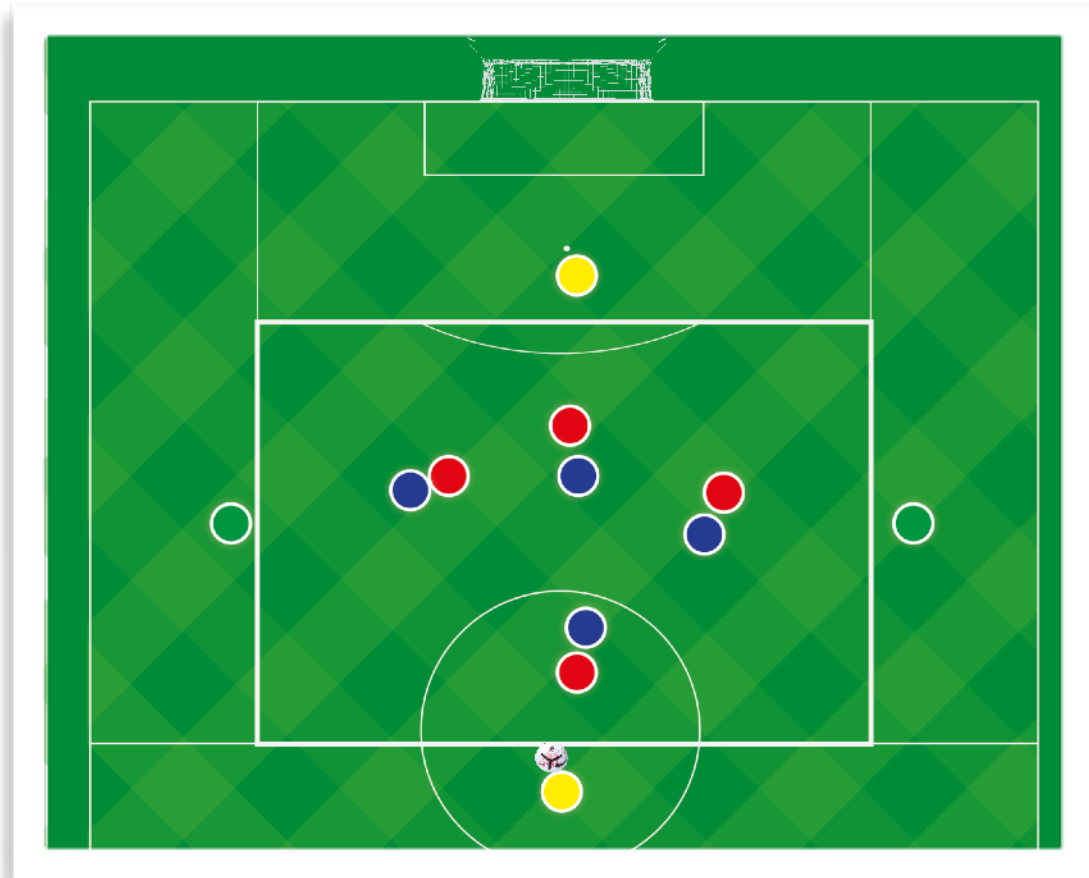
## RULES:

- Green players must play to a red or blue player, they can also play a pass back to the yellows who passed them the ball.
- Yellows can not go end to end
- As a progression, do not allow yellow to yellow passing, this will force a red or blue to link play between the two yellows



## RONDO PRACTICES

# RONDO PRACTICES: 4v4+4 POSITIONAL 1-4-3-3 RONDO



## SESSION DETAIL:

This practice is a fantastic way to try and develop some of the key principles of playing out from the back with repetitive behaviours and realism. The reds and blues play 4v4 in the centre of the practice, whilst the greens act as full-backs and the yellows as strikers and centre-backs. We need to try and install some of the simple principles of play such as +1 overloads in order to stay in possession and dominate the ball.

A diagram of a soccer field with a green and white checkered pattern. The field is divided into three main sections by two horizontal white lines. The top section is the defensive half, the middle is the middle third, and the bottom is the offensive half. A goal is visible at the top center. A yellow arrow points from the center circle in the offensive half towards the center of the defensive half. Several colored circles represent players: red, blue, and yellow. There are also white circles on the left and right sides of the field.

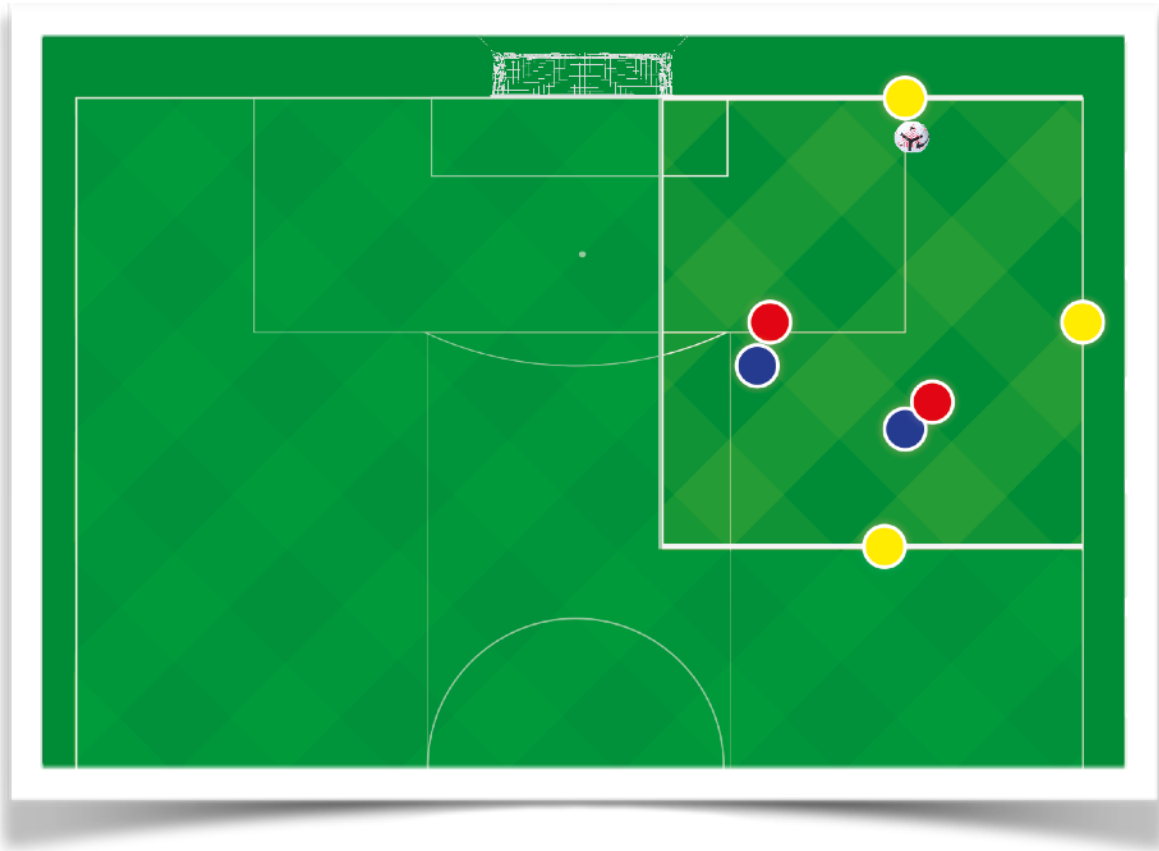
- The key to success within this practice is for the side in possession to dominate and control possession across five lanes. The greens on the outside provide width in the outside channel, whilst the central players must use every lane in the centre of the pitch.
- This should stretch the side out of possession and create gaps to play through the opponent.

## RULES:

- Positional dominance — can we use the five lanes to control possession
- Can the full-backs take up positions that allow them to receive possession or attract pressure?
- By attracting pressure can the greens then bounce the ball quickly to allow the space to be exploited.
- Greens must play a maximum of two touches when in possession.
- Yellows can play end to end when possible (this makes the opposite yellow the 9)
- Ball must be played on the floor

## RONDO PRACTICES

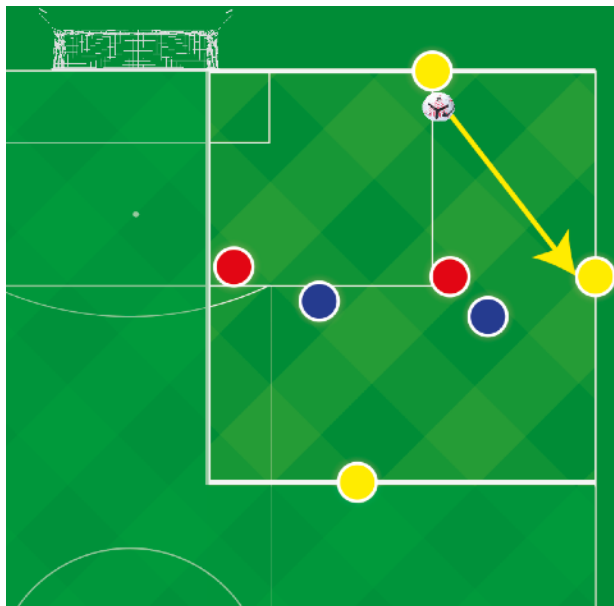
## RONDO PRACTICES: BREAKING OUT OF THE FIRST PHASE



### SESSION DETAIL:

This simple rondo practice gives coaches the opportunity to work at breaking out through the first phase. Here we have 2v2+3 with a positional importance. The player in possession represents the centre-back, the player to the right is the full-back and the opposite yellow is most likely the number eight. The two central players look to combine and understand their positional importance in helping the ball move from end to end in the practice.

## KEY MOMENT



- One of the key factors for success in this practice is to make sure the players understand the importance of realism and the need to link the practice to the 11v11 moment it trains.
- If the reds are in possession, we need a red to fall into the space on the outside on the left hand side, to offer stability incase of transition but numerical dominance across multiple vertical lines.

## COACHING POINTS:

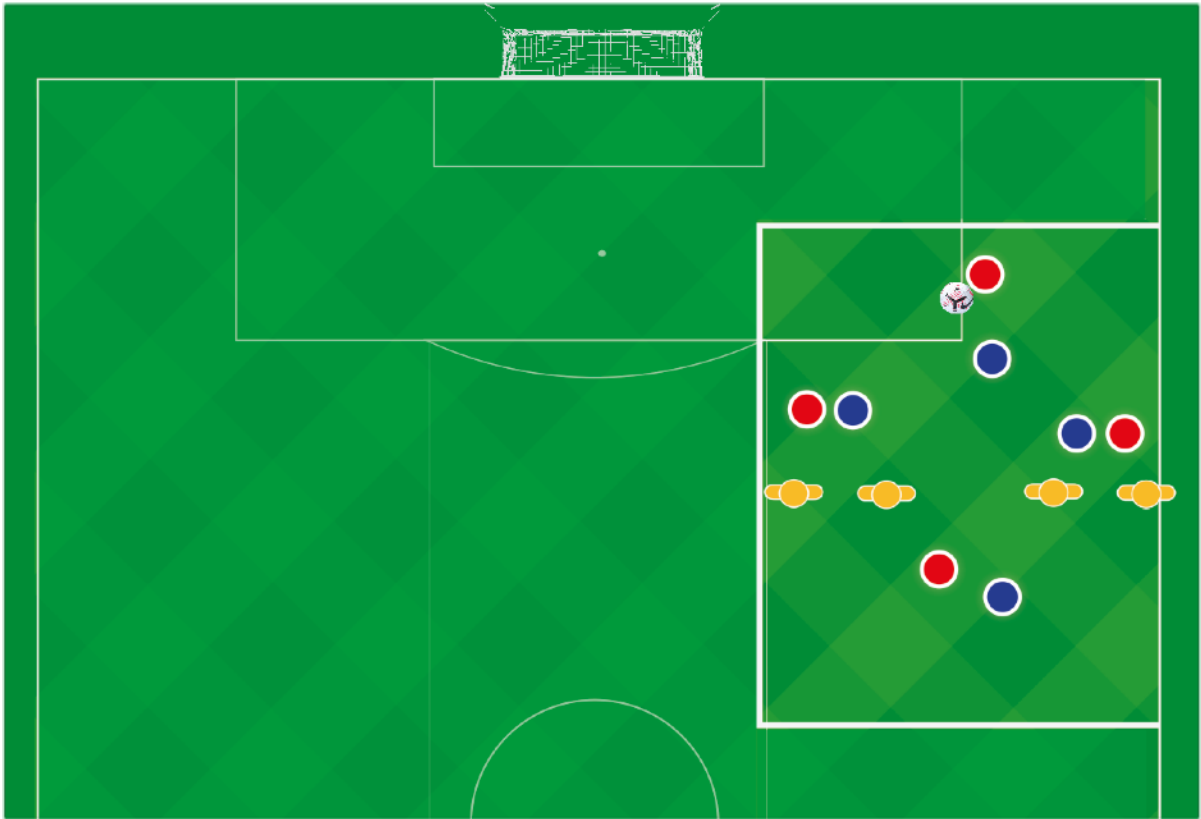
- Positional dominance — can we use the five lanes to control possession
- Can we encourage realistic and meaningful combinations to progress the ball from one end of the practice to the other
- Can the outside players look to play forward, they are allowed to combine with each other

## RULES:

- Outside players have no touch limit in possession
- Outside players can play to outside players whenever they like
- The ball must stay on the floor when playing
- A simple progression is to allow rotation between inside and outside players.

## RONDO PRACTICES

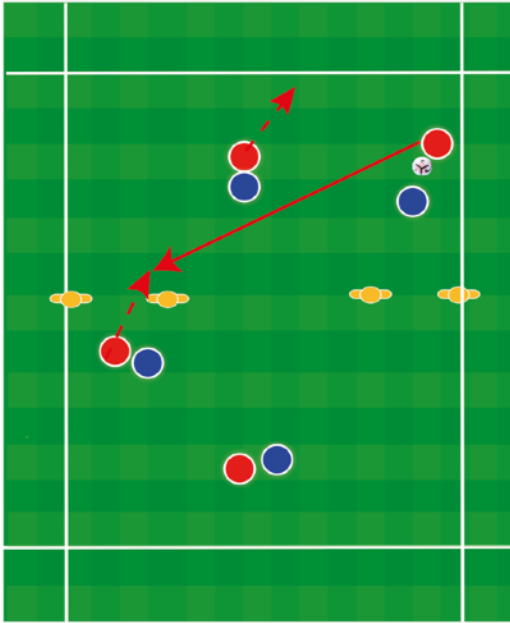
## RONDO PRACTICES: 4V4 BREAK THROUGH THE OUTSIDE GATE



### SESSION DETAIL:

This practice holds similar values to that of the last one. It creates a simple 4v4 practice with outside gates. The challenge is for the team in possession to move the ball and stay in possession, whilst scoring points when they play passes or run through the gates on both the outside and inside of the practice. This should have resemblance of what is required from them in game situations. Here the session is shown with the correct pitch geography

## KEY MOMENT



- A key moment here is that the players have to create their own width and depth.
- Often Rondo's can provide a width and depth for the players by design, but in this practice the players must do it with their own intuition.
- Here shows a simple movement of a supporting player moving deeper to attract pressure, and the wide player coming down the line to receive possession.
- The principles of play are well trained within this practice.

## COACHING POINTS:

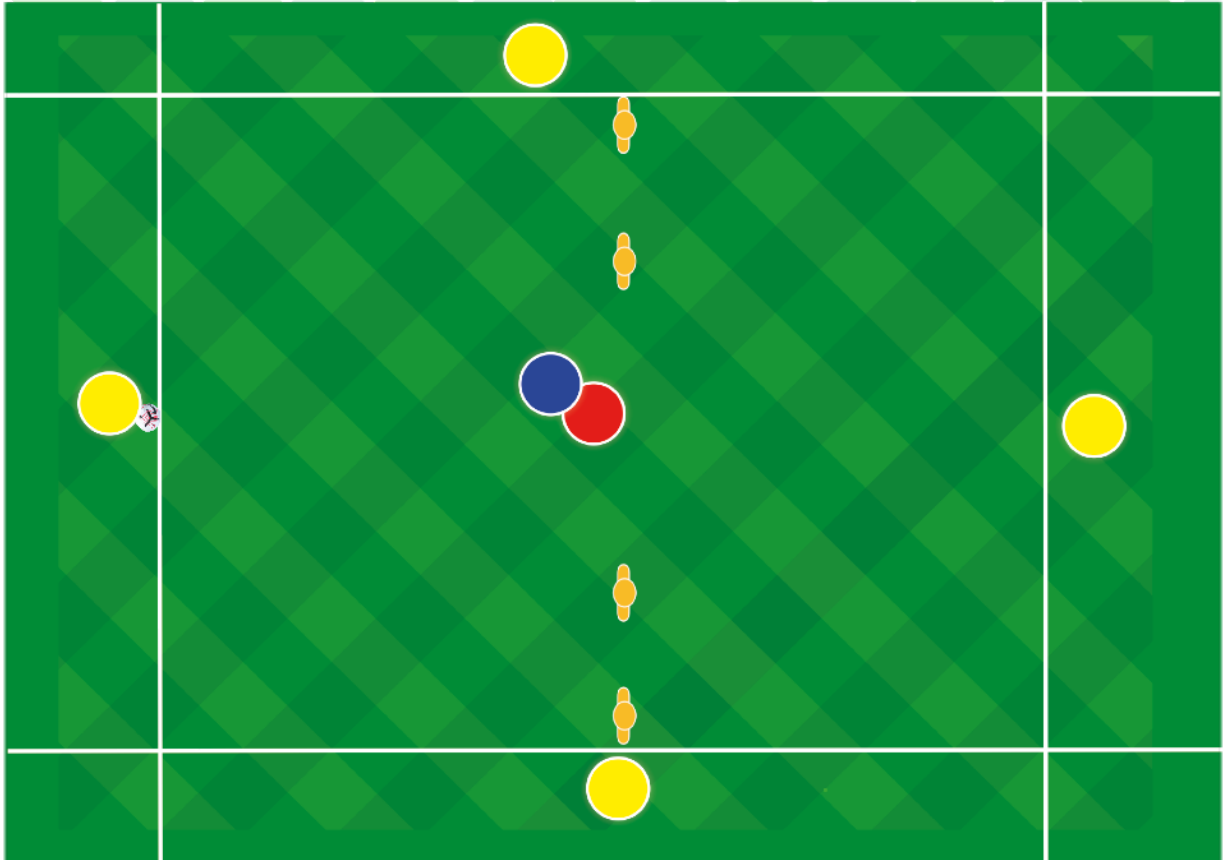
- Creating Space – This is a very important skill that players must understand. How can they move away from the space they want to use, to then move into that space and receive possession? This is shown in the diagram above, taking the defender away from the gate, before dropping in to receive in the prime position.

## RULES:

- The practice has very little rules to note
- Players play 4v4 within the area
- Players score 2 points for passing through the gate
- Players receive 1 point for running with the ball through the gate.

## RONDO PRACTICES

## RONDO PRACTICES: 1V1+4 WIDE COMBINATION RONDO

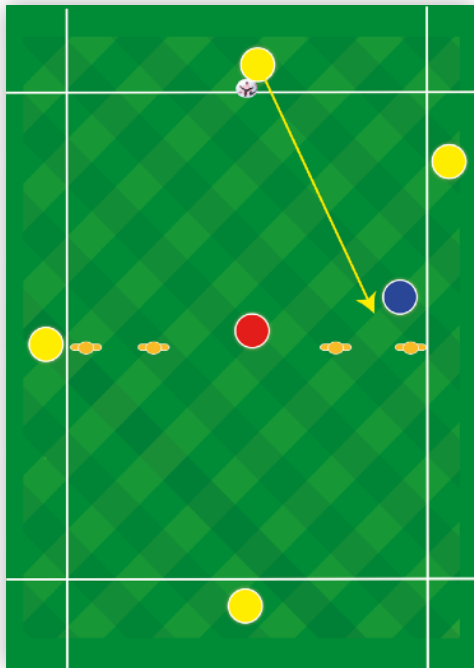


### SESSION DETAIL:

This is a 1v1+4 Rondo, where the players look to receive possession and play to an outside player. We are looking to channel possession through the outside gates, getting the central player to adjust their body and receive possession in either lane. This is an important practice to help players recognise how to play into space, how to receive in space and how to retain possession when required.



