

# **PLAYING OUT FROM THE BACK (POFTB)**

COACHING SESSION PLANS

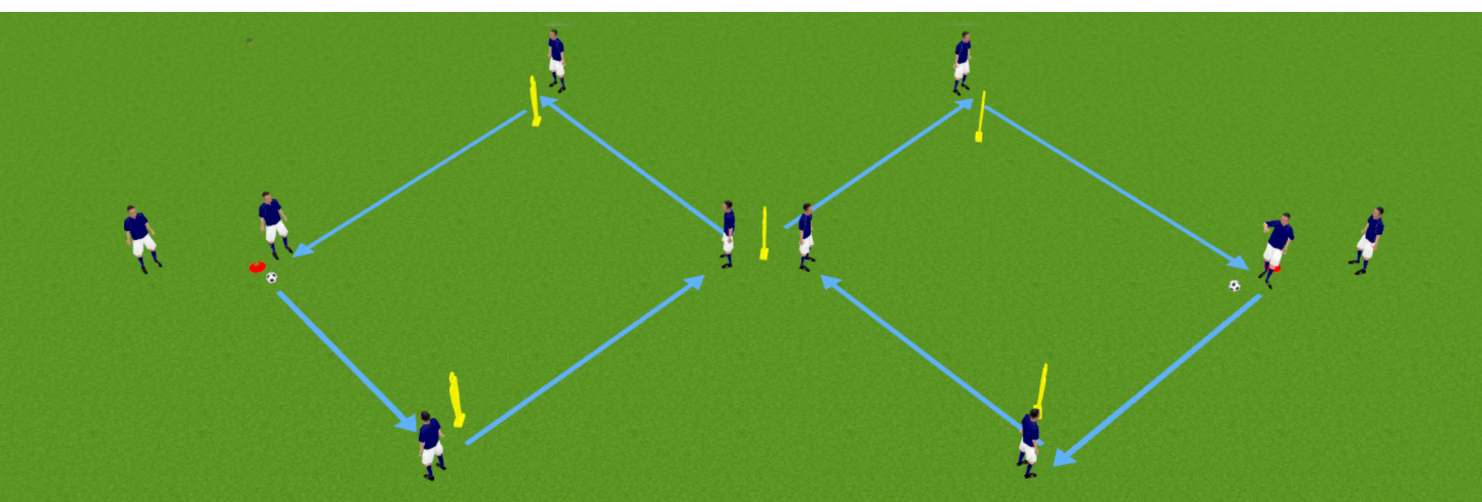
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## PLAYING OUT FROM THE BACK SESSION PLAN

**PATTERN PRACTICE****SET-UP**

- » For 12+ players
- » Set up two diamonds back to back using cones/mannequins
- » One player on each cone. Remaining players queue at the base of the diamond (this is the GK/start position)
- » Place a supply of footballs at the start position

**PRACTICE DETAIL**

- » Players pass the ball and follow around the diamond
- » One group plays left, the other group plays right
- » Sequence is GK-CB-CDM-CB-GK

