

6 Soccer Drills To Help Teams Play Out The Back



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4 goal game playing out from the back

Purpose of the drill:

The purpose of the drill to help players identify where the space is and how to position themselves to support players on the ball if they cannot go forward with the goal trying to switch the ball to the player who is in space.

Set up:

- Create a 15 x 20 yard area
- Set up 4 goals in the corners
- Divide your players into 2 teams of 4 or 3 depending on your numbers

Instructions:

This will be a regular scrimmage however teams will be defending and scoring in 2 goals if the ball goes out behind the goal lines I ask the players to take a kick in the middle between the 2 goals.

As there are 2 goals the attacking teams must change the point of attack depending on where the defending team have positioned themselves and where the space is.

Ask a player to be captain and put players in positions.

If it's a 3v3 ask them to have a central defender, a left midfielder and a right midfielder. If its a 4v4 introduce a striker.

The role of the central defender is to play a pivot role to provide an option for the player who cannot go forward and switch the ball to the player where the space to attack is.

Coaching points:

- First thought should be forward, dribble and attack the space if you have space in front of you (Left/Right Midfielder)
- If the player cannot go forward create an option for them to go backwards (Central defender)
- Once the Central defender has received the ball their first touch must take them towards the space.
- The LM or RM should move an area where there is space. (If the left midfielder cannot move forward encourage players to identify that the space is on the right side and so as the central defender receives the ball the right midfielder should know to spread a far right as possible)

Questions that can lead to coaching points:

- If you cannot dribble forward where can you go?
- Where can you move to help support your team mate if they cannot go forward?
- If you received the ball, should your first touch be towards the pressure or away from the pressure?
- Where you should go to try and receive the ball?

Why this soccer drill helps teams to play out from the back:

This drill gets players comfortable with passing the ball backwards and not panicking if they cannot go forward.

It will also help players familiarize themselves with the positions they can take up to support the player on the ball and identify where the space is on the field to start an attack.

With this soccer drill for playing out the back it is incredibly important that their first thought should be to go forward and attack the space/defender and only pass back if they feel they cannot.



Small sided game for playing out the back

Purpose of the drill:

The purpose of this drill is to limit the amount of attackers that can move into the defending teams half to pressure the defending team. This will allow the defending to team have more success trying to play out from the back.

Set up:

- Create a 15 x 20 yard area
- Set up 2 goals opposite each other
- Spilt the area down the middle vertically.
- Divide your players into 2 teams of 4 or 3 depending on your numbers

Instructions:

This will be a regular scrimmage however when the team in possession of the ball is in their own half only 2 attackers can press ball.

If the defending team is able to successfully work the ball from their own half to their opponents half and score a goal the goal will be worth 3 goals instead of 1.

This will encourage players to support their team mate on the ball whether it be backwards or side to side but it also encourages players to find space in more advanced positions to score goals

Ask a player to be captain and put players in positions.

If its a 3v3 ask them to have a central defender, a left midfield and a right midfield. If its a 4v4 introduce a striker.

Coaching points:

- First thought should be forward, play the ball to the most advanced player in your team.
- If the ball cannot be played forward move the ball sideways or backwards to a player who has space to attack going forward
- Find space within the your positions to help support the player on the ball either going forwards, backwards or sideways

Questions that can lead to coaching points:

- When we get the ball what should our first thought be?
- If we can't go forward, what should you be looking to do?

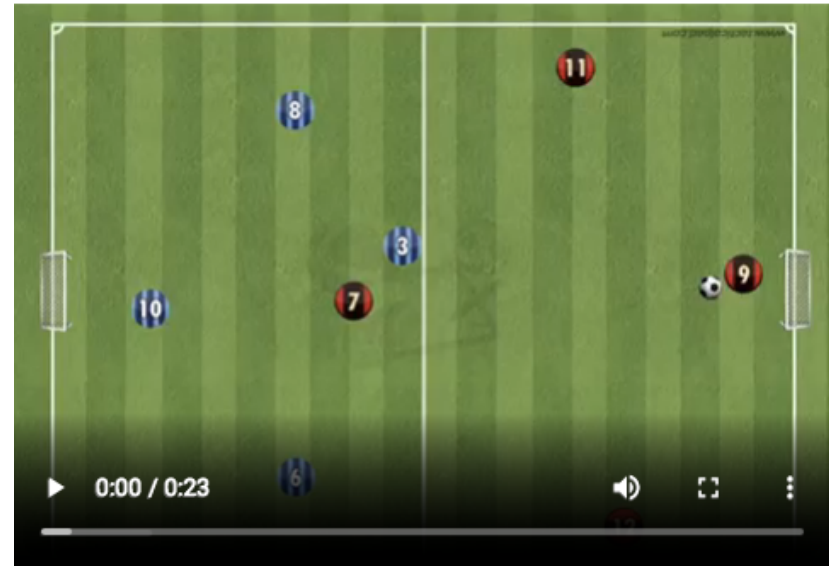
- How can you help support the player on the ball, going forward or playing back?

Why this soccer drill helps teams to play out from the back:

This drill will help players feel more comfortable on the ball with match realistic pressure.

By giving you players a 3 goal incentive to play out from their own half and attack their opponents half you are encouraging them to pass with a purpose to go forward.

Similarly to the previous drill in the form of a small sided game by giving players positions you are helping them understand their roles better and by rotating their positions around you are giving them a better understanding of how the individual roles of the positions can help players see the bigger picture.



Movement tagging game to help your team play out from the back

Purpose of the drill:

Often when coaches encourage their teams to play out from the back they organize them in their positions to receive the ball by dropping in wide positions however players are stuck when they are being marked.