### KEY MOMENT



- Here shows the movement that might be needed by the blue player to receive through the gate.
- This movement has to be sharp in order to create the small bit of space required to play forward. Our wide players movement is also important in opening up that channel for the blue to receive
- The blue then must look to play to the opposite end quickly to keep the practice moving quickly.

### COACHING POINTS:

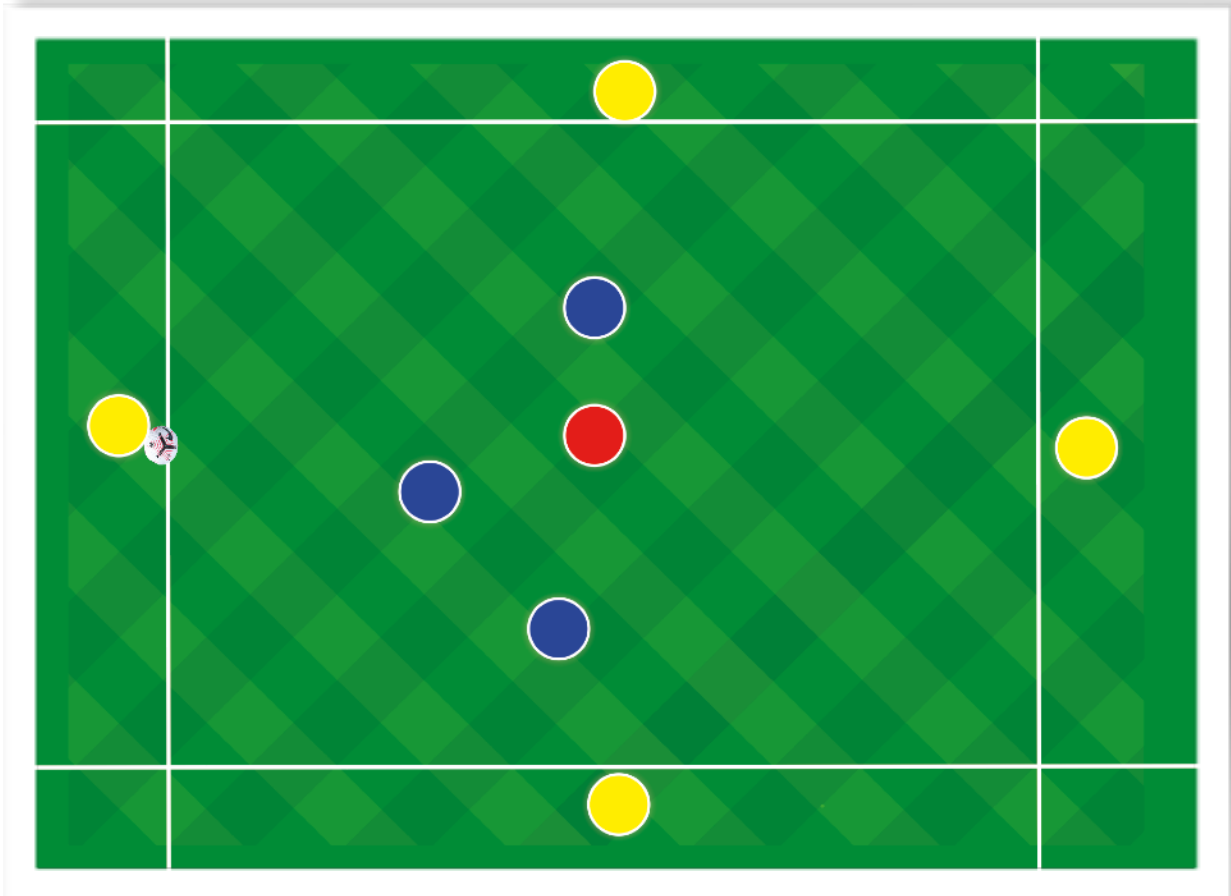
- Ensure that players are able to play of their first touch when receiving
- Encourage sharp double movements to create space
- Recognise what movement is required to open space up, do the wide players need to come down or up the line?
- Can players use 1v1 skills to beat the opponent and move the ball from end to end

### RULES:

- Players on the outside must be quick in possession, if they are a long time in possession then restrictions maybe needed.
- Otherwise no restrictions are needed.

## RONDO PRACTICES

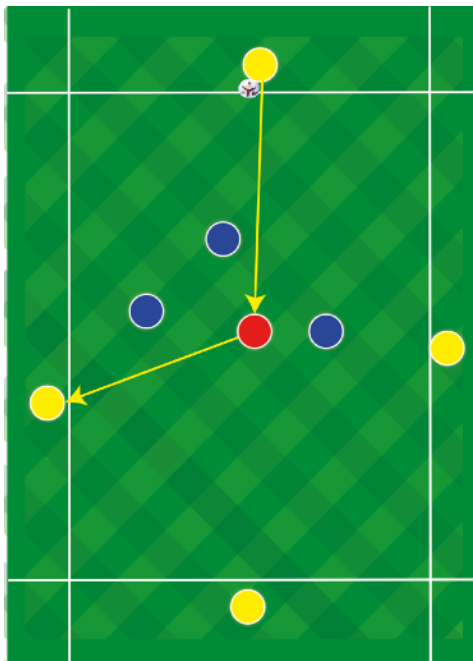
## RONDO PRACTICES: 4V3+1 PLAYING THROUGH THE CENTRAL PLAYER



### SESSION DETAIL:

This is a commonly used session by coaches, the session sets up as a 4v3+1. The central player needs to work hard to try and help the yellows maintain possession, and help move the ball from outside player to outside player. The outside players need to work up and down the line to create and angles and assist in the movement of the ball. If the blues win possession the yellows can send two players in and complete a 3v3 inside the practice.

## KEY MOMENT



- Here we must try to encourage the red to try and find space between the lines, can they find space between the press and receive possession.
- If the yellows are able to play through the opponents press, they should look to play forward early, by either switching play out to the wide player who is able to play forward. Or can the red play straight into the far end and complete the progression of the ball from one end of the practice to the other.

## COACHING POINTS:

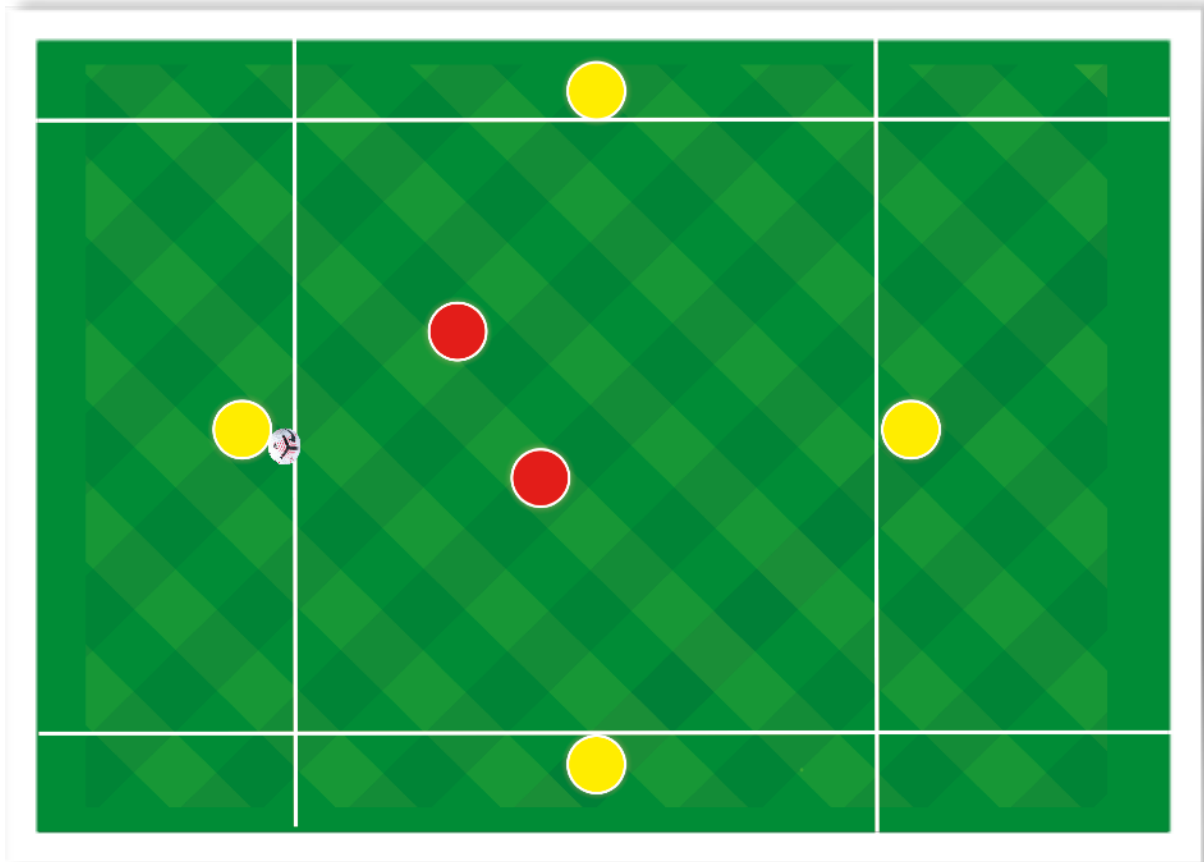
- Challenge the central player to stay still at times to play between the lines, movement is important but sometimes the best position is the one you are stood in
- Disguise of pass is also very important within these practice, can the yellows setup their body to play wide and then play a reverse pass through the lines into the player, who plays between the lines.

## RULES:

- Only outside to outside passes are allowed once, before the ball must go through the central red player.
- Once the blues regain possession, they can keep the ball for no longer than 30 seconds in the 3v3 before possession should go back into the yellows.

## RONDO PRACTICES

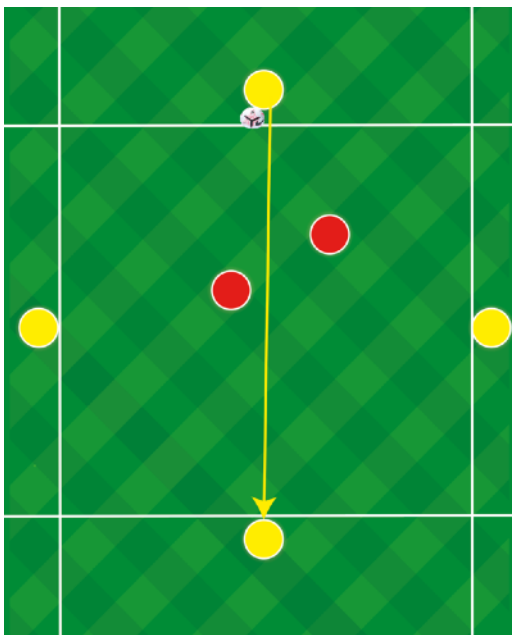
## RONDO PRACTICES: PLAYING THROUGH THE OPPONENT IN A 4V2



### SESSION DETAIL:

This is a practice that is very simple to deliver and is commonly used by coaches as an effective rondo to develop players who are comfortable receiving and playing through the opponent. The practice is a simple 4V2 where the yellows are simply looking to move possession around and through the opponent without conceding possession to the reds. If the reds regain possession, two yellows must jump into the practice and create a 2v2 inside the practice.

## KEY MOMENT



- The pass we must try to encourage from our players is the one that goes from back to front as the picture to the left shows.
- This pass replicates many different passes in build up play, for example this might be the pass from the centre back through to the midfield player. Essentially going from back to front.
- It might also be an effective way to encourage players to play through midfield and into the feet of the attacking players.

## COACHING POINTS:

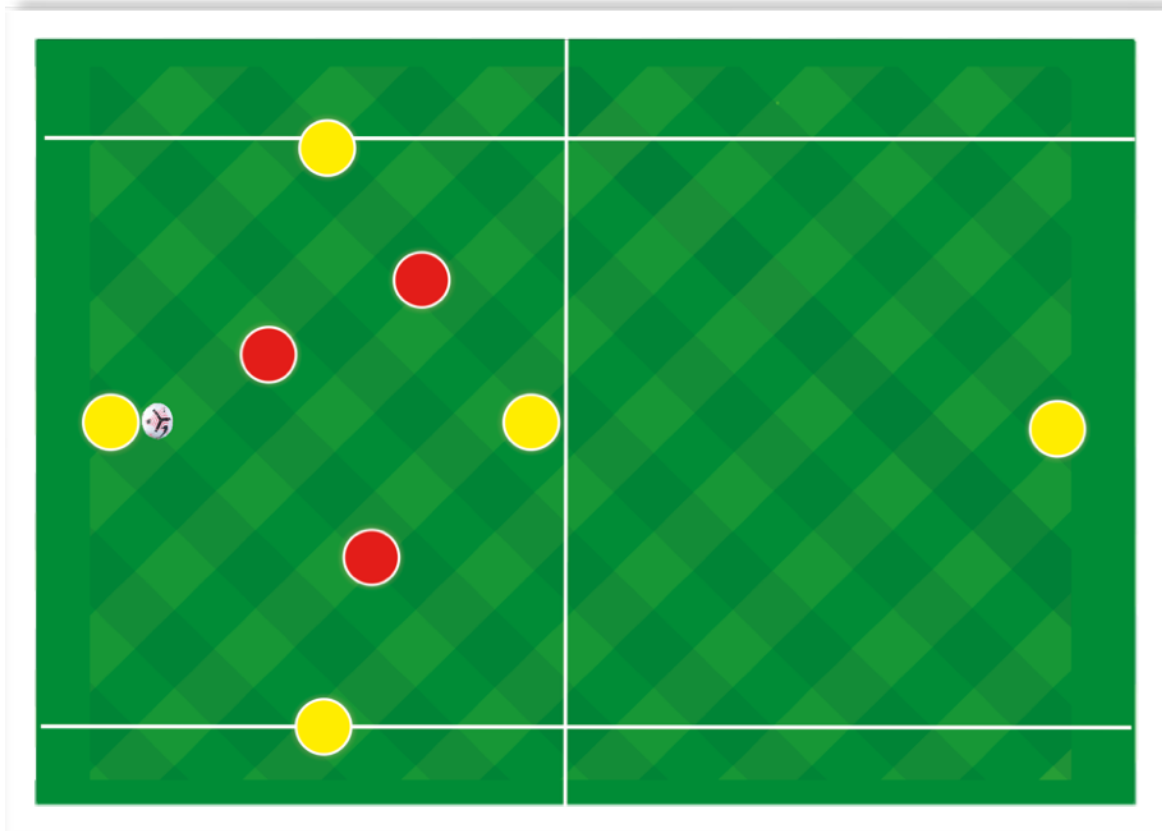
- Can the players who are out of possession look to force possession of the ball into the outside players, knowing there is no central player?
- Can the yellows look to focus on ball speed, when to play quickly and when to play slowly? The slow passes might attract pressure, and the quick passes will break pressure.

## RULES:

- Simple 4v2 Practice, 2 yellows counter-press on the defensive transition.
- No other rules.

## RONDO PRACTICES

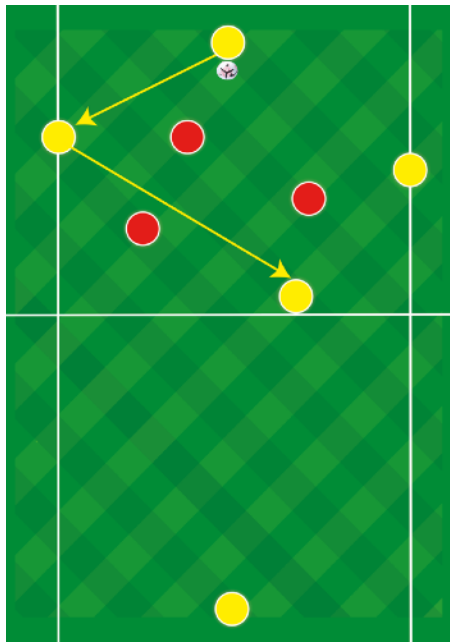
## RONDO PRACTICES: SWITCHING PLAY THROUGH A 4V3



### SESSION DETAIL:

This is a practice that develops players ability to play through lines and play into the underloaded side from the overloaded side. In this practice the yellows play 4V3 in the first half of the practice and look to complete a pre-designated amount of passes. Once the yellows have made this amount of passes, they look to switch the ball into the opposite side of the practice. Once the ball has been switched to the other side, the three reds press and three yellows transfer over and create a 4v3 on the opposite side.

## KEY MOMENT



- The first part of the practice represents a difficult overloaded moment to break out of, the yellows must compete within a 4V3 moment. In order to get out the yellows will need move quickly to create space between the opponent lines.
- Once they have made the minimum required passes can we encourage them to play forward into the end play as quickly as possible
- Once the ball transfers, how quickly can the yellows transition to support the ball carrier.

## COACHING POINTS:

- Sharp movements are important for players in possession if they are going to have success receiving possession of the ball. For example in the image shown, the player in the middle of the practice might move quickly to create an angle to receive possession of the ball.
- Receiving skills are fundamental for players in this practice, being able to receive under pressure.

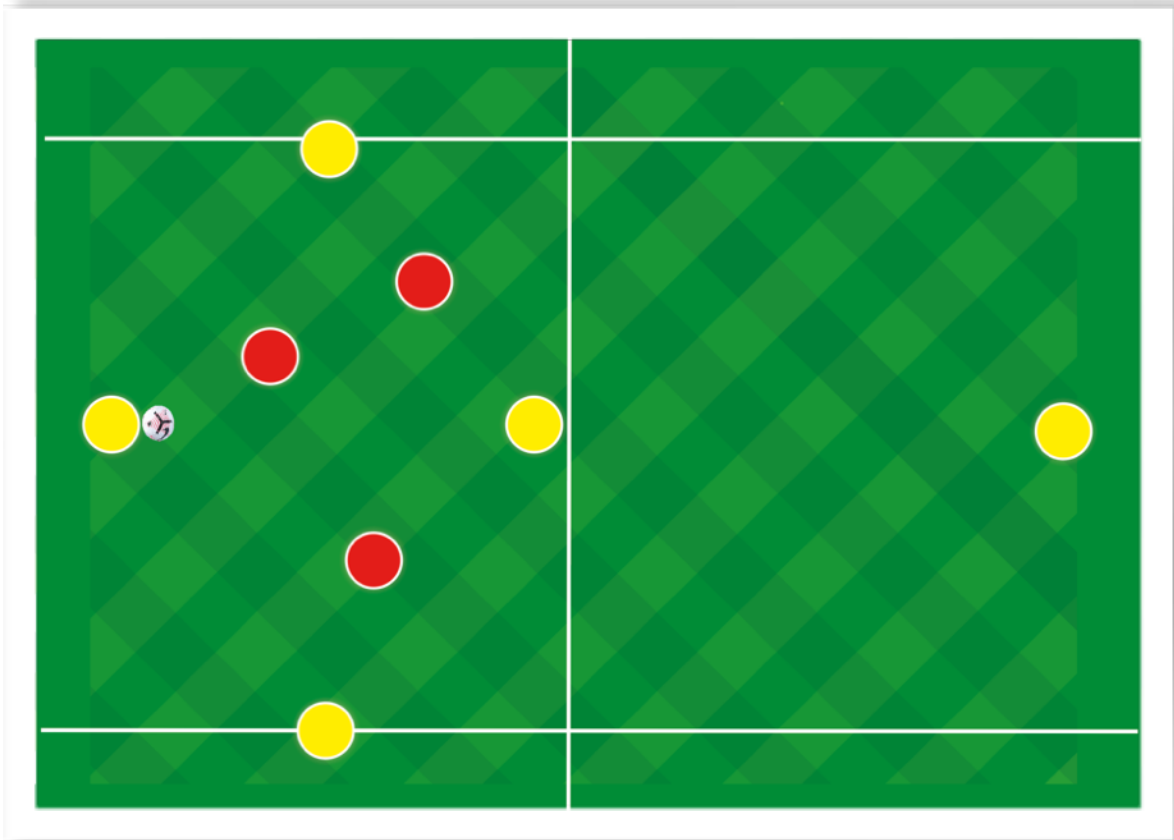
## RULES:

- Players must make three passes in the 4V3 moment in order to be allowed to switch the ball from one side of the practice to the other.
- Once the ball is switched, the players are then challenged to cross over quickly and create the 4V3 on the other side.