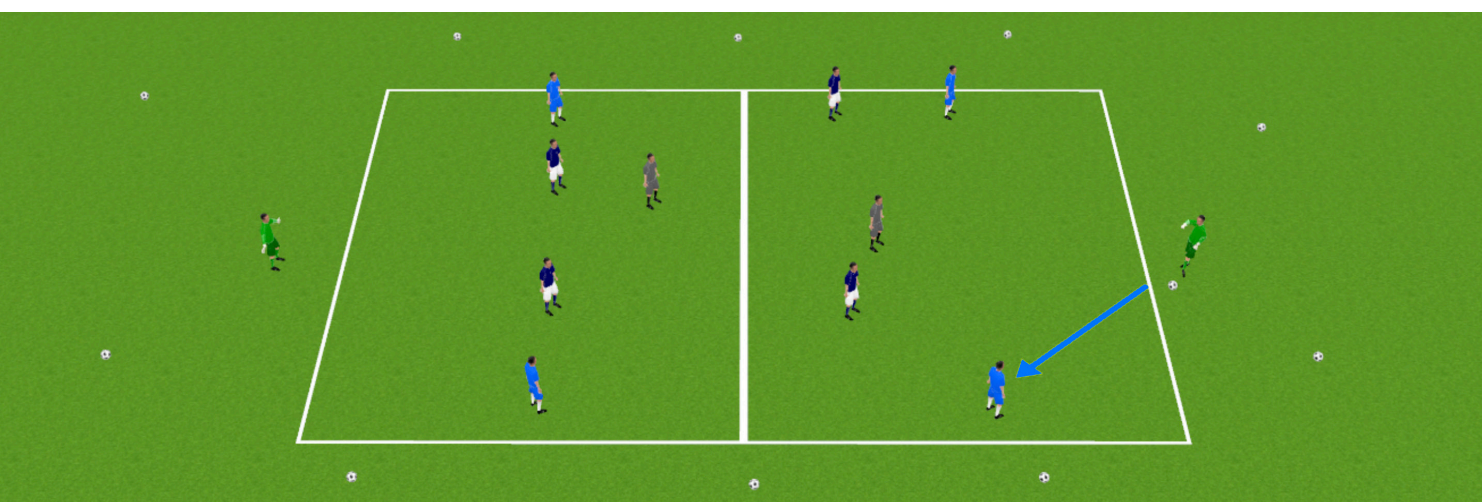
**COACHING POINTS**

- » Receiving skills (back foot/body shape)
- » Passing techniques
- » Movements and timings off mannequins
- » Support Positions
- » Visual Communication
- » Tempo - Play quickly

**PROGRESSIONS / ADAPTATIONS**

- » Progression 1 - Combine the two diamonds. CDM turns and plays into CM who plays into CF(GK) to restart the pattern
- » Progression 2 - CDM comes short to create space but CB plays a longer pass into CM
- » Progression 3 - As above but CDM supports and receives the longer pass from the CM and plays forward into the CF/GK
- » Progression 4 - Yours/players choice (from 1-2s, dribbling to next zone). Consider anything that's realistic/relevant to your players/their game

## PLAYING OUT FROM THE BACK SESSION PLAN

**HALVES PRACTICE****SET-UP**

- » Rectangular pitch split in half with GK on the outside at each end
- » 2v2 + 1 floater in each end (numerical superiority of 4v2 in each half)

**PRACTICE DETAIL**

- » Players are locked into their halves
- » Floaters play for the team in possession
- » The team in possession try to 'break lines' by transferring the ball from one GK to the other to score a point
- » If successful, try to return the ball back to the opposite GK
- » If the defending team win the ball they become the attacking team
- » Start the game playing under head height rule
- » GKs cannot play to each other
- » Play four-minute games