So this fun tagging game can be used to help players create their own space so they are able to receive the ball if they are being marked.

Set up:

- 6 players per area
- 2 soccer balls
- 2 taggers (holds 2 pinnies)
- 15 x 15 yard area

Instructions:

The rules of this game are fairly simple. Players cannot be tagged if they have the ball, they can only be tagged if they do not have the ball.

This means that players do not have the ball must create space for themselves to receive a pass so they do not get tagged.

If a player gets tagged they swap with the tagger and must try and tag someone else, also if the player with the ball miss places a pass and it goes out side the area then they will swap with a tagger and have to hold onto the pinnie.

Coaching points:

- First movement should be away from the space you want to receive the ball to pull the defender away. Then the second movement should be towards the space you want to receive the ball.
- Communicate with players when you are in open space to receive the ball
- The pass should be played in front of the player receiving the ball so they can run onto it

Questions that can lead to coaching points:

- What can we do create space for ourselves?
- How does the player on the ball know when/where to pass the ball?
- Where should the ball be played to the player looking to receive the ball

Why this soccer drill helps teams to play out from the back:

This fun soccer drill game will help players improve their movement off the ball to help create space for themselves and identify spaces to receive the ball.

Similarly with the player on the ball they will be able to read the movements and the runs of these players and develop a better understanding how, where and when they should pass the ball.

2v2 square for playing out from the back

Purpose of the drill:

The purpose of this drill is to get a lot of repetition of creating space for yourself to receive the ball in a tight area or to create space for the player on the outside to directly play the ball to player opposite them.

Set up:

- 8 x 8 yard area
- 1 ball
- 6 players (4 in the middle 2 on the outside)

Instructions:

The 2 players on the outside will be neutral players and act as target players for the team in possession of the ball.

Every time the ball is worked from one target player to another that team gets 1 point.

If the target player on the outside is able to make a pass to the opposite target player that splits the defenders it is 1 point for the team in the middle that has possession of the ball.

If the defending team wins the ball they will become the players trying to work the ball to the target player on the outside.

Coaching Points:

- Create space for yourself to receive the ball from the target player on the outside
- Try and remain the defenders blind spots when making your movements to receive the ball
- If you are the target player on the outside without the ball adjust your position so you are always looking to receive the ball between the defenders

Questions that can lead to coaching points:

- How can you create space for yourself to receive the ball?
- Where should we begin to make our movements, where the defender can see us or not see us?
- If you are the target player waiting to receive the ball should you be standing still, what movements could you make?

Why this soccer drill helps teams to play out from the back:

This drill enables a lot of repetition of players constantly moving to create space for themselves by dropping off in wide areas or looking to get in behind.

This drill also emphasizes the importance of playing forward and rewards the target men for being able to pass and receive the ball by splitting defenders.

These players could a central defender passing to a central midfielder or a central midfielder passing the ball through to the striker.

Passing the ball and keeping possession is great but you always want to reinforce that playing out from the back is a building block to setting up attacks.



Rondo variation 1

Purpose of the drill:

The purpose of this drill is to encourage players off the ball to move to help support the player on the ball.

Set up:

- 6 x 6 yard area
- 1 ball
- 4 players (1 defender)

Instructions:

Set up you square with 3 players on the outside and 1 defender in the middle.

The players on the outside must keep the ball away from the defender in the middle and see how many passes in a row they can manage.

The only rule is that there can only be 1 player on each side of the square, so there will always be one side free.

Depending on which player receives the ball the players on the outside must communicate and move to the free square to support the player on the ball.

Coaching points:

- Create an angle to help support the player on the ball
- As soon as you have made a pass you should be thinking about how you can help support the player on the ball
- Receive the ball in an open body position with your first touch taking you away from the pressure

Questions that can lead to coaching points:

- Where can you move to help to support the player on the ball?
- What should you be thinking/doing as soon as you have made a pass?
- If you are receiving the ball what should our body position and first touch look like?

Why this soccer drill helps teams to play out from the back:

The main focus of this soccer drill is to encourage players off the ball to help support the player on the ball.

A lot of times players are getting into great positions to receive the ball however players are not reacting to help support them.

This will help players to think 1 or 2 passes ahead instead of reacting to what they are seeing in front of them



Rondo variation 2

Purpose of this drill:

The purpose of this drill is to try and encourage the ball to be played forward, trying to work the ball to create space so that passes can be played through pressing lines.

Set up:

- 8 x 8 yard area
- 6 players (2 defenders)
- 1 ball

Instructions:

Set up your square with a player on each side and 2 defenders in the middle. Players must stay on their side of the square trying to work together to play a pass that splits the 2 defenders.

Every time the 4 players on the outside that splits the defenders they get 1 point.

Coaching points:

- Move the ball around to draw defenders in to create the opportunity for a pass to split them
- If you are looking to receive the ball find a position where you can receive the ball between the 2 defenders

- Be patient with the build up for the opportunity to split the defenders, don't force it through.

Questions that can lead to coaching points:

- What can we do to create space for the pass to split the defenders?
- If you are opposite the player on the ball how should you be thinking to receive the ball?
- Do we need to rush or can we take our time?

Why this soccer drill helps teams to play out from the back:

The end goal of playing out from the back to set up attacks, to do this the ball must be worked forward.

Yes the defenders have a drop into wide positions but equally midfielders and forwards have to try and find gaps to between the oppositions lines to receive the ball.

This rondo variation encourages players to look after the ball and create and opening to place the pass forward.