## RONDO PRACTICES

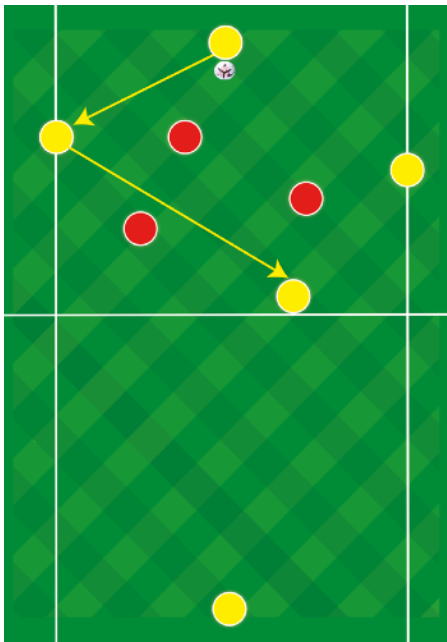
## RONDO PRACTICES: SWITCHING PLAY THROUGH A 4V3



### SESSION DETAIL:

This is a practice that develops players ability to play through lines and play into the underloaded side from the overloaded side. In this practice the yellows play 4V3 in the first half of the practice and look to complete a pre-designated amount of passes. Once the yellows have made this amount of passes, they look to switch the ball into the opposite side of the practice. Once the ball has been switched to the other side, the three reds press and three yellows transfer over and create a 4v3 on the opposite side.

## KEY MOMENT



- The first part of the practice represents a difficult overloaded moment to break out of, the yellows must compete within a 4V3 moment. In order to get out the yellows will need move quickly to create space between the opponent lines.
- Once they have made the minimum required passes can we encourage them to play forward into the end play as quickly as possible
- Once the ball transfers, how quickly can the yellows transition to support the ball carrier.

## COACHING POINTS:

- Sharp movements are important for players in possession if they are going to have success receiving possession of the ball. For example in the image shown, the player in the middle of the practice might move quickly to create an angle to receive possession of the ball.
- Receiving skills are fundamental for players in this practice, being able to receive under pressure.

## RULES:

- Players must make three passes in the 4V3 moment in order to be allowed to switch the ball from one side of the practice to the other.
- Once the ball is switched, the players are then challenged to cross over quickly and create the 4V3 on the other side.



---

**COACHING SIDES TO PLAY OUT FROM THE BACK**

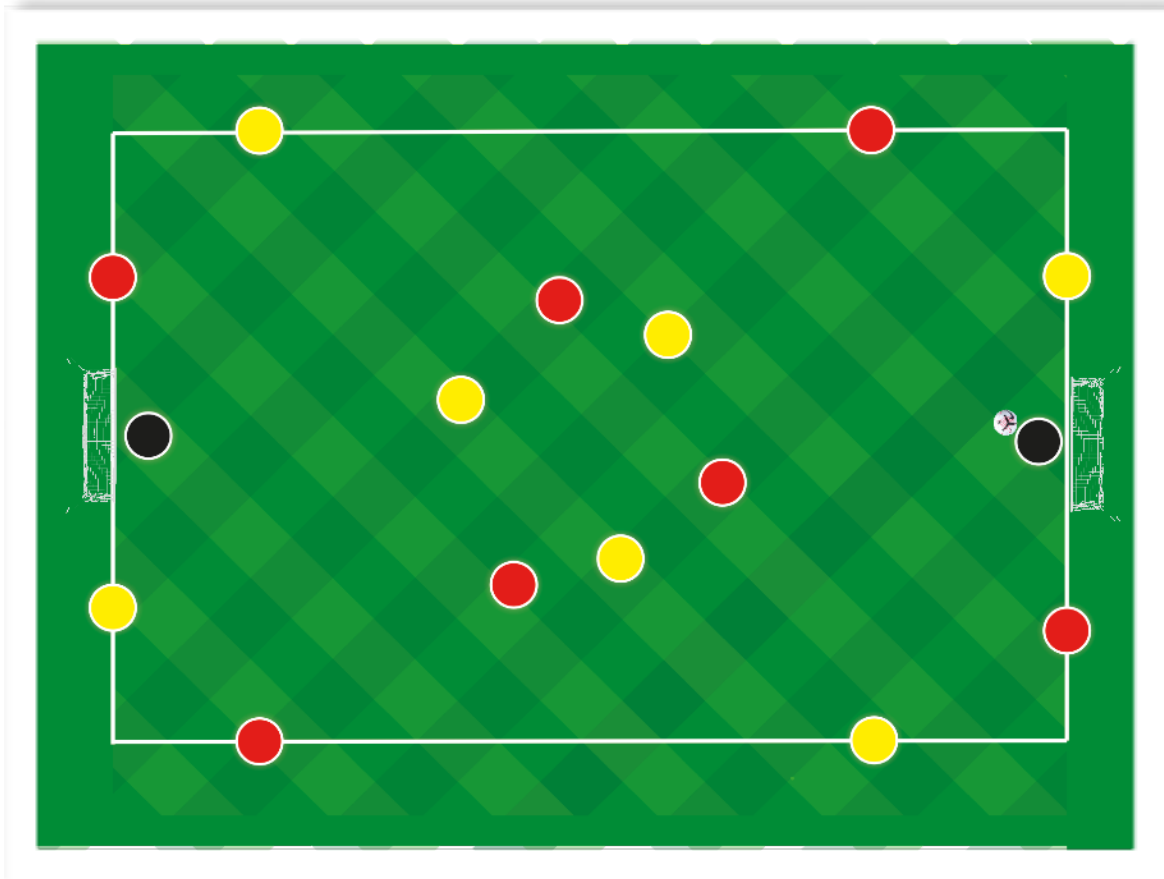
---

# END TO END PRACTICES



## END TO END PRACTICES

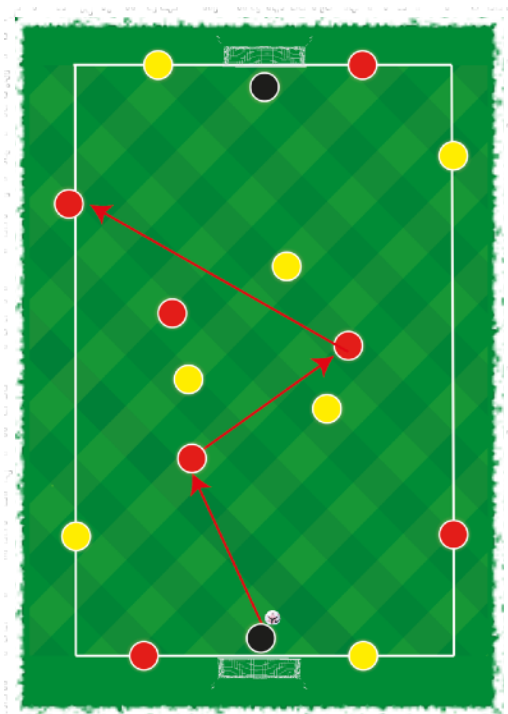
## 8v8 GAME: PLAYING THROUGH A MIDFIELD 3 WITHIN A 1-4-3-3 FORMATION



### SESSION DETAIL:

This is an 8V8 practice, where the side in possession look to play through the midfield three in order to score, the three central players are supported by 5 outside players (ink GK). The supporting angles are in realistic positions to help the midfield three make realistic combinations in possession. The practice is a small sided game, so on transition the practice just switches to the opposite side. The outside players can be tackled, and can move freely within their position, but not to other positions.

## KEY MOMENT



- A key moment within this practice is to encourage players to play on different lines in possession. When attacking we need to play between then opponent to make defending difficult. Can we encourage the reds to play on different vertical and horizontal lines?
- Here we can see that the three midfield reds are on three different vertical and horizontal lines, combined with the location of the outside player to bring complexity to the shape of our side in possession of the ball.

## SESSION INFORMATION

PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
16	30x50	3	500	120	30 mins

## COACHING POINTS:

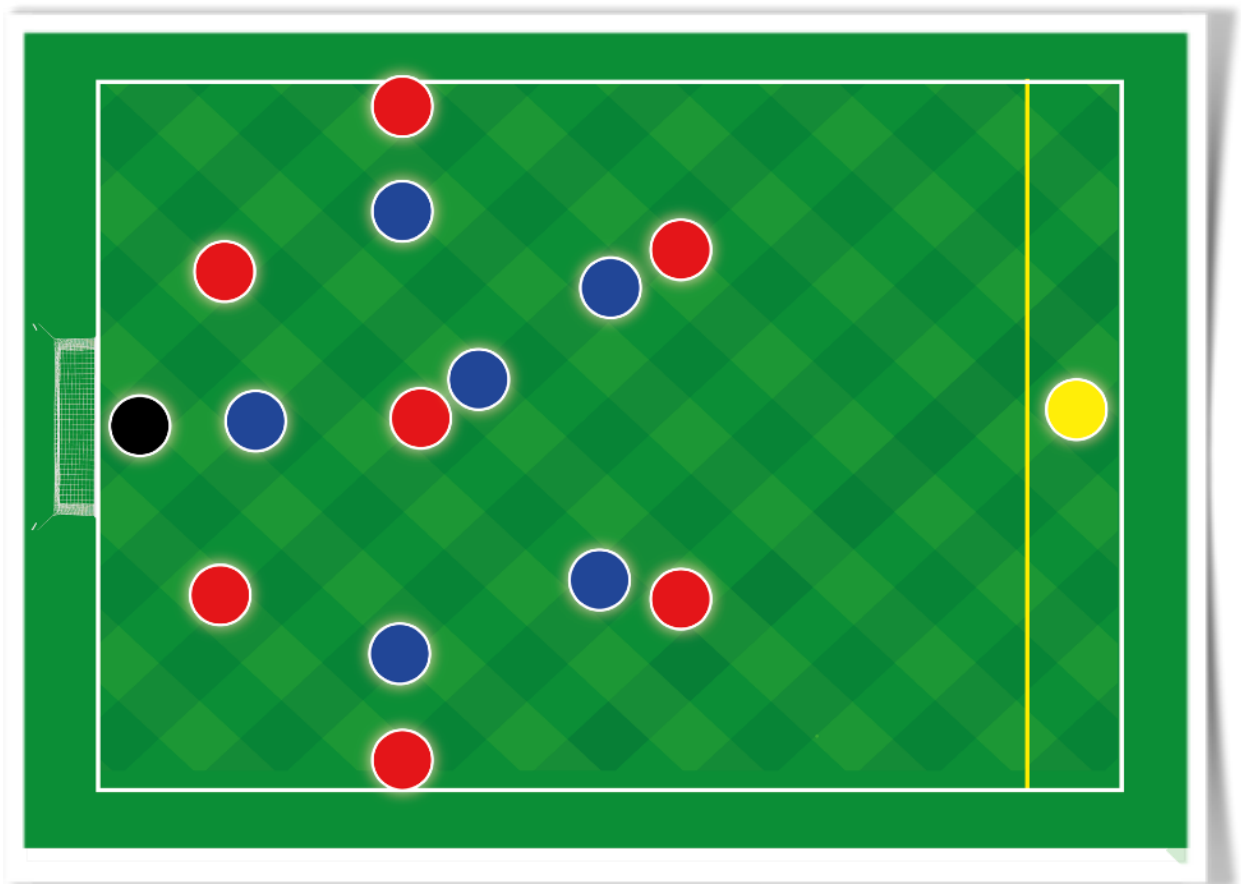
- Receiving on the back foot will be fundamental to our players having success playing through the opponents shape, can they open their shoulders to ensure they can play through to the next line.
- Where possible can they play on diagonal lines to force the ball to be played into an open body position and not a straight line pass that can be cut out.

## RULES:

- The Outside players must stay on the outside of the practice at all times
- The outside players must not hold possession of the ball for long periods. If this occurs a touch or time limit might be imposed.

## END TO END PRACTICES

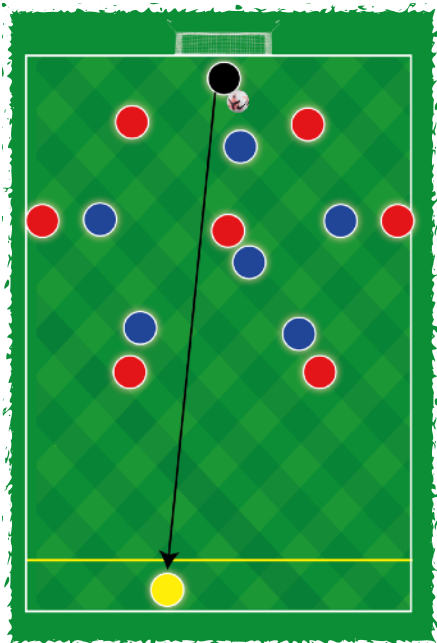
## COACHING DEPTH WITHIN AN 8V6 TARGET PLAYER PRACTICE



### SESSION DETAIL:

This is an 8v6+1 practice where the reds look to build out and into the end player in yellow. The key principle for us to train in this moment is depth within our shape. How this is created is by offering an easy pass for the goalkeeper into the yellow. Once the reds achieve this, the blues will need to drop off and give space. Then the reds have the opportunity to try and play through the blues and into the yellow at the end of the practice. The practice contains transition, so when yellow receives, the blues attack.

## KEY MOMENT



- A key principle to build-up play is depth. This practice encourages players to see the benefits of depth. But also shares the reward with players. Once the opponent see's the direct ball, their shape should change to accommodate the additional line of possession.
- Once space is opened up, can players find the spare player and move the ball quickly in order play through the pressure and into the yellow at the other end.
- Ensure the ball speed is varied in order to attract pressure and then play through it.

## SESSION INFORMATION

PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
15	40x20	3	300	60	18 mins

## COACHING POINTS:

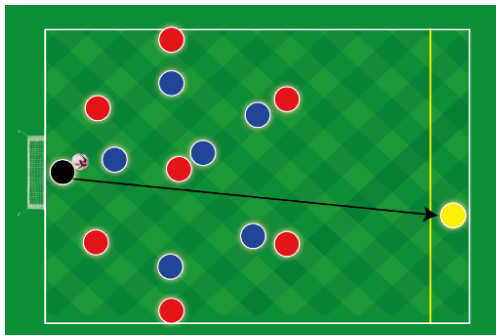
- Ensure the goalkeeper is willing to stay on the ball and take time, if the goalkeeper rushes it allows pressure to be applied to the next player. By staying on the ball the opponent has to press the goalkeeper and leave spaces behind the first line.
- Look forwards, when possible can you play passes through the opponent lines.

## RULES:

- Blues look to score on the regain of possession
- Reds just look to play into the blues.
- Offside is not relevant as the half-way line would be the yellow player.
- Challenge the blues to transition quickly and try to score in a small amount of time such as 7 seconds.

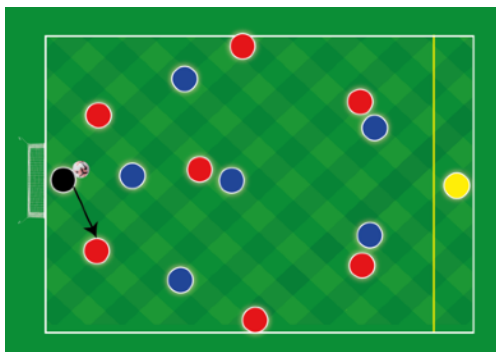


## GAME MOMENT



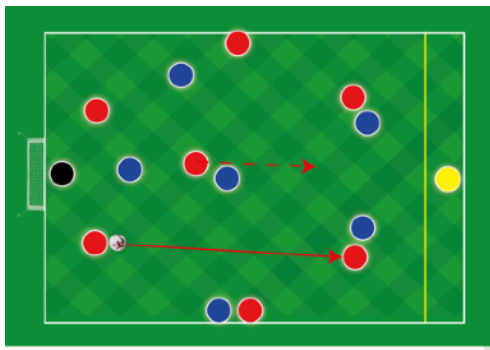
- The first game moment shares the same image as above. As a principle we want to play forward when possible, so if the opportunity to go from back to front is on, let's make sure we do it.
- The following images we see will all be based around the principle of having a threat behind and depth in our shape.

## GAME MOMENT



- In the second game moment we can see that space has now been created between the opponent lines because of their need to cover more space.
- Here we can begin to move the ball forward and look to find players who are in space, finding the spare player is a key component of building out from the back.

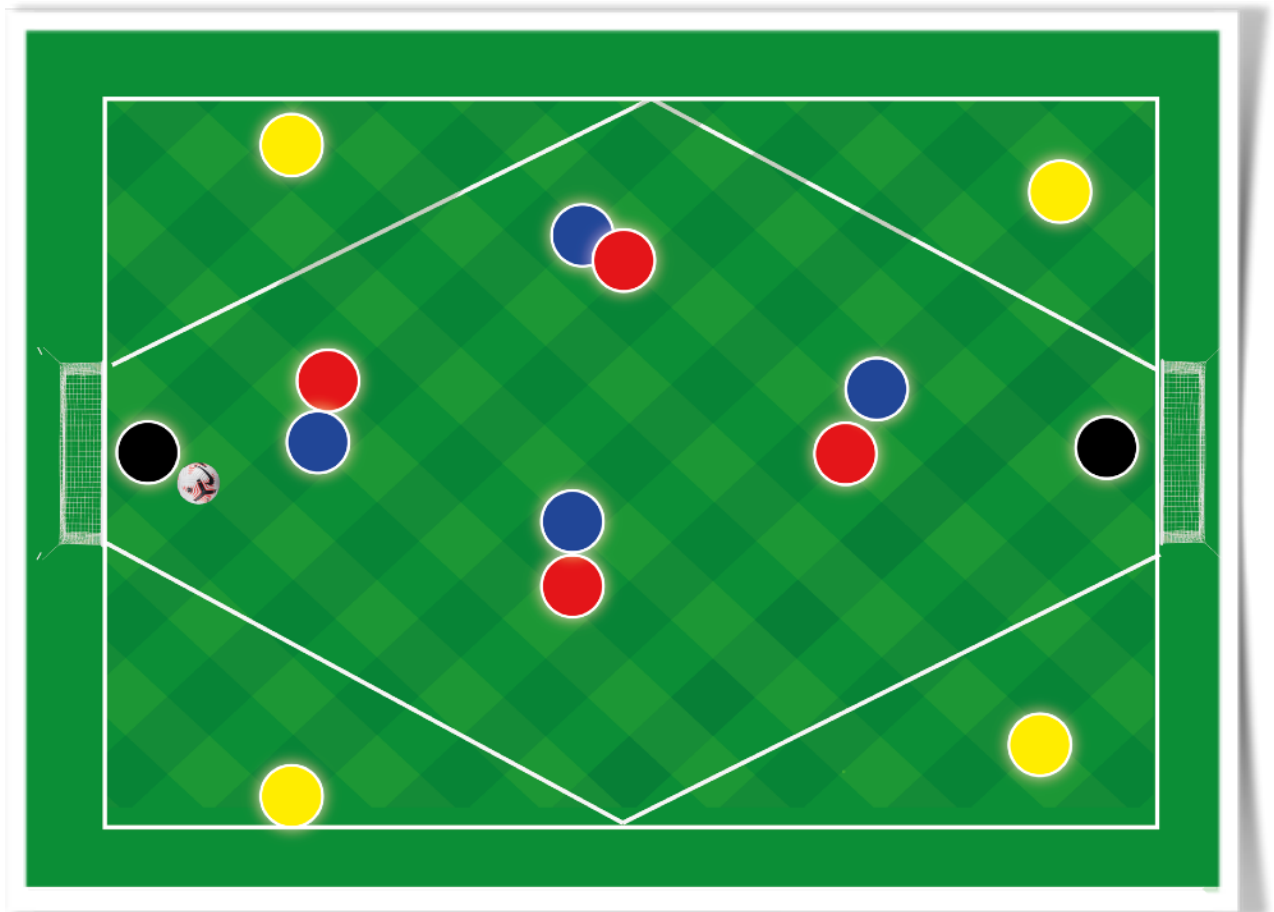
## GAME MOMENT



- The third game moments shows something simple but effective. When the ball is placed forward, can we encourage forward runners.
- This is shown well here, if the ball has gone through your line of possession, are you able to run to join or go beyond the line of possession that receives the ball. Without sacrificing defensive balance.