**COACHING POINTS**

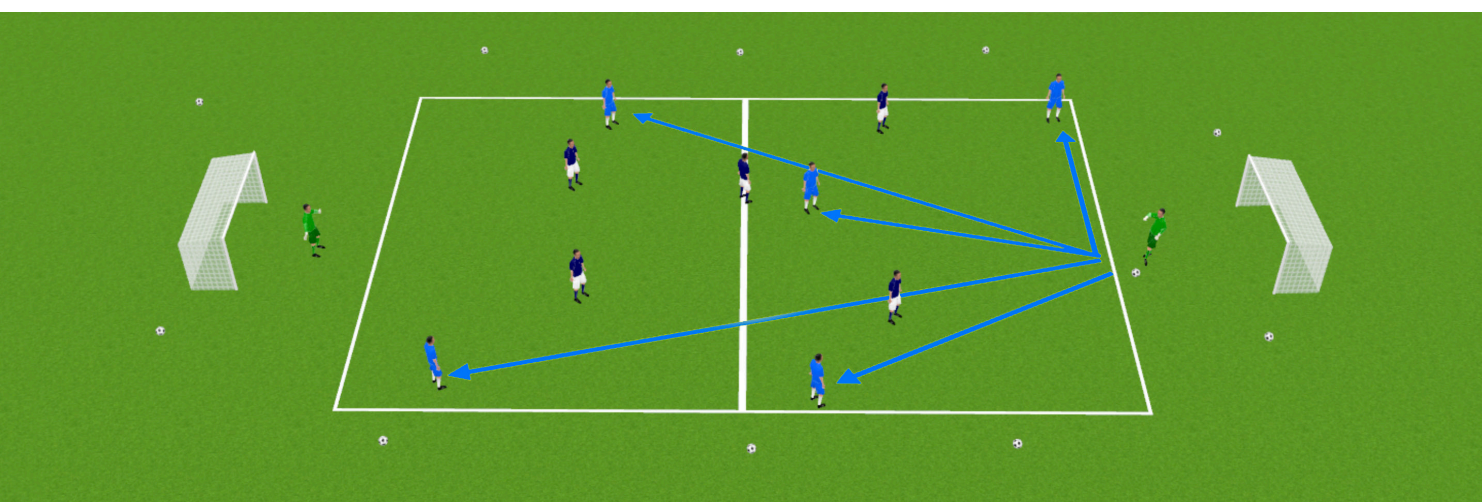
- » Pass selection (find the spare man)
- » Pass accuracy (front foot/back foot/into space)
- » Angle to receive
- » Body shape to receive to play forward
- » Space recognition (receive to turn or protect)

**PROGRESSIONS / ADAPTATIONS**

- » Play overhead height rule to practice a variety of passing
- » Players can dribble into the opposite half (in which case another player must drop out to provide security) to encourage spatial recognition



## PLAYING OUT FROM THE BACK SESSION PLAN

**HALVES PRACTICE II****SET-UP**

- » Rectangular pitch split in half with GK on the outside at each end
- » 5v5 game

**PRACTICE DETAIL**

- » Teams must always have a minimum of two attackers and two defenders in each half
- » One team (light blues) score by transferring the ball from one GK to the other
- » If successful, try to return the ball back to the opposite GK
- » If the defending team win the ball they can score in either goal
- » GKs cannot play to each other
- » No offsides
- » Play four-minute games and rotate the roles

**COACHING POINTS**

- » Pass selection (play into/onto)
- » Pass accuracy (front foot/back foot/into space)
- » Angle to receive
- » Body shape to receive to play forward
- » Space recognition (receive to turn or protect)
- » Rotation/movement to gain numerical superiority
- » Try to receive beyond the first pressing line
- » Try to receive and play (dribble or pass) forward
- » Try to receive beyond the second line of defence

**PROGRESSIONS / ADAPTATIONS**

- » Players can dribble into the opposite half (in which case another player must drop out to provide security) to encourage spatial recognition

## PLAYING OUT FROM THE BACK SESSION PLAN

**THIRDS PRACTICE****SET-UP**

- » 7v7 Game
- » All set plays (throw-ins/corners/free kicks) start with the goalkeeper
- » One point for every goal that is scored unless applying below rules per game

**PRACTICE DETAIL**

- » Game 1: Score a goal that involves your goalkeeper in the building phase = 3 goals
- » Game 2: Score a goal when you win the ball back in the attacking third = 3 goals (encourages playing out from the back against a press). Must play under head height
- » Game 3: Score a goal by missing out the middle third = 3 goals (Penetrating from deep)