## END TO END PRACTICES

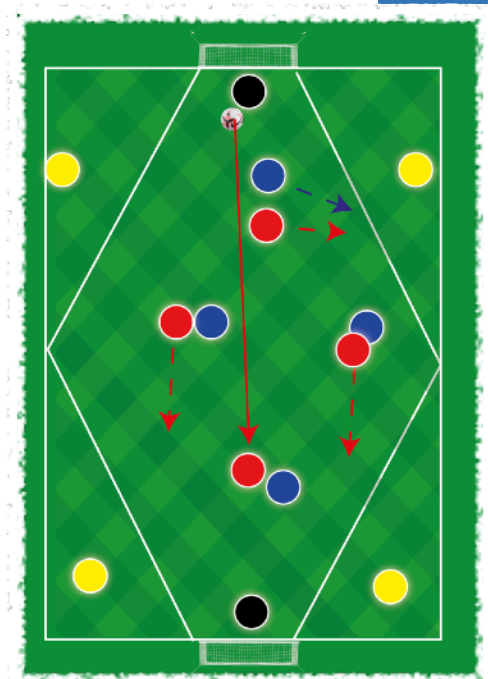
# ENCOURAGING PROGRESSIVE PASSING WITHIN A DIAMOND



## SESSION DETAIL:

This practice creates a 4v4 in the middle with four outside players who can represent the roles of the centre-backs during build-up play and the wide players during attacking moments. There is also a goalkeeper at each end. The practice just encourages one team to play through the centre of the pitch and score. Players will need to make quick dynamic movements to create space from their marker and score. Can the central players use the outside players as bounce passes to move the ball forward, not just retain possession?

## KEY MOMENT



- The key moment when playing out from the back is to always try and play the most valuable and progressive pass. Here we have tried to create this by rotating the deepest player to open up a pass into the furthest player.
- From here how to de we create an attacking opportunity, for our team it might be to run two midfield players off the striker and expose the opponent in behind
- Encourage value around the central pass as this is potentially the most dangerous area to attack.

## SESSION INFORMATION

PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
14	40x30	4	300	60	24 mins

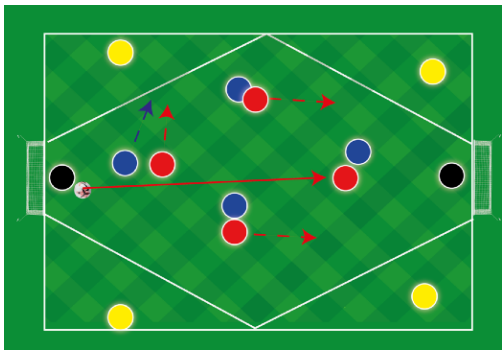
## COACHING POINTS:

- Find the spare player. If you are under pressure and unable to stay on the ball / risk losing it, move it to the spare player
- Encourage players to recognise that every time the ball is moved, the opponent is also moved. This creates gaps and opportunities.

## RULES:

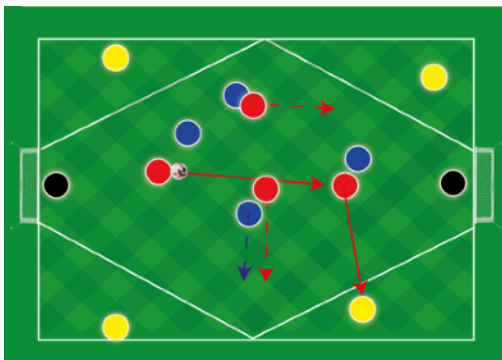
- Outside players cannot pass to each other.
- Allow yellows to only be used when on the same line, encourage central passes to be progressive passes.
- No in possession players can travel into the wider areas.
- Yellows must stay in wide areas at all times.

## GAME MOMENT



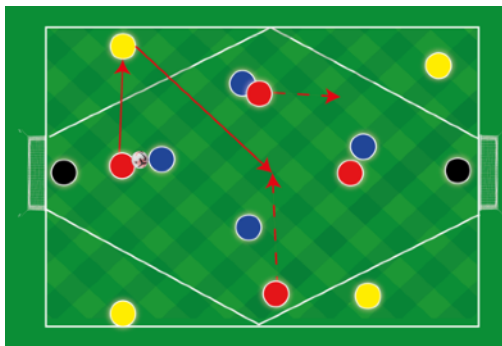
- Here we can see the same pictures in the key moment diagram.
- Can we ensure the pass into the striker or furthest forward player is on the floor to allow them to receive and play forward?
- If the striker goes higher, this then creates space for them to drop into and receive.

## GAME MOMENT



- Here we can see another example of how our team might play through the centre of the pitch.
- The attacking player comes short to receive possession before flicking the ball to the wider player to attack behind.
- The yellow must make sure they stay onside by travelling up with the nine and level with the blue defender.

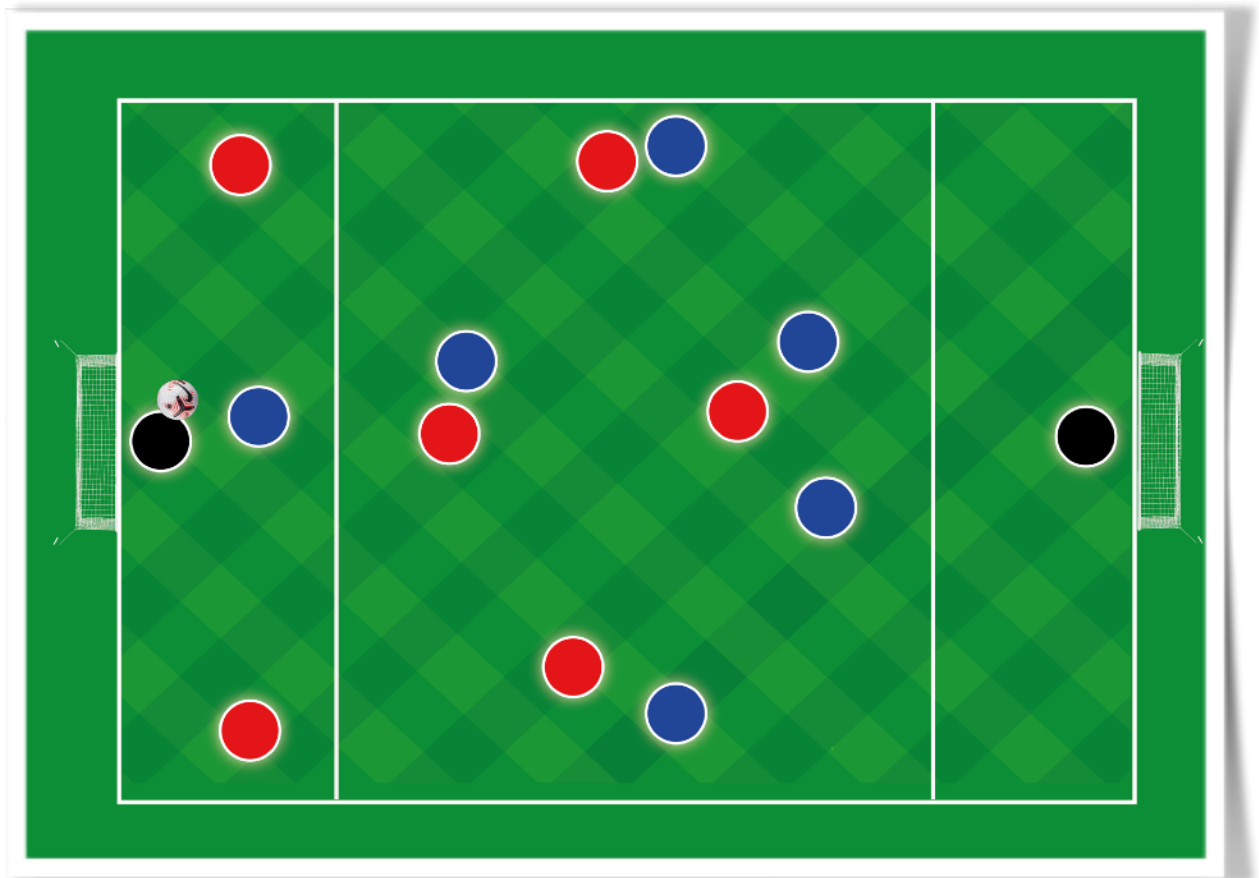
## GAME MOMENT



- The striker stops the progression of the ball, forcing the central player to play wide. As the ball is played wide the opportunity arises to play forward. This is because the yellow has received the ball and changed the opposition shape and allowed a progressive pass through the opponents first line. It is important our players understand the importance of this moment.

## END TO END PRACTICES

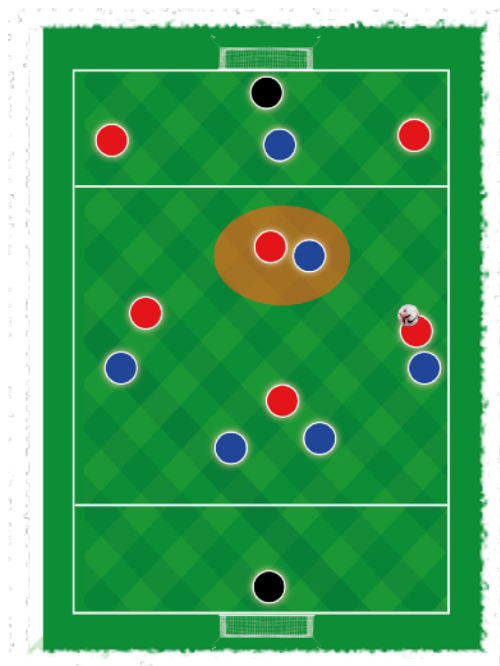
## PLAYING THROUGH OVERLOADED CENTRAL AREAS



### SESSION DETAIL:

This is a simple build-up game, experiencing some of the overloaded problems that a possession based team might encounter. The reds have an overload of 2v1 in the first area, followed by an under-load of 4v5 in the middle area. Once the ball leaves the first zone it opens up into a game of 6v6. Importantly we want our players to value the ball, if they come under increased pressure and struggle to play forward. They can go backwards where there is an overload and the numerical situation should 7v6 including the use of the Goalkeeper.

## KEY MOMENT



- The key picture through out the practice will be the role of the deep lying midfield player. Is that player able to receive possession and drive forward? If they aren't can they switch the point of the attack.
- This player is also key out of possession, if they are able to block the centre of the pitch, then counter-attacks from the opponent should have limited success.
- The central player is pivotal both with and without the ball, focus this practice around what you want them to offer the team during the build-up phase.

## SESSION INFORMATION

PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
14	30x45	4	300	60	24 mins

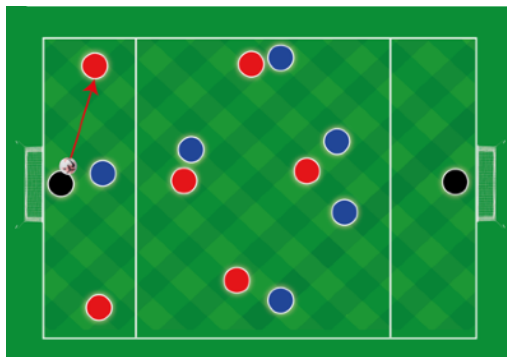
## COACHING POINTS:

- Use the spare player in the build-up phase to stay on the ball and force the blues to chase possession and give up opportunities for us to play forward.
- Use up, back and through passing combinations to open up space beyond the defensive line. This will give us an opportunity to play through and forward.

## RULES:

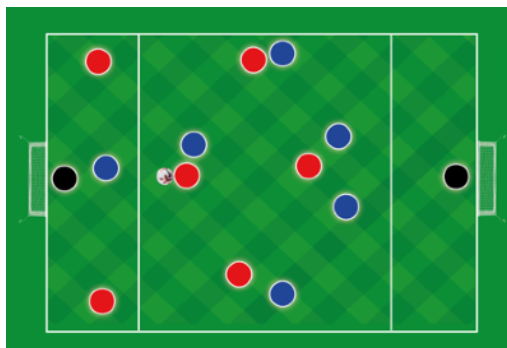
- Outside players cannot pass to each other.
- Allow yellows to only be used when on the same line, encourage central passes to be progressive passes.
- No in possession players can travel into the wider areas.
- Yellows must stay in wide areas at all times.

## GAME MOMENT



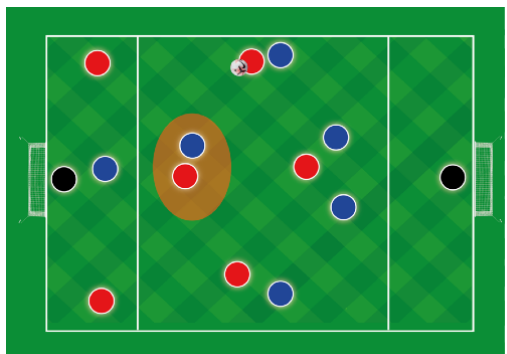
- Here is the first phase of our attack with the ball going wide into the centre-back. The centre-back must be quick to ensure they are not pressed by the nine and locked into the wide channel with no opportunity to play forwards. A way through this will be to increase the ball speed and encourage rotation in-front of the receiving player.

## GAME MOMENT



- Another example of the central player receiving possession with their back to goal. The challenge here is for the red to have an influence on the ball. Are they able to wriggle free and play forward? If not can they bounce the ball into a centre-back to encourage pressure and create a forward passing line to another player.

## GAME MOMENT

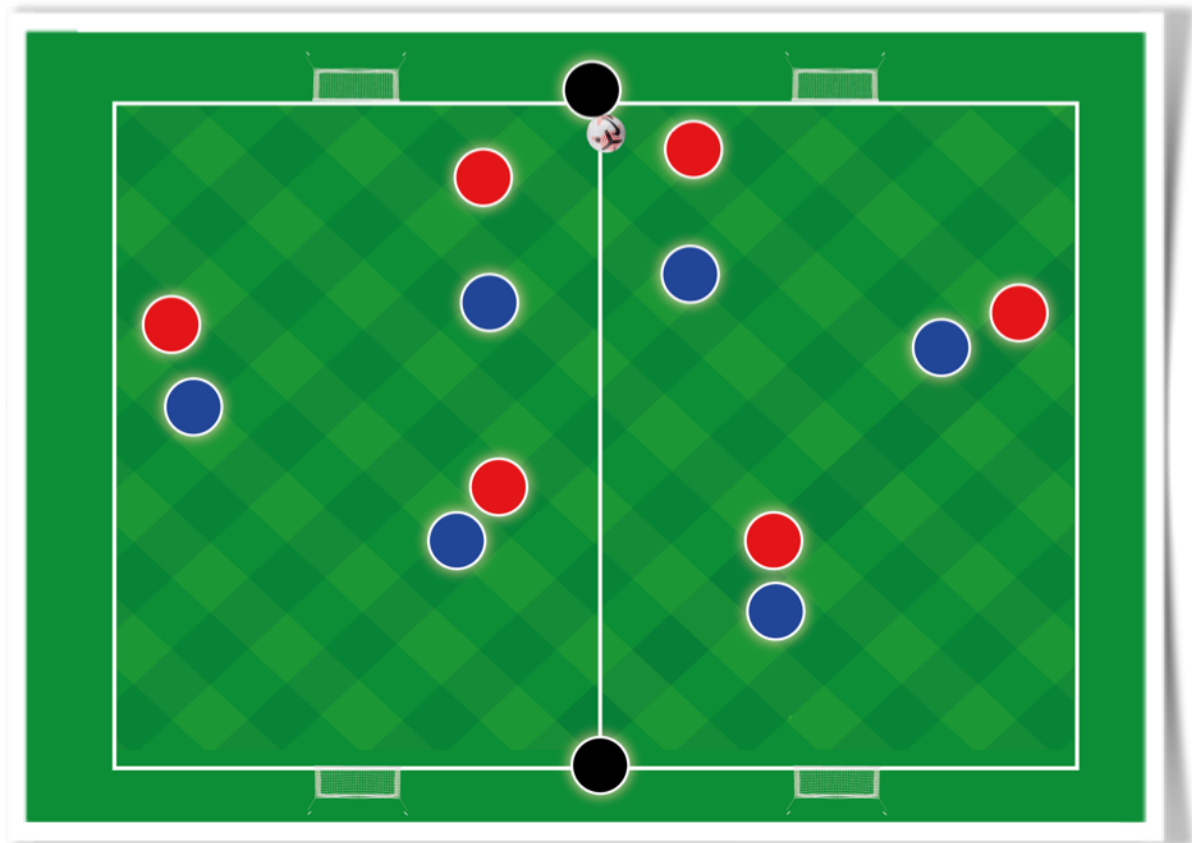


- Here we can see the ball has been moved into the wide attacking player who is under pressure. Can the deeper lying midfield player make a movement to influence the game? An attacking run creates a hole in the middle of the pitch. This might be for a switch of play or to pass to the deep lying midfield player who then looks to continue their run with the ball and expose the opponent.



## END TO END PRACTICES

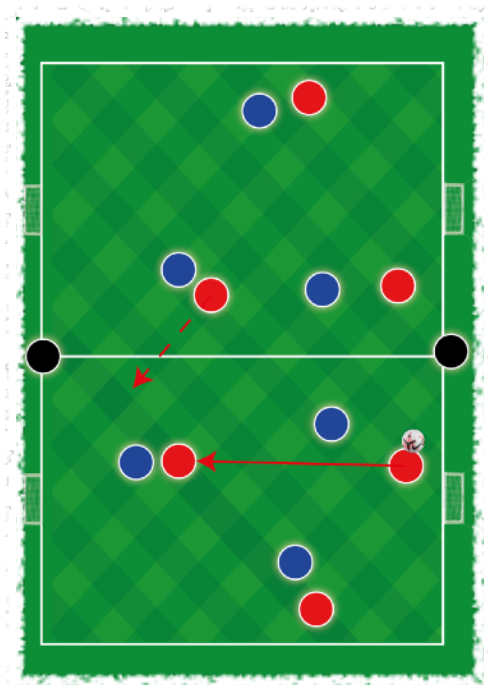
## SPLIT BUILD-UP GAME: CREATING PROGRESSIVE OPTIONS IN LIMITED SPACE



### SESSION DETAIL:

This is a simple game to create simple overloading principles when playing out from the back. The practice is divided into half and each part contains 50% of the building-up phase. Each half has two defenders and a midfield screen player. The only rule is that only one player can drop onto the other side, but the defender cannot go until the attacker moves into the other half. This will allow the side in possession to create and overload and experience the benefit of it. Numerically we should end up with no more than 4v4 on one half of the practice.

## KEY MOMENT



- We are trying to create understanding of how to use overloads in these key moments. Here we can see a really positive pass into the feet of the midfielder screen. But the next pass will be more difficult. Here a movement from the opposite screen player creates a threat in-behind and an opportunity to play a forward pass.
- But, what it also might open is space for the full-back to run into on the opposite side and score, if the opposite midfield player follows the run into the other half of the practice.

## SESSION INFORMATION

PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
10	18x40	4	240	30	24 mins

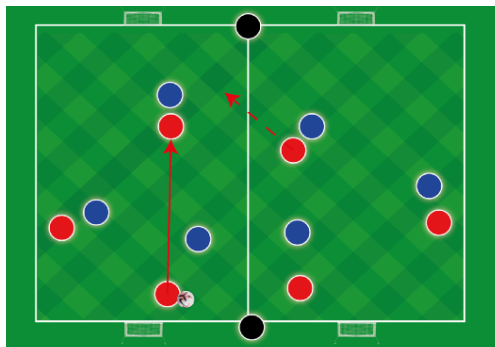
## COACHING POINTS:

- Timing—the timing of the passes when we build-up from the back is critical. Play passes that encourage pressure but don't provide the opponent with an opportunity to actually win the ball.
- Movement – can we make movements to receive the ball. But also to open up spaces for other players to go and play in. As shown in the above image.

## RULES:

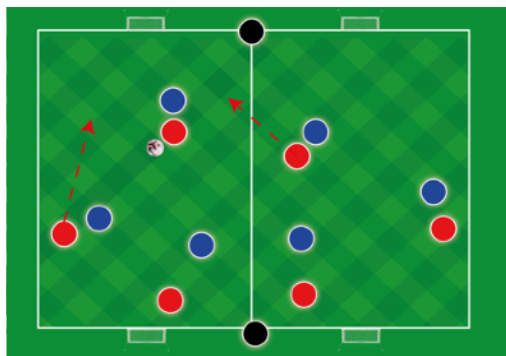
- Only one player can cross the half-way line into the second box.
- Defender can't cross the line until the attacker has already crossed.
- Natural black players are restricted to two touches
- Finishing can be limited to one touch at the discretion of the coach.

## GAME MOMENT



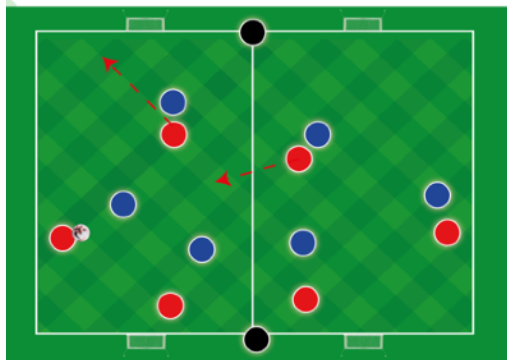
- Here we can see a great example of what effective movements might look like. The second midfield player has run beyond the first one. Creating passing opportunities on different lines and providing pace for the full-back to come inside.
- This create progressive opportunities to play forward and find success.

## GAME MOMENT



- Here we can see the ball is now at the feet of the midfield player who is thinking about what pass to play next.
- Whilst it is important to have forward runners and options to go forward. We must also ensure that we have defensive balance. This looks like the players behind the ball taking up positions that allow them to receive possession but also defend.

## GAME MOMENT



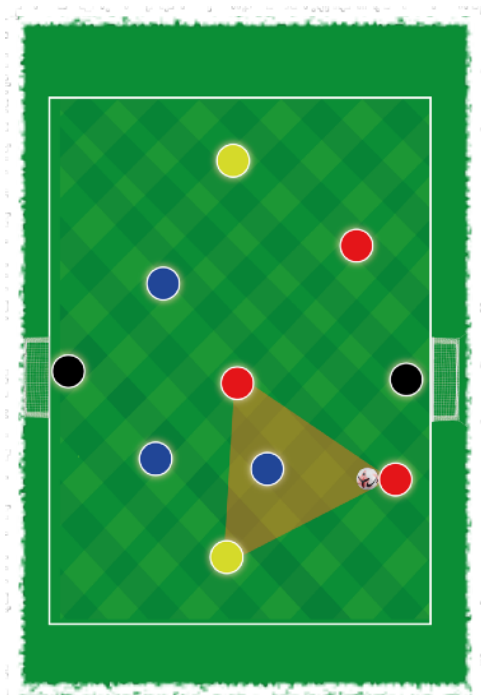
- Here the ball has been played wide and there is a chance the blues can jump over and isolate the widest player and win possession back.
- Here we need quick and effective movement from the players around the ball to rotate and open spaces. For example the midfield player goes down the line to receive whilst the second midfield player comes inside to create and angle and provide balance.

## BUILDING UP AGAINST THREE CENTRAL PLAYERS



140

## KEY MOMENT



- Here we are trying to isolate opponent players in positions where they aren't able to have an influence on the game. For example, here the blue has been forced into a position where they are exposed between a possession triangle.
- Creating these triangles and positions across lines, we will find ball progression much easier and be able to play through the opponent in a much easier format.
- It is also important here that the speed of the ball is checked. We must move it quickly to attack and slower to look for an attack.

## SESSION INFORMATION

PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
10	18x40	5	180	30	17.5 mins

## COACHING POINTS:

- Use of with — encourage players to use it as a strategy to stretch the opponent not just the game. If the opponents players aren't forced wide they will sit in and defend the centre making life hard. This switching of play is key to success in the build-up phase of attacking.
- Forward passes — don't get confused, the central forward pass 141

## RULES:

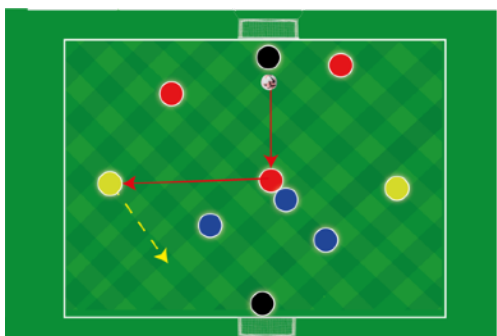
- Players play 4v4 in the central area (including GK)
- Yellows play in the full-back role and overload one side in a 6v4 situation.
- The players aren't limited by touches or spaces, just asked to try and play in the position they are given e.g. CB play like CB

## GAME MOMENT



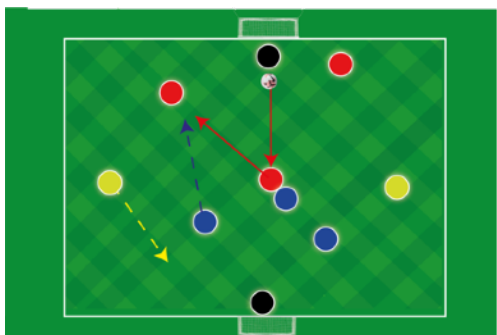
- Here we can see how different positions around a defender can isolate them and allow us to move the ball around them opening space up to attack.
- In order for us to create this picture, our players must move the ball from side to side quickly to not allow the opponent to gain any form of defensive balance.

## GAME MOMENT



- In this example the middle player is trying to compact the blues in order to play around them. They receive the ball against the opponent. Then look to flick the ball into the wide area in order to give a player an opportunity to attack space.
- Firstly, we must have a player who is comfortable receiving the ball marked, and still keep possession from the opponent.

## GAME MOMENT



- In this example the midfielder player has stayed in possession of the ball and has tried to compact the blues but isn't able to play wide.
- In this example it might be a combination of playing into the red who attracts pressure in order to release the yellow in the outside space, this will create problems for the blues needing to defend across three lanes instead of two.





---

**COACHING SIDES TO PLAY OUT FROM THE BACK**

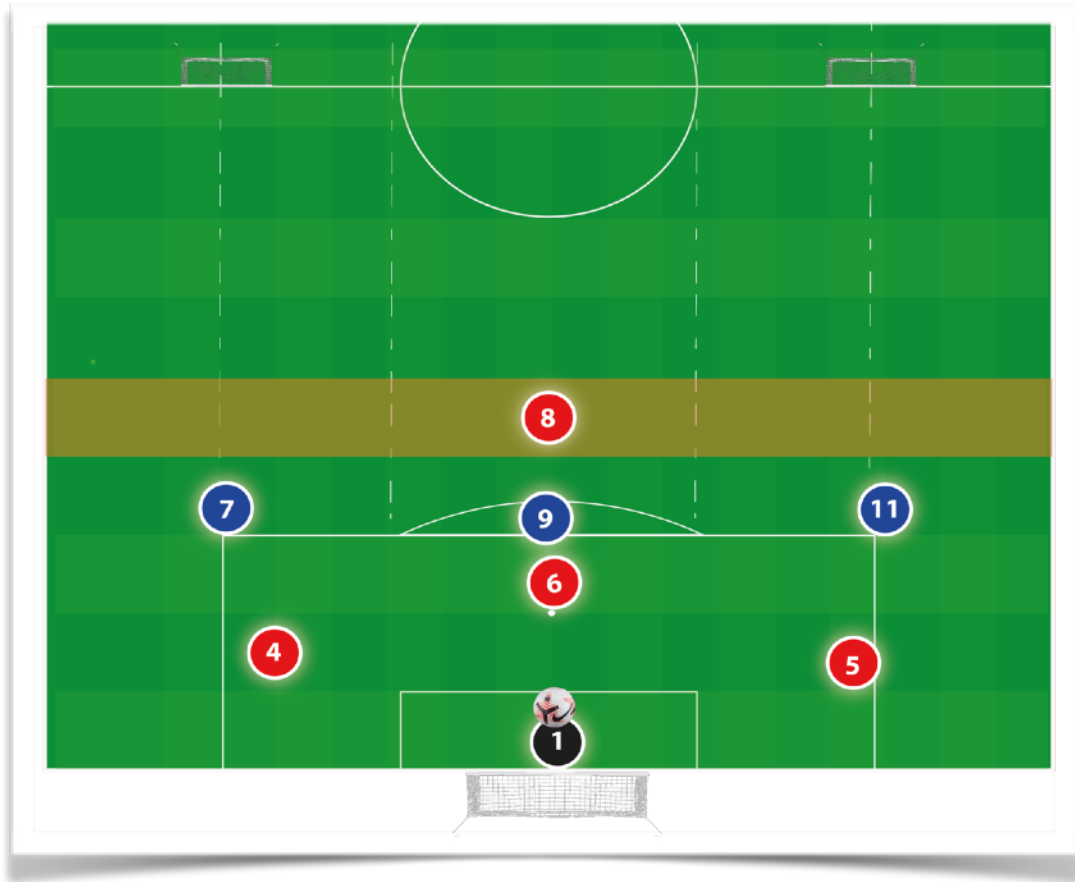
---

# LARGER PRACTICES



## LARGER PRACTICES

# LARGER PRACTICES: COACHING PLAYERS TO BREAK OUT OF THE BOX IN A THREE



## SESSION DETAIL:

More and more we are seeing teams ask centre-backs to breakout of there defensive line and attack space left by the opponent. We often see pressing systems created to stop 'passing options' and cut 'passing lanes. But teams often find it very difficult to stop good ball carriers. A great example of this in the current game is Joel Matip at Liverpool, who is often seen charging through lines and attacking space. Here the reds build up in the box 4v3. They can use the eight in the red lane, but the red can't run forward. They must set a team mate to break-out and attack the two goals.

## KEY COACHING POINTS

- Ensure defensive balance isn't lost when breaking out of the defensive line in a back three. This means recognising how to slide across and cover the space left. For example if four breaks out can six and five come across to protect the key spaces.
- Timing of movement. if the eight bounces into a player. Can that player attack the space to progress the ball carrying higher up the pitch?
- Quality of touch — this is a fundamental part of football. The player must be comfortable taking a large enough touch, to take the ball away from the opponent. Without taking such a large touch that they lose possession of the ball.

## SESSION INFORMATION

PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
8	Half	4	300	60	20 Mins

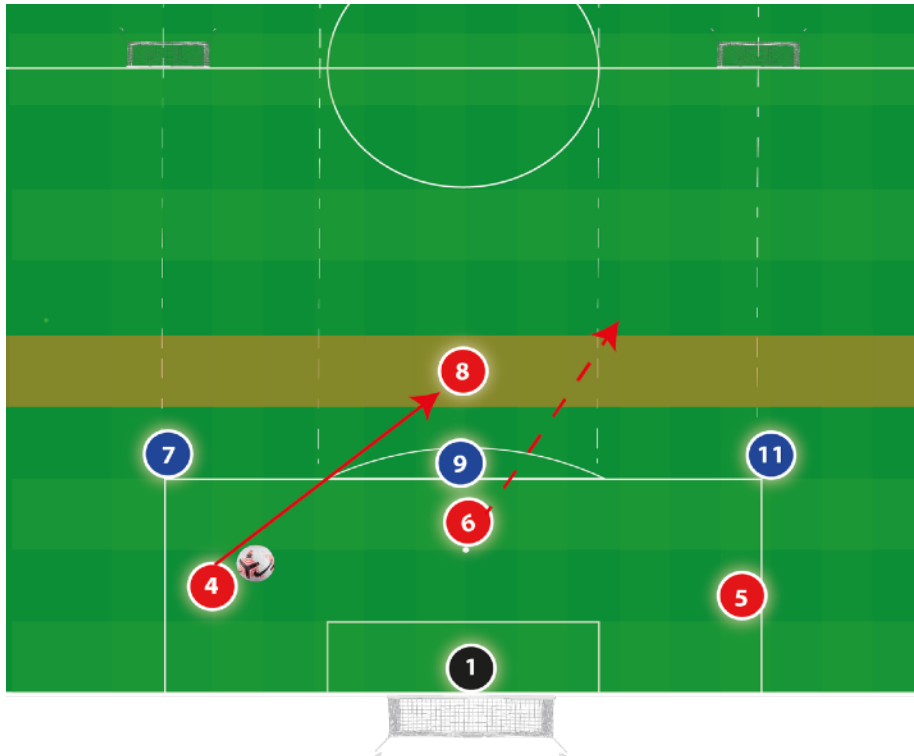
## PROGRESSIONS

- Create a 1v1 on the line of the eight, to challenge this player to break out of the area and carry the ball.
- Manipulate the next line to include extra players such as wing-backs, this will increase the realism and the challenge.
- Bring the goals closer to limit the running of the players, based on what day of the week it is.

## RULES:

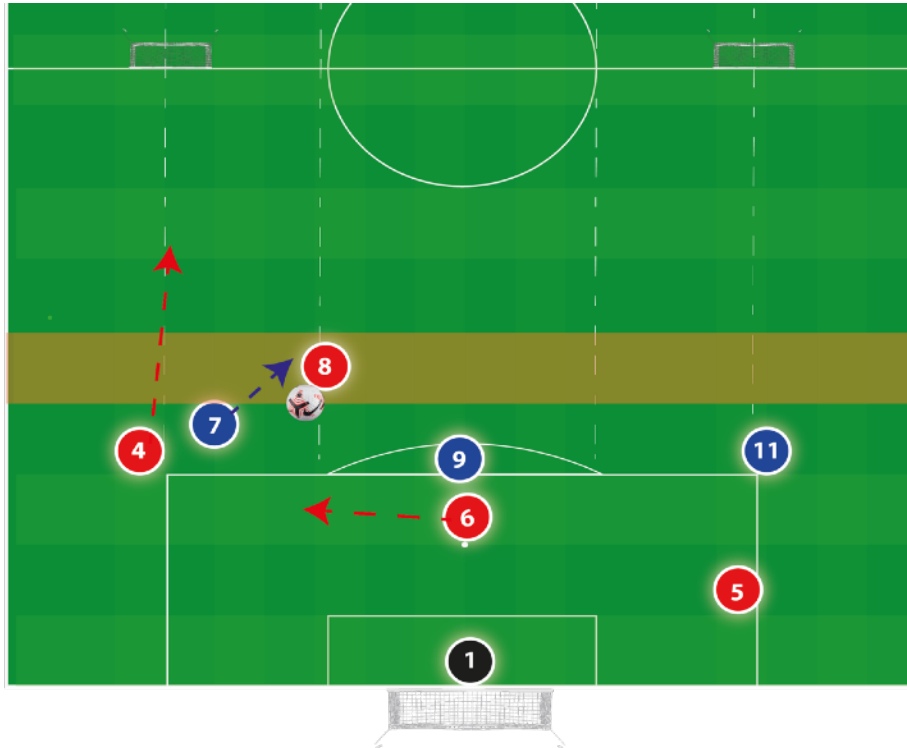
- Don't let the blues inside the box, insure that the realistic rules of the game are applied. This will increase the realism of the situation.
- Ensure the red line is close to the blue players so they are able to press and provide problems to the red when he or she receives possession of the ball.

## GAME MOMENT



- Here we can see some key moments within the practice, and some of the pictures we want players to see. The four here has played into the eight, who isn't allowed to run forward. So this player must be supported in some way.
    - This could be a bounce pass to play forward
    - Could be a supporting pass to switch play
    - Could be a runner to expose space further up the pitch
- Regardless, it is important that we support that central player to ensure that, we are either able to play forward or stay on the ball if needed.
- In this moment we can see that eight has received possession and the six is looking to make a movement into the space to carry the ball and run forward. This is a great picture for us to create. This is because the four and five can become compact behind the ball, in order to provide us with security. Whilst the eight can stay deep to ensure that there is still a 3v3 behind the ball if the six loses possession of the ball.

## GAME MOMENT



- In the second image here, we have create a situation that often occurs when centre-backs look to overlap or push forward within a back three. This was common with Sheffield United.
- The eight has received possession occupied by the opponents number 10. How can we create security and ball progression opportunities at the same time? We do this by attracting pressure from the seven and opening a space. The four then looks to drive into the gap to receive possession.
- Importantly the eight only passes to the seven, if the opportunity is there. If not the six and the five should slide behind the ball in order to create balance and control.
- This shows the basic principles of sliding from three central defenders to two central defenders quickly and effectively.
- Importantly the movement of the four illuminated the opponents number seven. So we do not have any tactical issues. It has become a 2v2 instead of a 3v3, thanks to our manipulation of the opponent and space.

## LARGER PRACTICES

# LARGER PRACTICES: BREAKING OUT FROM A BACK FOUR



## SESSION DETAIL:

Here we have a 13 player practice where the reds look to build-up and score in the goal on the half-way line. The blues simply need to win the ball back as high as possible and score. The reds can't receive the ball beyond the white line until they've passed the ball (So no direct balls in behind). The reds are going to try and create simple ball progression rotations in order to manipulate the opponent and play in behind. Importantly, this practice must be high in repetition to create constant pictures for players to see, that are realistic to the situation they see in games.

## KEY COACHING POINTS

- Ensure players are happy to stay in possession of the ball. This means moving the ball quickly is not always the answer. Sometimes staying on the ball is the answer, move the ball with a purpose.
- Movement is key, but movement with a purpose is even more important. For example, if the six makes a movement, ensure this is made to create space to progress the ball. If the movement blocks space, it will limit our opportunity to play forward.
- Ensure wide players are comfortable receiving the ball under pressure. Our wide players should be able to receive with their back to goal. But also receive with their front to goal

SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
13	Half	4	300	60	20 Mins

## PROGRESSIONS

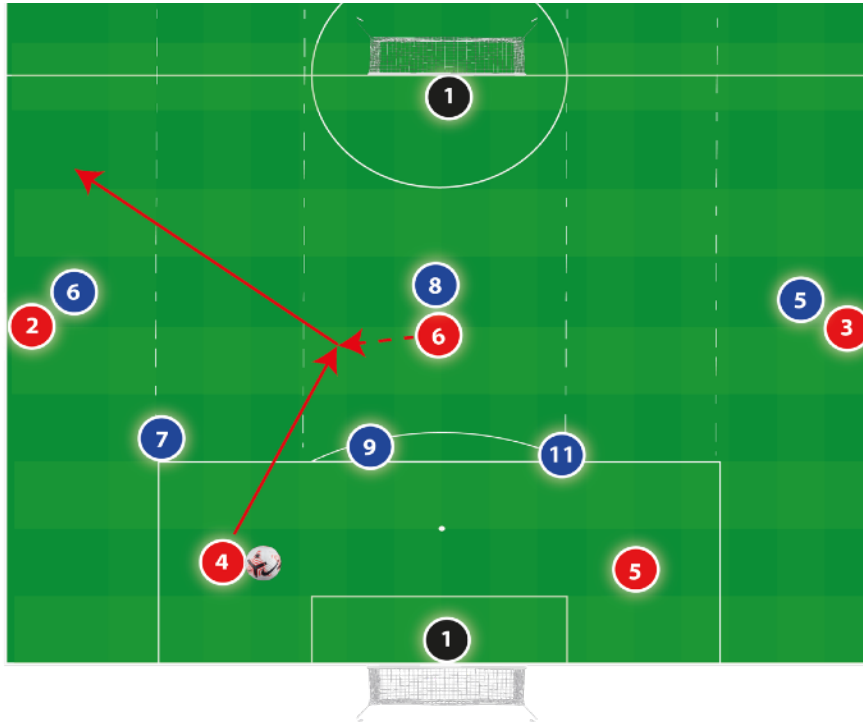
- Open this up into a game where players can move freely within the practice.
- Add an additional unit or an additional line to create a more complex problem.
- Limit the width in the practice to increase the challenge to the players. (However, be careful with this as sometimes the width is the challenge.)