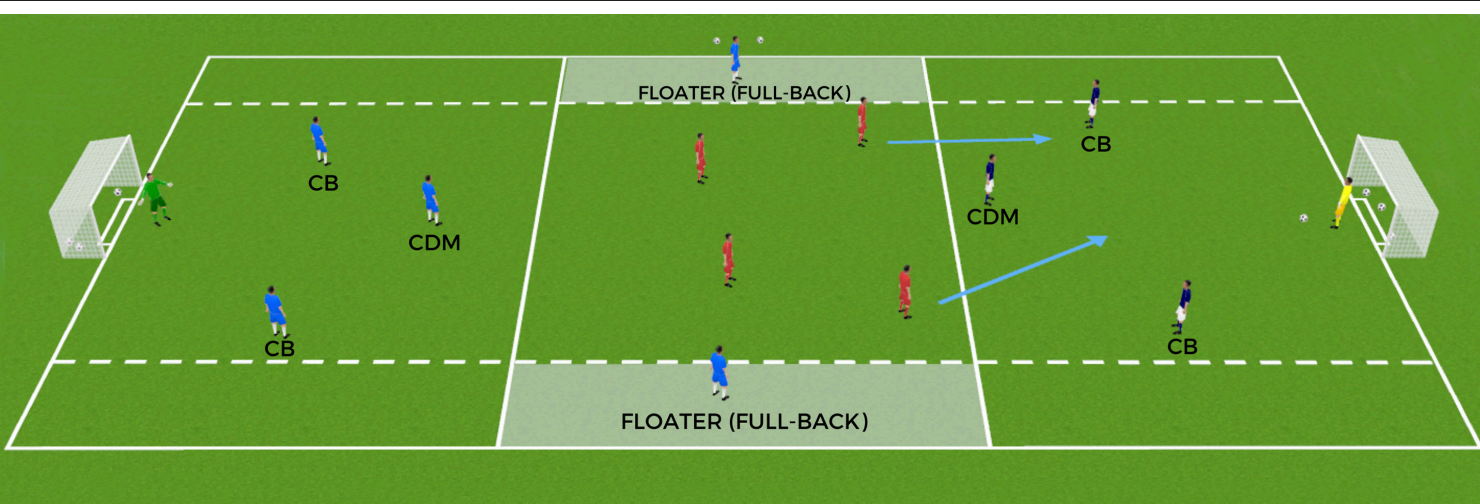
**COACHING POINTS**

- » Create width and depth
- » Create numerical superiority
- » Create positional superiority
- » Manage the risk v reward scenario. Eg, in Game 3, where teams win three points for missing out the middle third, perhaps encourage the opposition to drop deeper to overcome that. The team in possession must recognise this and play around or between, if playing over or beyond isn't achievable

**PROGRESSIONS / ADAPTATIONS**

- » Pick one player who gets three points when they score to encourage individual superiority
- » Play man-to-man to encourage positional superiority
- » Score within six seconds of winning the ball in the defensive third to encourage quick transitions

## PLAYING OUT FROM THE BACK SESSION PLAN

**THIRDS PRACTICE WITH WIDE CHANNELS****SET-UP**

- » Divide pitch into thirds and mark out two wide areas
- » Organise group into three teams
- » Three players in each end zone. Four defenders in the middle. Full-back 'Floaters'
- » GK in each goal

**PRACTICE DETAIL**

- » CBs and Floaters are locked in their zones
- » CDMs can play in both defensive and midfield zones
- » The aim of the practice is to transfer the ball into the opposite zone to gain a point
- » GK starts practice by playing to anyone in the defensive third
- » Two defensive players enter the end zone and try to win the ball back to score a point
- » Opposite CDM can enter the midfield area as an option to play between
- » The ball can be transferred via full-backs, combinations in the midfield area or direct from a long pass
- » The red team can score in either goal on turnover or possession
- » Rotate the team in the middle after four minutes