## RULES:

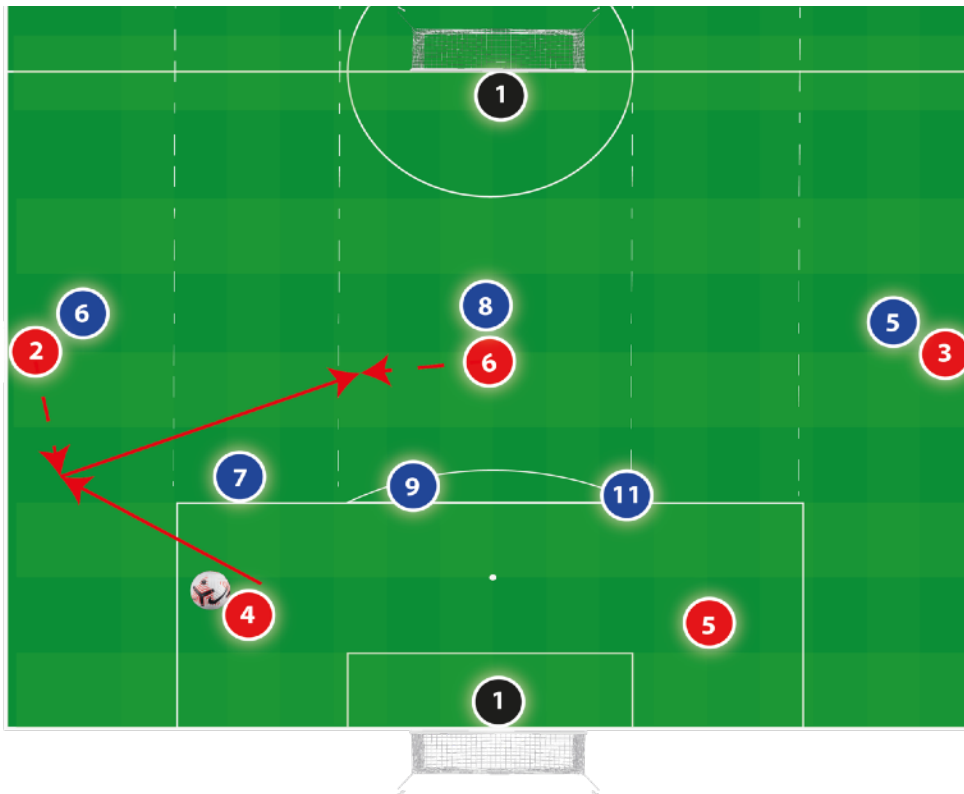
- Don't let the blues inside the box, insure that the realistic rules of the game are applied. This will increase the realism of the situation.
- Ensure nobody plays beyond the white line with the first pass of the game.
- Blues must try to score within five passes of regaining possession of the ball.



## GAME MOMENT



- Here is an example of effective manipulation of space, in order to create forward passing opportunities. The number two and number three, have come very deep and are looking to attract the pressure of the six and five. This opens up space behind and beyond the opponent.
- The four then looks to play a diagonal pass to a straight run from the six. This should then be a trigger for a double movement from the number two. A double movement is where a players makes a movement one way to attract the opponent then moves quickly in another.
- For the two, the first movement is towards the four. Brining the blue six towards the ball, before spinning into the space behind to receive a pass from the red six.
- Timing is very important for this to be used and to be successful. If the triggers aren't recognised, we will often get players making movements or playing passes into areas that are overloaded or occupied by the opponent.



- Here is a perfect example of how different rotations might be needed in order to create positive ball progression. Here the ball has been played wide into the number two who has closed the space by coming close to the centre-back.
- It is important that the six doesn't become ball orientated and close the inside channel quickly. This is because by staying out he or she is then able to move into the space to create a passing lane to receive from the two.
- Once the ball has come into this position the six can take a touch and look to go beyond the eight. Or potentially look to stay on the ball and attract pressure to find where the next passing opportunity is.
- Importantly, players must recognise when to play first time to speed up the movement of the ball and when to take an additional touch, just to slow the attack and allow the opponent to apply pressure and move out of there slot.
- Either way our players must recognise that at some point we must start to attack with more pace. How and when we create this will be down to them and there understanding of the game.

## LARGER PRACTICES

# LARGER PRACTICES: PLAYING OUT AGAINST A SIDE IN A MID-BLOCK



## SESSION DETAIL:

Playing out from the back, doesn't just involve playing around pressing players and playing under huge amounts of pressure. It also involves playing in situations where the opponent drops off and creates a mid-block. This means that we might be given the first pass, the challenge is created on the second passing line. Here the red zone represents the challenge, this is where the players play 5v5. The green zone includes a 2v1 (3v1 with GK). It is then important to move the ball quickly and effectively through the red channel in order to progress the ball into one of the three goals.

## KEY COACHING POINTS

- Triggers – these are important as the ball carrier will often have time, but time can create problems in poor decision making and confusion. We must recognise that if there is no opportunity to play forward, can we create the opportunity by rotating and moving.
- Support behind the ball — this is a key component of success in possession of the ball. If we play forward, there must be supportive actions off the ball to ensure that we are able to keep possession securely.
- Turning – Being able to receive under pressure from an opponent and beat them 1v1 is a key skill. Players won't always be able to receive in space. Sometimes players will need to receive again an opponent and beat them with the use of a 1v1 skill or turn.

SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
14	Half+10	4	300	60	20 Mins

## PROGRESSIONS

- The shape of the red and green zone can be manipulated to change the challenge. You might chose to give the green zone extra space to push the opponent back into a deeper block. Or higher to restrict the space.
- Numerical setup — players can be changed to suit the tactical and situational needs of the coach and the practice.

## RULES:

- The players are split into two zones, players can't cross the zones. They must play through the space with the use of rotation within the red zone.
- Players can finish in any of the three goals, with the central goal being worth more than the wide goals.

## GAME MOMENT



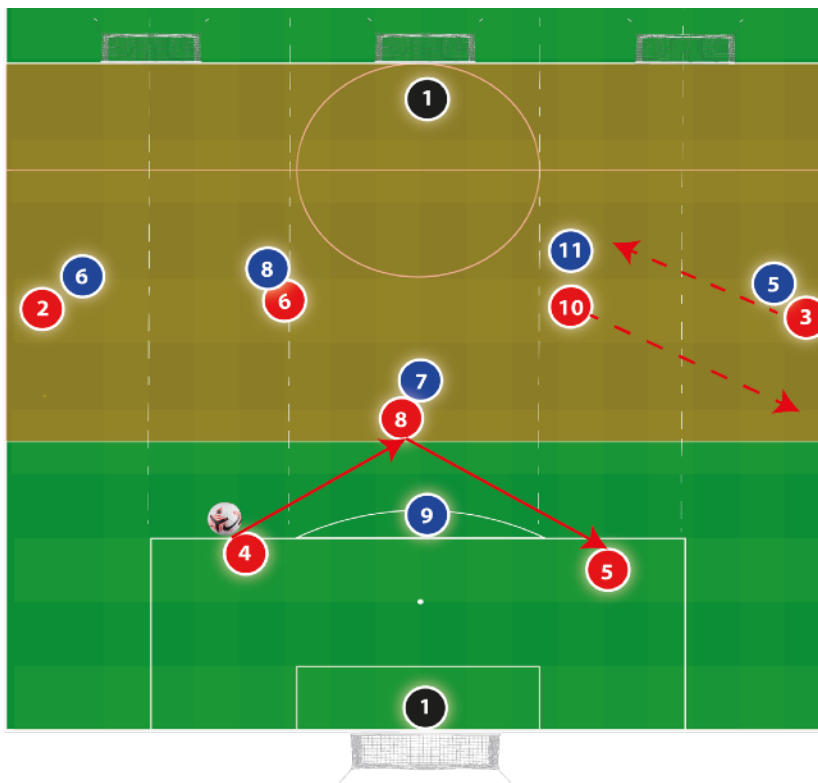
- It is important to notice that the overload for the reds is in the first picture. They have a +2 including the goalkeeper, so the support and balance behind the ball should always be there. Balance is important, because if a transition occurs the blues could attack the central space quickly.
- In this image, we are using lateral movement to open space within the opponent. For example the number eight has tried to drop into the pocked to see if the number seven will match this movement. If this happens the eight can run off the shoulder and look to attack the lanes between the opponents eight and six.
- If the six is quick he or she should be able to take a touch into the space and attack the wide goal. If they can't play forward, can they stand the eight up and play a bounce pass into our number eight who can then drive forward and attack the space.

## GAME MOMENT



- It is important to notice that the overload for the reds is in the first picture. They have a +2 including the goalkeeper, so the support and balance behind the ball should always be there. Balance is important, because if a transition occurs the blues could attack the central space quickly.
- In this image, we are using lateral movement to open space within the opponent. For example the number eight has tried to drop into the pocket to see if the number seven will match this movement. If this happens the eight can run off the shoulder and look to attack the lanes between the opponents eight and six.
- If the six is quick he or she should be able to take a touch into the space and attack the wide goal. If they can't play forward, can they stand the eight up and play a bounce pass into our number eight who can then drive forward and attack the space.

## GAME MOMENT



- The second image here shows how a more structured and patient approach might occur when in possession. The progression of the ball might not occur first time, it might take a period of time to open space and play forward.
- In this example we have used the eight to try and attract pressure and open space. Once the eight can't play forward, the eight must move the ball to another red shirt.
- This is because losing the ball in the central area could be devastating because of the structure behind the ball.
- Once the eight then plays the ball to the five, we need to see rotation ahead of the ball to open space and ball progression opportunities.
- In this example we see the 10 come short to receive possession of the ball, whilst the three looks to attack the centre of the pitch. This should be the centre of the pitch to attack.





- The third image shows how a change in structure can have an influence on the opportunity and the chance of being able to play forward when playing against a block.
- Taking up different spaces on the pitch, will help create different opportunities to stay in possession of the ball.
- Here we are looking to push the full-backs on and disconnect them from the back line. We are then looking to drop our higher midfield players into those space.
- By doing this we create space to receive possession and manipulate the opponent. This should drag the blue teams midfield apart and create an opportunity to play forward.
- It is important that the eight stays close to the four and five to provide balance whilst the players ahead of the ball look to create passing lanes and space for players to attack. Once the six receives possession, can the 10 feel the space and occupy the centre of the pitch.



158

## KEY COACHING POINTS

- Calm V. Chaos – This is the constant trade off that exists between creating calm in possession of the ball and creating chaos when the opponent has the ball. We need our players to create calm in possession, especially when being pressed high within a 3v3 setup.
- Encourage players to receive possession having already scanned effectively. This means players are receiving with a picture of what is available around them. Receiving and then looking for pictures, will limit the ability of the player to be effective.
- Opening space – This is an important skill for players to be able to perform. They must be able to not only create space for themselves, but for team mates on other lines in different spaces.

SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
20	Full Pitch	4	540	60	36 Mins

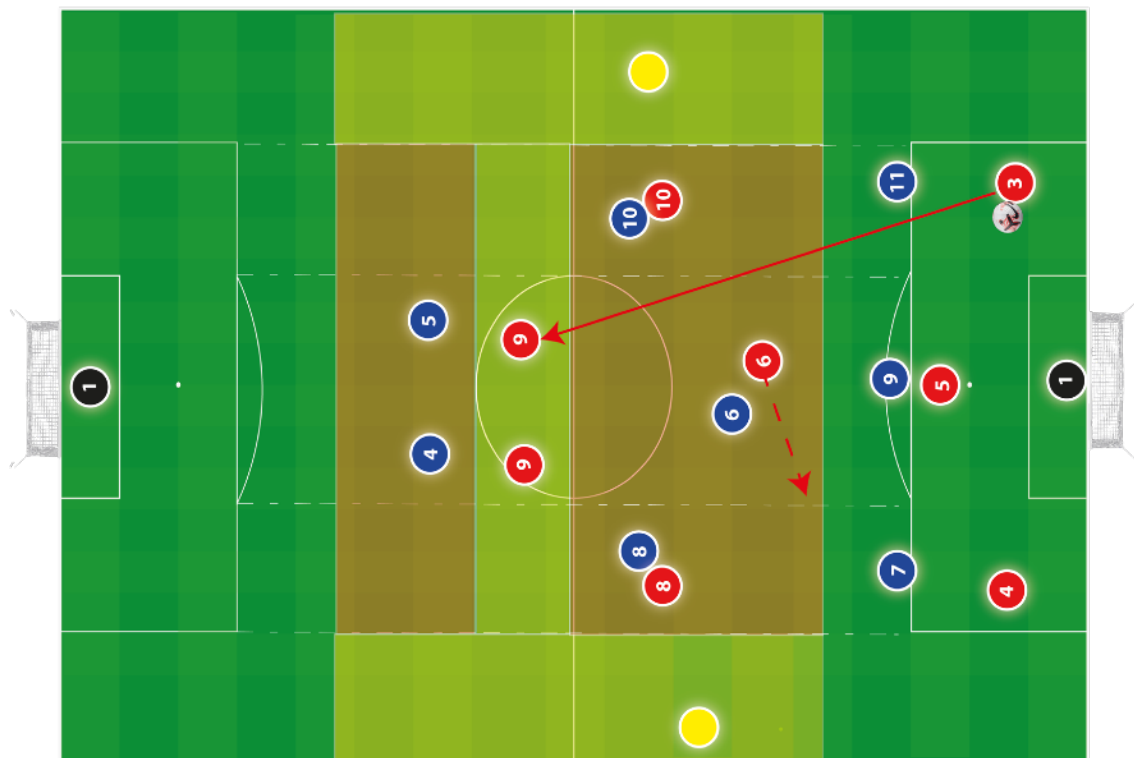
## PROGRESSIONS

- Progress this into an 11v11. This means creating a 1v1 in the wide area. Removing the yellows and adding both wide players in.
- Leave the game in its zones area, before removing the zones to create a natural 11v11 game.
- Allow the goalkeeper to play into any zones when in possession of the ball.

## RULES:

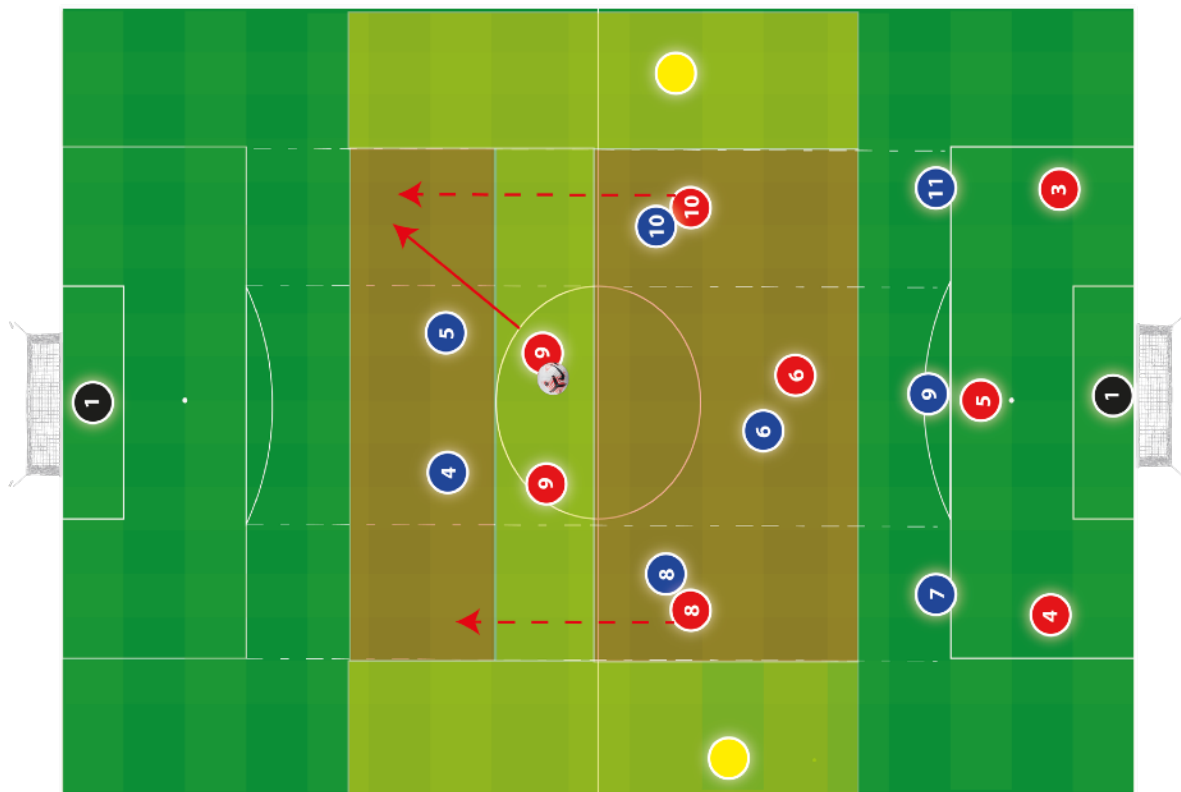
- Restrict the zones in which passes can be played. Depending on what you want to create from the session. For example if you want to restrict the longer pass, you might not allow passes directly into the number nine.
- Outside players are limited to two touches to keep the realism high and the opportunity for the wide players lower.

## GAME MOMENT



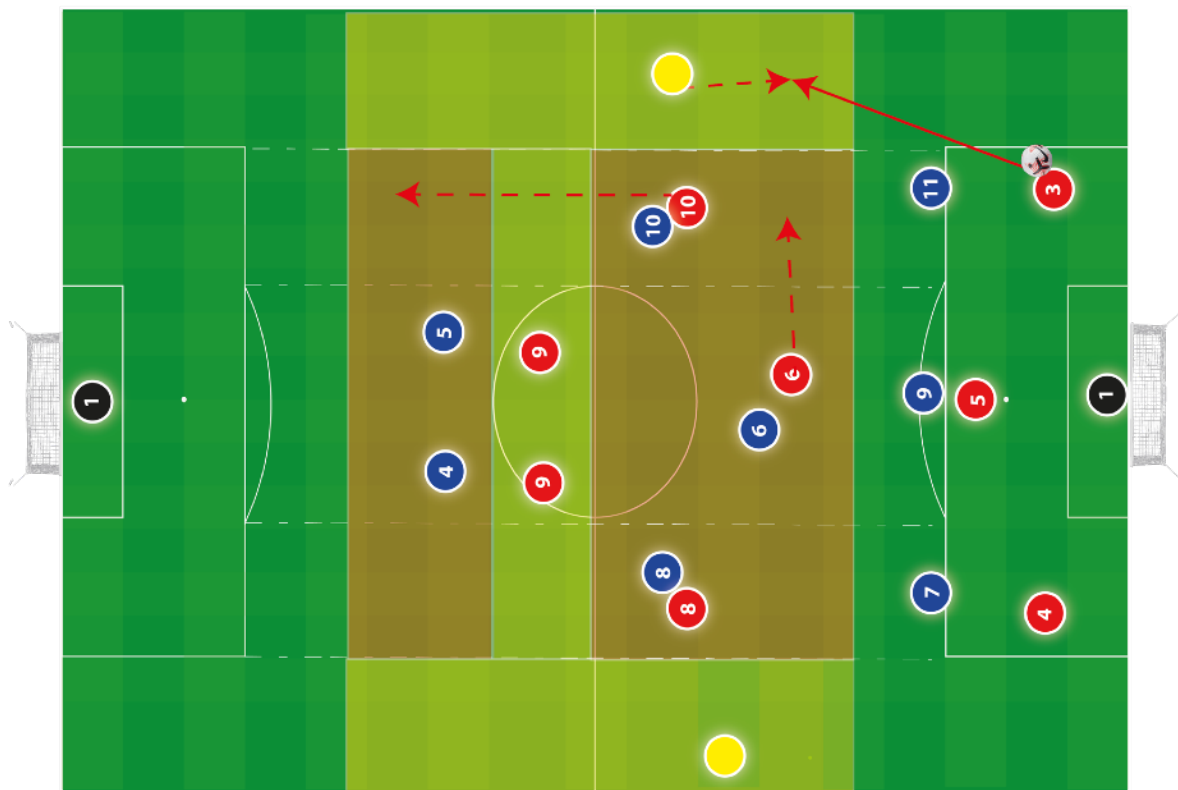
- Firstly, we are trying to create a way that allows us to train some of our most simple principles. This is our principle of playing forward whenever we are able too,
- In this picture the three receives possession under pressure. The six then makes a counter movement away from the ball to open a passing lane into the feet of the number nine.
- It is important that the number six is to first show for the ball to attract the pressure of the opponent before spinning with conviction into a different area. By doing this it is possible to trick the opponent and open a further passing lane.
- The receiving red only has two touches so it is important that players support the ball carrier and look to make runs in behind. The wide players can be used, but again these have limited touches on the ball.