**COACHING POINTS**

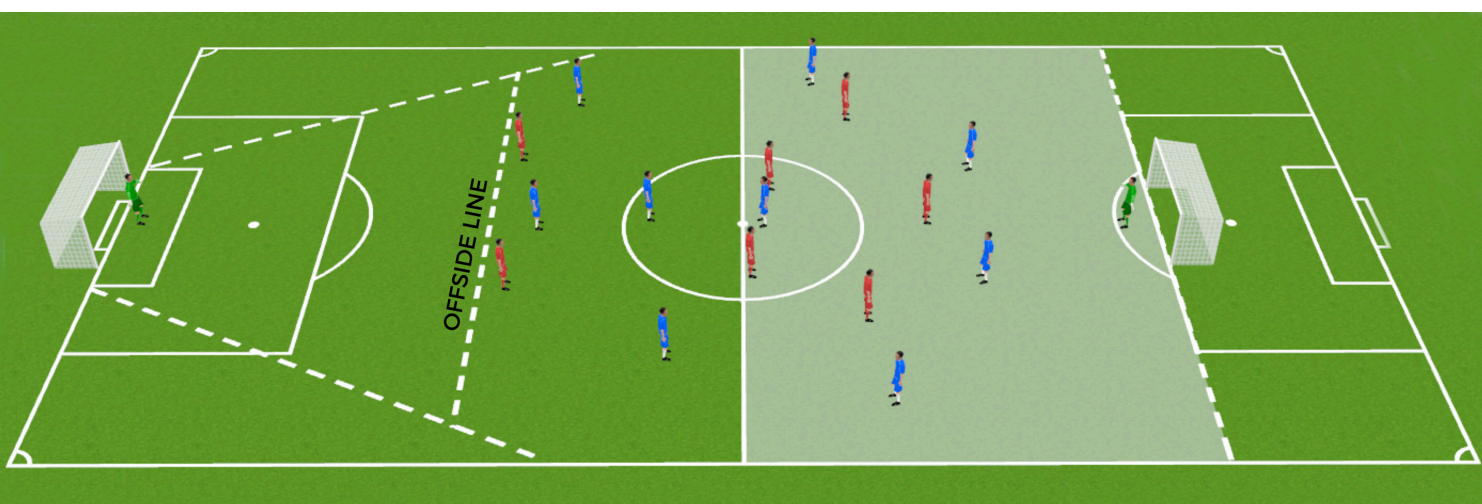
- » Pass selection 'Three Bs'
  - 1) Beyond (direct into the opposite end zone)
  - 2) Between (to break opposition lines)
  - 3) Basic (sideways /backwards) - when to risk, when to play safe
- » Pass accuracy (front foot/back foot/into space)
- » Pass weight (to allow for a first-time pass)
- » Receive to play forward
- » Body shape to receive to play forward
- » Movement of midfielders to a) receive b) create space for others c) create passing lanes
- » Space recognition (receive to turn or protect)

**PROGRESSIONS / ADAPTATIONS**

- » The CBs can drive into the midfield zone (exploit space)
- » Players can not play directly into the opposite end zone
- » Players can ONLY play direct into the opposite end zone
- » Players can take either one touch or three or more (encourage early decision-making/weight of pass)



## PLAYING OUT FROM THE BACK SESSION PLAN

**DEFENCE VERSUS ATTACK****SET-UP**

- » Set up the pitch as above
- » 6v5 in one half, 4v2 in the other.
- » Organise team as close to the system you play as possible (Blues 1-4-2-3 v Reds 1-2-2-3)
- » Include an offside line to allow for some realism

**PRACTICE DETAIL**

- » Players are locked into their halves
- » Practice starts with the GK who plays to their own team
- » Team in possession try to break out of their own half by dribbling/passing the ball and then trying to score (5v2)
- » One player from Blues can breakout join in the attack.
- » All Blues must be beyond the offside line for a goal to count (to encourage players to get into the box)
- » As soon as the attack is over GK restarts the practice (playing 5v5)- they cannot break out until the player has returned into their own area
- » If the Reds win the ball try to attack the goal

**COACHING POINTS**

- » Create Space - Make the area-wide and deep/long
- » Support - Ahead/side/behind
- » Touches - How many?
- » Movement - From four to get on the ball between players/create passing lanes to forward players
- » Break out options
  - 1) Full Backs Receive and Drive
  - 2) Passes Between opposition from CBs/CDM
- » Scanning - Knowing what's around you
- » Patience
- » Composure - stay calm

**PROGRESSIONS / ADAPTATIONS**

- » Adjust numbers to make it easier/harder
- » Practice against different systems

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# **PLAYING OUT FROM THE BACK**

INTRODUCTION TO POFTB

TECHNICAL REQUIREMENTS

TACTICAL REQUIREMENTS

THE SESSIONS

CASE STUDY: BRIGHTON

COURSE WEBINAR

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