## GAME MOMENT



- This image shows what progression might look like once the ball has been played into the feet of the number nine.
- We are intentionally limiting the touches of the nine in possession, this is because we want to use the nine as a pivot to launch an attack.
- Once the ball has gone into the feet of a number nine, it is important that the nine is able to receive the ball and secure the ball, fixing the centre-back.
- Once the ball is secured we need players to make movements into the space behind, attacking the empty areas. In this shape it is likely the eight and ten who can run beyond the number nines.
- One of the more simple principles, is that when the ball is played forward, can the other players move with the ball. This means that we compact the space, yes. But we also move the game further up the field of play which will help both in and out of possession.

## GAME MOMENT



- This image just shows a slightly different rotation that can be used to progress the ball from the first phase into the second phase of the attack.
- The three looks to play to the full-back, who is coming towards the ball and shortening the pass length.
- As this happens the number ten begins to run in behind and attack the space behind.
- Intentionally the number six doesn't close the space too early. This means that if the six moves into the half-space too early the full-back will have nowhere to move the ball when they receive it.
- As the yellow receives possession of the ball the six then make the movement into the half-space. This allows the six to then try and find the run of the 10 who has looked to run in-behind.

## LARGER PRACTICES

## LARGER PRACTICES: STRUCTURED BALL PROGRESSION FROM A BACK FOUR



### SESSION DETAIL:

Here we have a very simple practice to help players understand ball progression within a half-pitch. This is just looking to create pictures, where players can play realistic passes into realistic areas. With the idea of playing forward into the space behind. The yellow players are limited to one or two touches depending on your requirements. Players can't leave their zone, and the defensive players must stay out of the box to avoid an unrealistic area. Any player can press the wide players.



## KEY COACHING POINTS

SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
11	Full Pitch	4	300	60	24 Mins

- We are trying to provide players with repetition in areas where they will be challenged to perform in games. This practice is higher on the repetition scale of realism. This is because players are fixed into situations they might not see, but are in areas they will play.
- We want players to understand the simple movements needed to open a passing lane.
- We also want them to understand how to play under pressure when they are in a key area of the pitch. For example for our Goalkeeper or the defensive triangle in-front. How do they receive under pressure, and what do they do when overloaded?

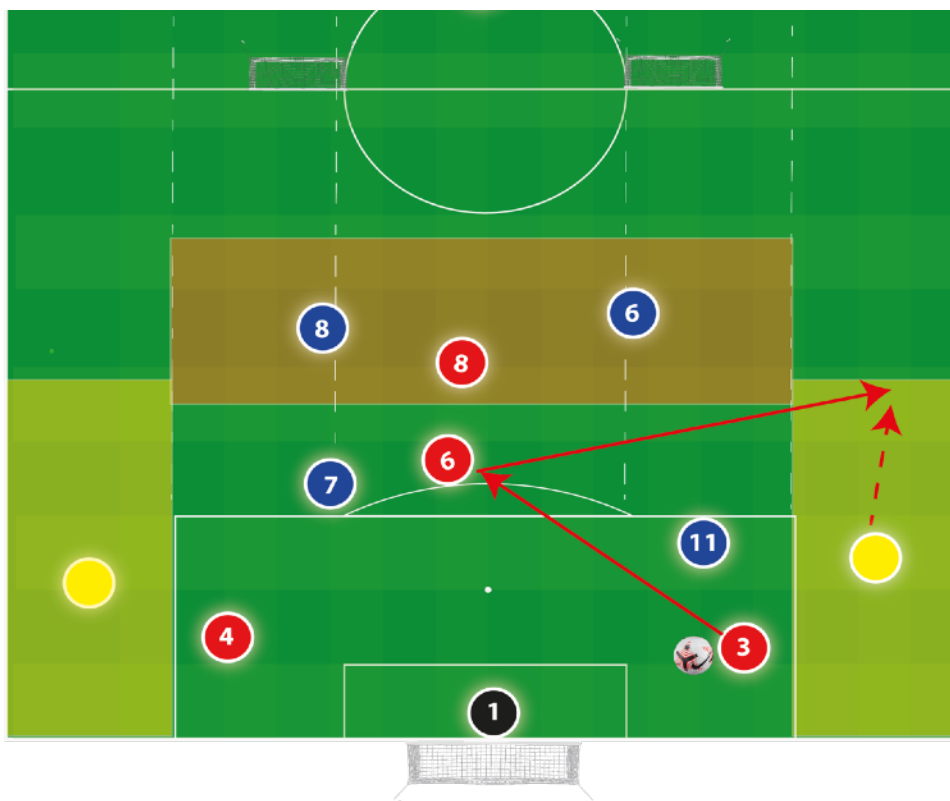
## PROGRESSIONS

- To progress this practice, you can simply add players to make the practice feel more like a game. This will move the practice along the repetition v realism scale. Into a more realistic practice.
- Remove the restrictions around the side not in possession. Allow them to overload the opponent and create more random and situational problems

## RULES:

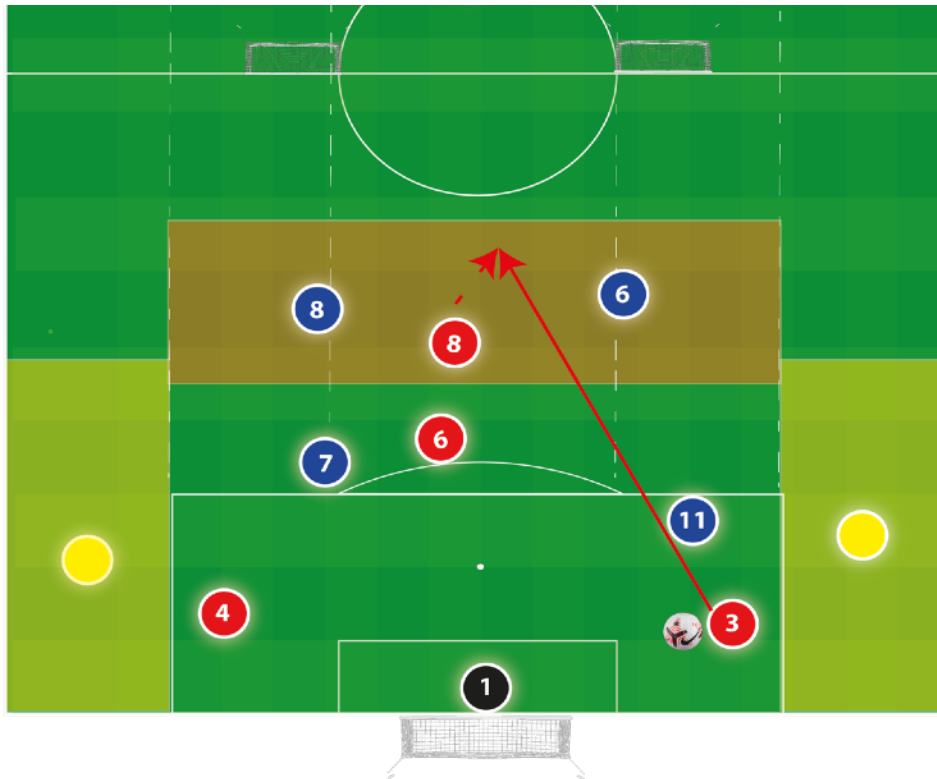
- Players are forced to play within their specific areas.
- Yellows are limited to one or two touches
- Yellows can be tackled by any player out of possession
- Blues can't go into the box until reds have played.

## GAME MOMENT



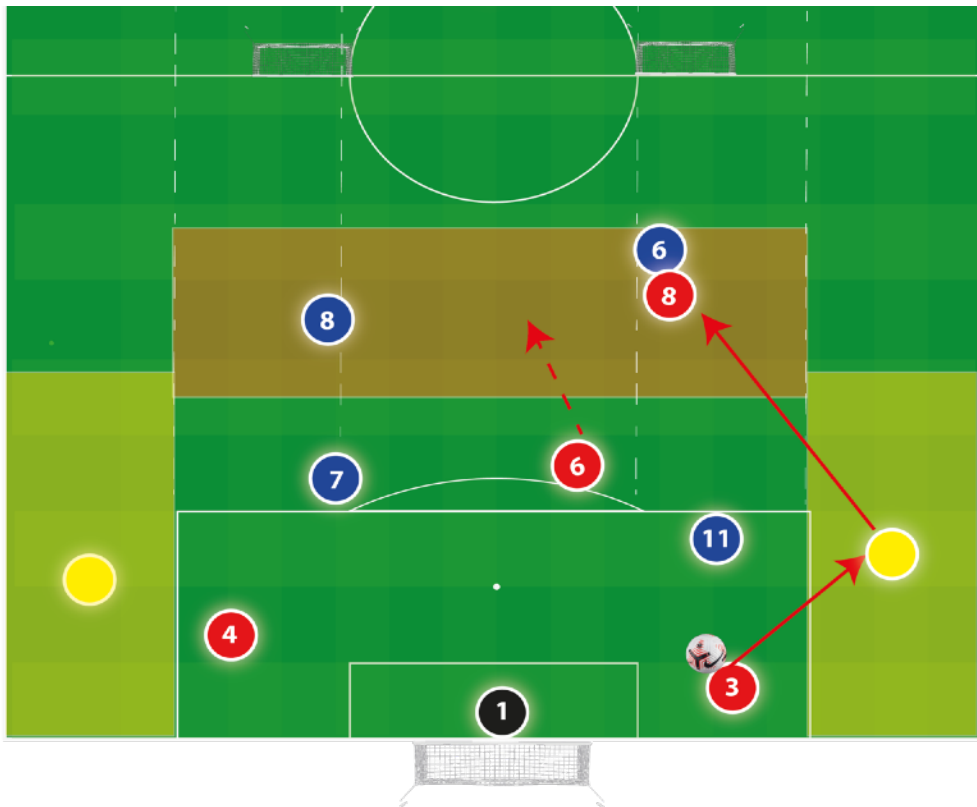
- This is a simple picture that this practice will help to create. As you can see the red three, has played a pass inside to the number six.
- At this point it is really important that the number six stays away from the ball. This is because it creates a gap between the opponents two strikers. The space that is created between, becomes the space we will attack.
- Once that space has been attacked, the ball can be progressed into the yellow, who can break out into the space behind on their first touch.
- This transitions the practice from the first phase (build-up) into the second part which in this case becomes the attack.
- Ensure the yellow doesn't just sit anywhere within the yellow zone. He or she must have an understanding of how to use their space. Going very wide will allow them to use more of the area and have a greater influence on the game and the practice.

## GAME MOMENT



- The second picture shows the most damaging and most unlikely progression through the opponent and that is from the three straight into the eight.
- The eight will potentially receive possession of the ball in many different ways. Ideally we'd always want the eight going behind and breaking another line. We do know that isn't always possible. So the eight must also be comfortable receiving back to goal and bringing additional players into the game.
- Once the ball does go forward, it is important our players get into position to support this. For example the wide players need to get forward and support the ball carrier.
- The six must create an angle to receive possession of the ball instantly.
- The three and four must get into positions to be able to offer defensive balance behind the ball.

## GAME MOMENT



- Here we see a picture that will often be created but not completed when teams play out from the back.
- The pass has gone wide into the full-back who has limited touches and time in possession of the ball.
- The full-back then play centrally into the number eight. It is important that the eight has moved into the half-space in order to receive possession of the ball and fix the opponents six.
- Once the ball is in this location we have a moment that will allow us to launch our attack. For example now we can create forward runs from the number six or the full-back in order to get up and beyond the ball carrier.
- As with all the pictures we must ensure that we have defensive balance behind the ball. This will be created by the movement of the four and three into the centre of the pitch.

## LARGER PRACTICES

# LARGER PRACTICES: USING THE SIX TO SUPPORT BUILD-UP PLAY



## SESSION DETAIL:

This is a simple practice built around getting the number six onto the ball as often as possible. Here we see the reds build up 2v2+GK and the same is related in the opposite area. We then have wide players who are limited to two touches max. We want the two central players to stay in the red channel, unless the player in possession (six) decides to come out. If the six comes out the eight can follow to create a 3v3 in the area he or she decides to enter.

## KEY COACHING POINTS

### SESSION INFORMATION

PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
14	Half Pitch	4	360	60	28 Mins

- We are trying to provide players with repetition in areas where they will be challenged to perform in games. This practice is higher on the repetition scale of realism. This is because players are fixed into situations they might not see, but are in areas they will play.
- We want players to understand the simple movements needed to open a passing lane.
- We also want them to understand how to play under pressure when they are in a key area of the pitch. For example for our Goalkeeper or the defensive triangle in-front. How do they receive under pressure, and what do they do when overloaded?

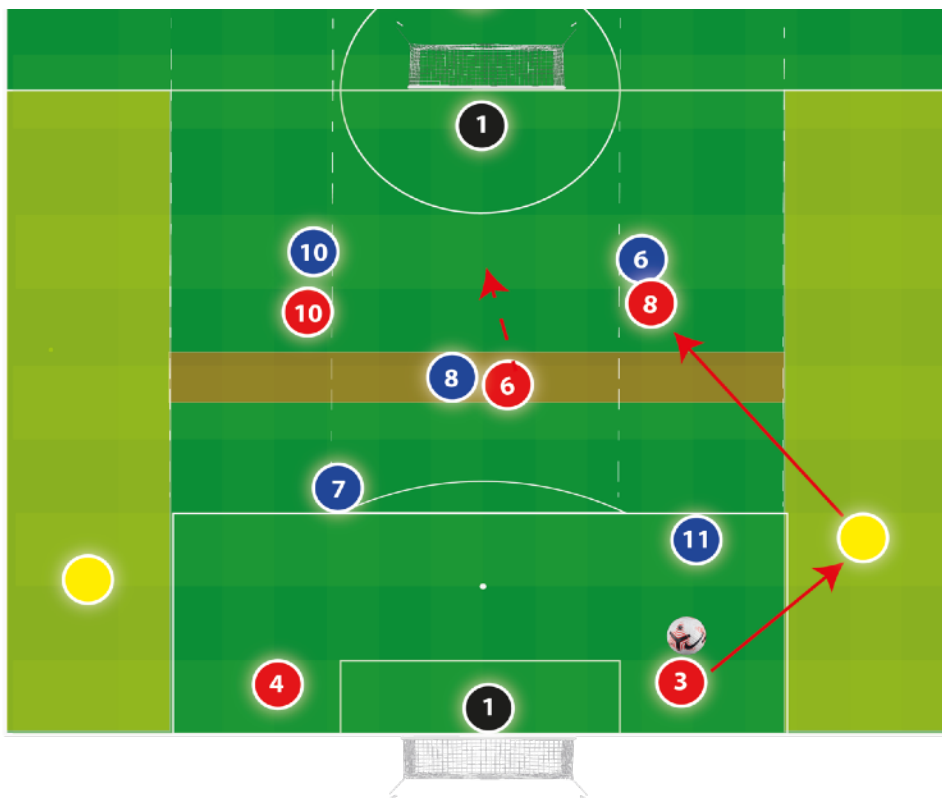
### PROGRESSIONS

- Remove the central red area and see if the reds behaviour or positioning changes with a lack of restriction on his or her movement.
- Add an additional wide player to create a 1v1 in the wide area (this will create additional realism in the practice)
- Add a box at both ends and make the practice reflective
- Allow yellows to be tackled

### RULES:

- Players are forced to play within their specific areas.
- Yellows are limited to one or two touches
- Yellows can't be pressed or tackled until the practice is progressed
- Central blue eight can't leave one until six does.

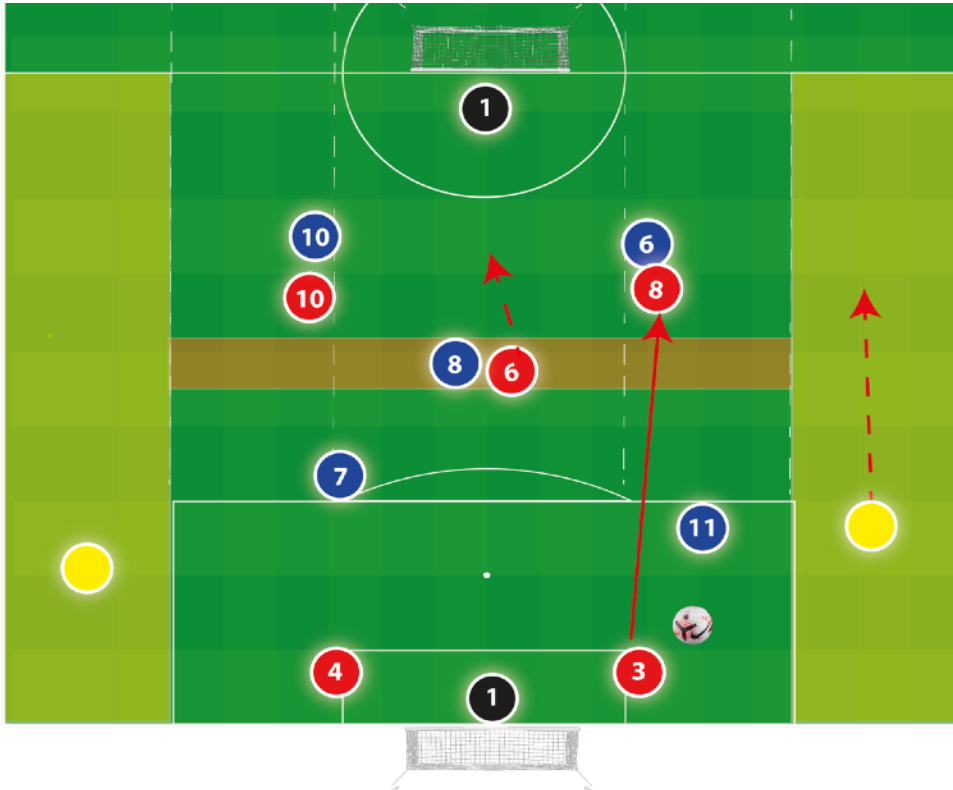
## GAME MOMENT



- We are focusing on the basic detail of the number six within all these pictures. Here the ball has gone wide and the six knows it is unlikely they are the next passing option. Here they are looking to break the line and run in behind once the eight has received possession.
- This is taking advantage of the difficult situation that blue eight finds themselves in. Eight doesn't know if they should drop and block or get tight and stop the six picking up possession.
- In order to create this space we must encourage both our eight and ten to play wider and hold the half-spaces that force the opponent to defend with a larger gap between them.
- If the six isn't able to receive possession they will have cleared a space for the four and three to potentially receive possession and continue the manipulation and progression of the ball.



## GAME MOMENT

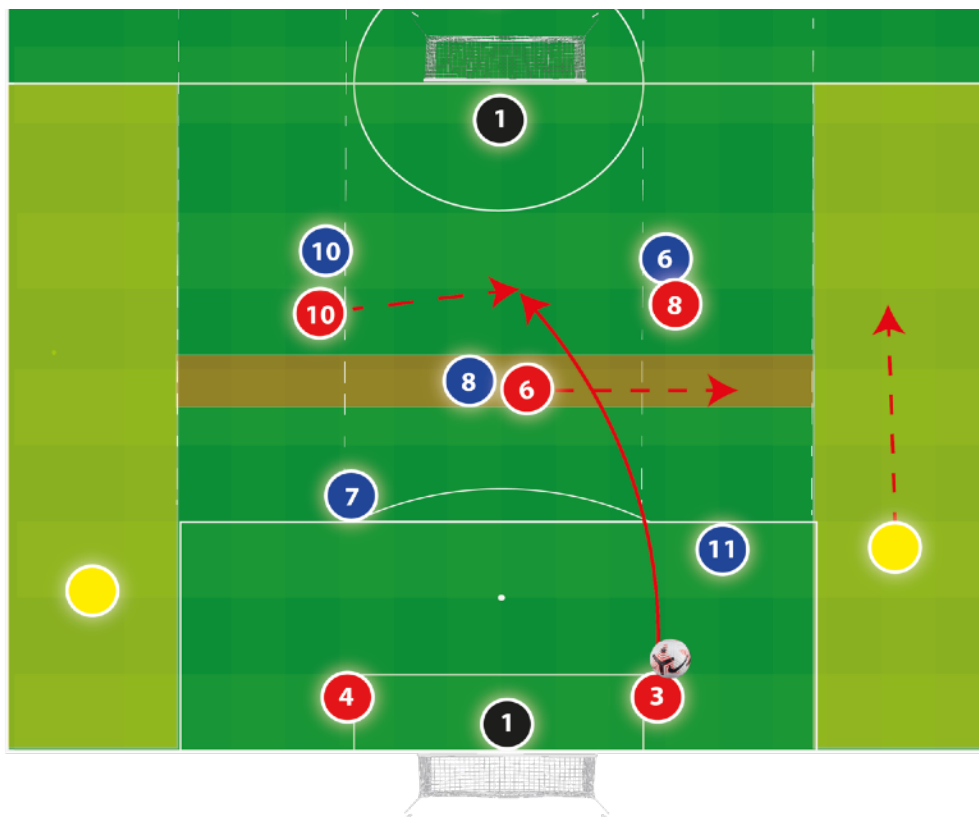


- This shows another very similar idea for our number six to perform but also has some slightly different tactical ideas.
- Here the centre-back has started closer to the goalkeeper and this naturally opens up more central lanes. In order for there to be three central lanes left open, our six must stay very central and try to hold their position. As we now have a 3v3 high up the centre of the pitch.
- If the six drops in too deep the eight and the six will likely block the passing lanes into the number eight and number ten.
- Once the ball has gone into one of higher midfield players, we are looking for the six to perform the same job as the previous page. We want the six to run in behind. We also want the full-back to run in behind This creates an overload in the attacking half.

A soccer field diagram with green grass and white lines. The field is divided into three horizontal sections by a central brown band. At the top and bottom are goal areas with goals. Player positions are marked with numbered circles: red circles for players 1, 3, 4, 6, 8, and 10; blue circles for players 7, 8, 10, and 11. A red arrow points from player 3 (bottom right) to player 6 (center). A dashed red arrow points upwards on the right side of the field. A yellow circle is on the left side, and another yellow circle is on the right side. A goal is visible at the bottom center.

- 172

## GAME MOMENT



- This next picture shows how the number six might work laterally to open space and ball progression options.
- For example here, the three might be under intense pressure from the number eleven. As the number six runs into the channel, the movement of the full-back will change. In this image the full-backs run might actually be away from the space behind and to the ball.
- This movement of the six can then attract the pressure of the eight because they don't want the six to receive possession. This should then leave the ten and the eight in an exposed situation.
- Then the number three can look to drive the ball into the feet of the number eight or ten.
- It might also offer an option for the ten to receive in the space behind, because both players are playing in the half-space.

## LARGER PRACTICES

# LARGER PRACTICES: UNDERSTANDING WHEN TO ATTACK THE SPACE



## SESSION DETAIL:

Here is a restricted practice that try to train the principles of the game through a zoned practice. The two centre-backs play uncontested. The next line has a fixed 3v3. In the next open area is a 4v4. Which is followed by a 3v1 on the next page? This practice allows for us to create pictures that our players will see in game situations, whilst creating repetition of key moments. The pace of the practice is very important. The four and the three have a duty to move the ball quickly, and maintain a tempo to the practice.

## KEY COACHING POINTS

SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
22	3/4 Pitch	4	480	60	36 Mins

- We are trying to provide players with repetition in areas where they will be challenged to perform in games. This practice is higher on the repetition scale of realism. This is because players are fixed into situations they might not see, but are in areas they will play.
- We want players to understand the simple movements needed to open a passing lane.
- We also want them to understand how to play under pressure when they are in a key area of the pitch. For example for our Goalkeeper or the defensive triangle in-front. How do they receive under pressure, and what do they do when overloaded?

## PROGRESSIONS

- Ensure the players start to leave the areas they are locked into.
  - First let the blue attacking line move, allow them to press the centre-backs if they wish
  - Secondly allow the red defensive players to leave
  - Then allow the 7 and 11 to enter the final zone
  - Then remove all lanes

## RULES:

- Players are forced to play within their specific areas.
- All players have unlimited touches
- Players can leave the zone once they have received the ball
- They can create overloads by receiving the ball and passing forward.



- We need to ensure that we move the ball to try and move the opponent. Here we look to play a bounce pass with the number five. This will attract the pressure of the blue number 11.
- The ball is then played through the gap created into the number eight. Once this happens with red five is now able to break out of the red area (because they have touched the ball) and can create an overload in the next area. This will create a 5v4 in the next area.
- Ideally we are looking to build-up centrally. But if we can't the red can now break into the next zone and look to create a 2v3 with the red nine before looking to break into the next zone and score.
- This practice creates more meaningful progression that will involve greater structure and slower level of progression.



- Here we can see a more measured approach to build-up play can create a more direct approach.
- Here the three uses the six to attract pressure into the centre of the pitch, the ball is then bounced into the number four.
- Because the number six has bounced the ball with the pressure of the number nine, it can potentially open a passing lane into the number nine.
- This is a more direct option but it is a meaningful way to play out from the back.
- The space is created by the eight and ten playing further apart and a one between them being open.
- Once the ball has gone into the nine, the four players behind the ball can attack the space and look to support the nine in possession of the ball.





- Here we can start to use progressed rules to improve the practice. Now once a player in a specific zone has received the ball, it releases one player from that zone (not just the one who received)
- This will create more decision making, and challenge players to think about who is best to receive the ball.
- Here, the three plays into the six who looks to fix the opponent and play directly into the top of the outside diamond. (Created by the 3, 6, 11 and 5)
- Once the 11 receives the ball the five can be released the from the outside area and can start to attack the space behind.
- This will allow for positive attacking behaviour from players who are in possession, but also start to challenge players to understand their role and the opportunity they have to attack.



---

**COACHING SIDES TO PLAY OUT FROM THE BACK**

---

# **BUILD-UP PICTURES**



## BUILD-UP PICTURES

# BUILD-UP PICTURES: 4-3-3 V 4-4-2 PLAYING AGAINST A FRONT TWO



## SESSION DETAIL:

This is a simple half-pitch practice to try and build-up within a 1-4-3-3 against a 1-4-4-2. Within this phase of play the players will be setup as a 1-4-3 v a 1-4-2. This does give an option of an overload to the side building up. This should create the opportunity to practice some of the key principles we have trained, such as finding the spare player. We want the reds to build through the pitch and score at the opposite end. If the blues win possession, the task is very simple. Look to break and score against the reds.

### In The Box - Around The Box - Away From the Box

SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
15	Half+10	3	600	60	33 Mins



- This is a simple but effective way to structure your coaching within a half-pitch practice. The moment we want to train is our ability to play out from the back. So let's focus our priorities and our attention.
- Firstly, in the box. What happens here and what needs to be coached here in order to develop understanding
- Around the box — these are the next most important players. What are their roles and what influence do they have? These are the second most important as we need these players to perform specific roles to help us during the build-up phase.
- Away from the box — (could) be the first and the last thing you touch on and here is why. We need to ensure that the basic principles are applied to the game. For example if we do not ever have a threat high up the pitch the opponent will press us very hard.
- However, as a general rule of thumb, the coach away from the box will come after you've coached in the box and around the box. These players further up the pitch will often be reliant on success in the green and the yellow zone first.

#### KEY COACHING

- Ensure the players maintain the key principles of the game in width and depth, with realistic positioning.

#### RULES:

- Play as a standard game with a high quantity of interventions. More stop and show.



- The first picture gives us an opportunity to train one of our key principles. Which is to find the spare player? Here, the nine has pressed with the 10 cutting the switch into the goalkeeper. We are now looking to challenge the centre-back to find the spare player either in a direct pass or a secondary pass. This means if the four can play directly to the six, great. But if not can he set the eight or the two in order for them to find the six with a first time pass.
- In order for this to happen we must be confident creating these pictures in training and also allowing the players to get it wrong, and understanding why.
- Technically we need a four who is able to be able to receive under pressure and play forward. We must also have an eight or a two who are comfortable playing first time passes along the floor. The six must also be very technically comfortable receiving possession of the ball and turning to play forward.



- When playing against a side that play with a front two, you are often exposed by the opponent being able to create a 2v2 on the first line. This gives the opportunity to go 2v2, with the full-backs become 1v1 with the wingers.
- This can be resolved, and the opponent can be stretched. In order to do this some sides will rotate a deep-lying midfielder player between the two centre-backs. This increases the challenge for the front two who are now stretched across a greater line. It also creates more lines with the eight dropping in. If we lose the ball we can also find more security with a 3v2 on the defensive line.
- Here we can see the centre-back receives possession outside of the attacker. This is to create opportunities in the wider area. The full-back comes towards the ball to support and the 10 makes a movement beyond the opponent's eight.
- This rotation should create opportunities to play through and around the opponent depending on the reaction of the 1-4-4-2. The weakness here for 1-4-2 is if they don't win the ball back with a high press. They lack the numerical ability to dominate the central spaces.





## BUILD-UP PICTURES

# BUILD-UP PICTURES: 4-3-3 V 4-3-3 PLAYING AGAINST A FRONT THREE



## SESSION DETAIL:

This setup recreated a 1-4-3-3 v matched up 1-4-3-3. In this practice we are going to try and provide the players with a few different pictures that might help them to play out from the back against a side who press high and apply lots of pressure. A 1-4-3-3 can often become a 1-4-2-4 at times and the nine and ten both press so high. In this situation, what are our options and how do we find success when the opponent is so aggressive in their attempt to win possession back.

## KEY CONSIDERATIONS

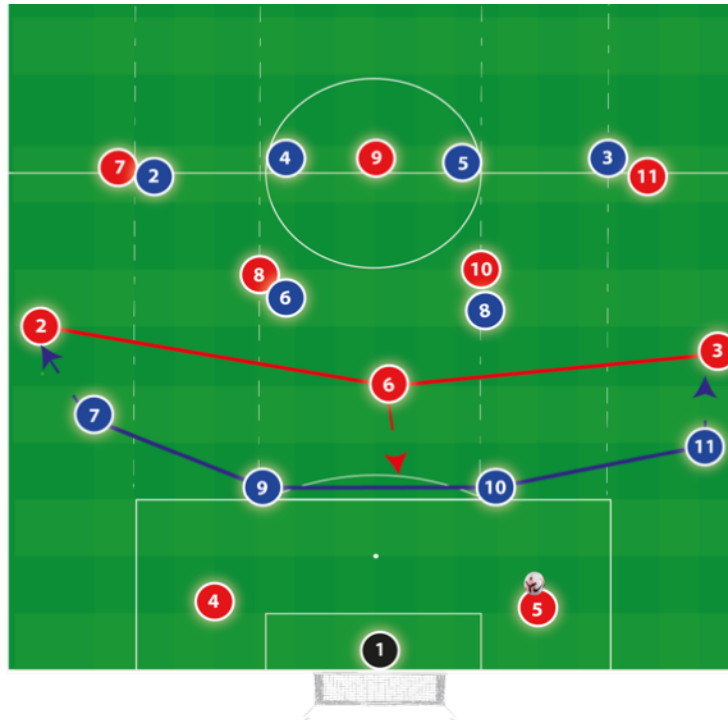
- When you get two shapes that match each other up (e.g., 433v433) you do not necessarily get a system match up, where each player finds themselves in a 1v1.
- The difficult moments can occur, because the opponent can become very aggressive in their press. They can use the nine and ten to apply lots of pressure creating similar issues to that of the 1-4-2-2.
- Ultimately we must be clever in setting-up a shape that causes problems to the intentions of the opponent. There is no right way in doing this, many different systems will work and fail depending on the opponent, the players and the moment.
- We know naturally that the we have a numerical underload on the opponents defensive line. They have four defenders to our three attackers, can we use this as a weapon to occupy four players with three, thus giving us an overload in another area.
- It is this kind of laterally thinking that will help us create holes in the opponents press and allow us to attack them through the centre of the pitch (the most valuable are)

SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
22	Half+20	3	600	60	33 Mins

## KEY COACHING

- Ensure the players maintain the key principles of the game in width and depth with realistic positioning.
- Try to frame realistic problems that will transfer from training to games.
- Manipulate the location that the practice starts in order to keep the challenge realistic
- Ensure the practice has transition involved to ensure realism and challenge.

## GAME MOMENT



- We've tried to create a situation that can be used by some teams in order to disturb the opponents shape. Here we have tried to push the full-backs very high in order to drag the opponents wide players back. This is because we want to create numerical superiority in the first phase.
- This can cause problems, if the opponents wide-players don't go high as previously hoped. In the situation that they do not track the movement of the full-back. We should be able to play over the top into either full-back.
- Most likely we will see the opponent just press with the nine and then. This gives us a huge advantage, as we can drop in the number six. This will create a 4v2 overload (something we have trained in the previous sessions). We should then be able to manipulate the ball and play out into the middle phase of the game.
- Remember these pictures are adaptable, the basic principle here is to try and drag the seven and eleven away to create the opportunity to create an overload. It won't look this simple, and players will need to adapt as the game requires.

## GAME MOMENT



- In the second image we are trying to challenge the blues tactically in a slightly different way. This time our front three are playing, very close together. This attracts all four defenders to defend in a compact manor. This eliminates our front three but takes four players out in the process.
- We also have the eight and the ten playing very high. This leaves space for the six, who numerically will create a big problem for the opponent. This is because he or she is essentially the spare player. They might be marked by the ten, but this will leave a space for a centre-back to have dominance.
- In order to play out in this situation, we must have patience and structure. Players need to stay away from the ball and hold their position.
- From full-back down we have now created a Rondo that is 6v4. Something we will find dominance in. If our players stay on the ball, find the spare player and continue to shift the opponent around.

## GAME MOMENT



- Here we can see the reds have been pressed very high by the blues. Whilst the reds have tried to keep five players high, and away from the ball. Keeping players away from the ball is an important way in holding positional dominance within the game.
- The reds are setup in this situation to attract pressure, and then kill the pressure. The full-backs, centre-backs and holding midfield player have all dropped in deep to create an overload around the box.
- Once this overload is created, the individuals must be quick to create space and receive in the ball, before moving it forward.
- For example here, the three has come down the line to receive possession from the five. This opens up a few opportunities. One is to hit the ball over the 11 and into the feet of the red 11. Secondly it might be to move the ball into the three to attract pressure, before trying to release the number six.
- If none of these opportunities develop, our players should stay on the ball and try to open different gaps through rotation and ball manipulation.

## BUILD UP PICTURES

# BUILD-UP PICTURES: 4-3-3 V 3-5-2 PLAYING AGAINST A BACK THREE



## SESSION DETAIL:

This setup shows a 1-4-3-3 playing against a 1-3-5-2. This provides challenges to both the back four and the back three. Naturally the side with a back three have a challenge as they are matched up 1v1 against a front three. In addition to this there are challenges for the 1-4-3-3, as the two centre-backs find themselves paired against a front two. With the holding midfield player naturally paired up with the opponents number. However, through the next few pages we will understand what tactical problems might be created within a game.

### KEY CONSIDERATIONS

SESSION INFORMATION					
PLAYERS	SPACE	BLOCKS	WORKING	REST	TOTAL
22	Half+25	3	600	60	33 Mins

- When setting this up there will be natural moments of opportunity and natural challenges for the 1-4-4-3. As previously mentioned, the reds will have to play out when matched up in many 1v1 situations if the blues area allowed to press high.
- The problem that is created is by the only spare player being the goalkeepers. However, the team in possession can now start to manipulate the animation of their shape to test the opponent's behaviour within their shape.
- For example, the blues will have to defend 1v1 on the defensive line, so what happens if the red number nine drops into the build-up phase? Will the number three stay with the nine and leave a huge space? What will be the blues solution to this problem?
- This might be an opportunity to test the willingness of the opponents wing-backs. How aggressive are they willing to press, will they follow the three and the two all the way back towards the red goal?
- Other rotations are also possible, what we essentially want to create is a disruption to the shape and the idea of the opponent.

### KEY COACHING

- Ensure the players maintain the key principles of the game in width and depth, with realistic positioning.
- Try to frame realistic problems that will transfer from training to games.
- Manipulate the location that the practice starts in order to keep the challenge realistic
- Ensure the practice has transition involved to ensure realism and challenge.



## GAME MOMENT



- It is our job as an offensive unit to try and manipulate the opponent in order to create space and opportunity to play through the opponent.
- Here we can see it will be difficult to actually play-out as the man-to-man marking will put lots of pressure on us and likely force a transition in an exposed area.
- What we will then try to do is look at the opponents setup and try to create ourselves an opportunity to get on the ball and play forward. Here we are trying to stretch the back three and see how far they are willing to go. Will they allow us to stretch them across the width of the pitch, or will they drop the wing-backs in to provide defensive balance?
- For example — if the back three stay compact and do not follow the seven and eleven, this will provide us with opportunities. It will allow us to drop two players into each wide area and create a 2v1 to allow us to receive possession. Remember the idea of these moments are to create opportunity and confusion.

## GAME MOMENT



- Here we can see the reds have manipulated their positions to try and create an overload and a way to play forward. Because of the numerical match-up the reds have moved the nine, eight and ten into close spaces together. This is to try occupy the opponent's four, three, two, seven and eight. This essentially means we are looking to occupy five players with just three.
- Once we can achieve this we hope to free up our two wide players, as it is unlikely that the two opposition centre-backs will follow our players into these areas, as they will become vulnerable in the space behind.
- By dropping out full-backs deep we force the opponents' wing-backs into difficult decisions. Will they follow and stay tight applying pressure but leaving the space for the eleven? Or do they try to do a drop and a half and jump out and apply pressure.
- This system change should allow our players to move the ball wide and create a 2v1 in the wide area that should allow us to progress the ball forward.

## GAME MOMENT



- This is another simple manipulation of space to create an overload in the centre of the pitch. The big problem for the pressing side is their vulnerability to the longer pass in behind. If the reds play into the 3v3, they could cause problems to the blues.
- With this in mind the reds have setup to attract a high and aggressive press from the blues. With this in mind we can setup to try and play over the first line and into an area where we have dominance and an overload.
- For example here, the reds have looked to stretch the midfield of the blues. They have done this by dropping the six in very deep, even within the box to attract one member of the midfield. Whilst the other two midfield players have split themselves into the inside channels, vacating the centre of the pitch.
- Once this has been completed, we could encourage the number nine to drop in and create an overload. This will then provide a huge challenge to the blues, are they willing to match the movement, if they are can the wide players run in to the space behind.

## GAME MOMENT



- This is another simple manipulation of space to create an overload in the centre of the pitch. The big problem for the pressing side is their vulnerability to the longer pass in behind. If the reds play into the 3v3, they could cause problems to the blues.
- With this in mind the reds have setup to attract a high and aggressive press from the blues. With this in mind we can setup to try and play over the first line and into an area where we have dominance and an overload.
- For example here, the reds have looked to stretch the midfield of the blues. They have done this by dropping the six in very deep, even within the box to attract one member of the midfield. Whilst the other two midfield players have split themselves into the inside channels, vacating the centre of the pitch.
- Once this has been completed, we could encourage the number nine to drop in and create an overload. This will then provide a huge challenge to the blues, are they willing to match the movement, if they are can the wide players run in to the space behind.