

Soccer Drills for Playing out the back



Soccer Graphics

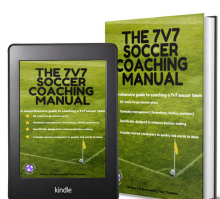


I created these graphics using the Tactics Manager from SoccerTutor. It is a fantastic resource to create, share and organize your soccer sessions and team tactics

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The 7v7 Soccer Coaching Manual



This is every coach's guide to developing a 7v7 soccer team. It includes 20 structured session plans with diagrams, coaching points, and progressions. Game day tactics and management are also included

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4 goal game playing out from the back

Purpose of the drill:

The purpose of the drill is to help players identify where space is and how to position themselves to support players on the ball if they cannot go forward to try 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 has positioned themselves and where 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 it's 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:

The 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 backward (Central defender)
 Once the Central defender has received the ball their first touch must take them towards space.
 The LM or RM should move to an area where there is space. (If the left midfielder cannot move forward encourage players to identify that space is on the right side and so as the central defender receives the ball the right midfielder should know to spread as 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 teammate 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?



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Small sided game for playing out the back

Purpose of the drill:

The purpose of this drill is to limit the number of attackers that can move into the defending team's half to pressure the defending team.

This will allow the defending team to 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

Split 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 half only 2 attackers can press the ball.

If the defending team can successfully work the ball from their 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 teammate on the ball whether it be backward 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 it's a 3v3 ask them to have a central defender, a left midfielder, and a right midfielder.

If it's a 4v4 introduce a striker.

Coaching points:

The first thought should be forward, play the ball to the most advanced player on your team.

If the ball cannot be played forward move the ball sideways or backward to a player who has space to attack going forward

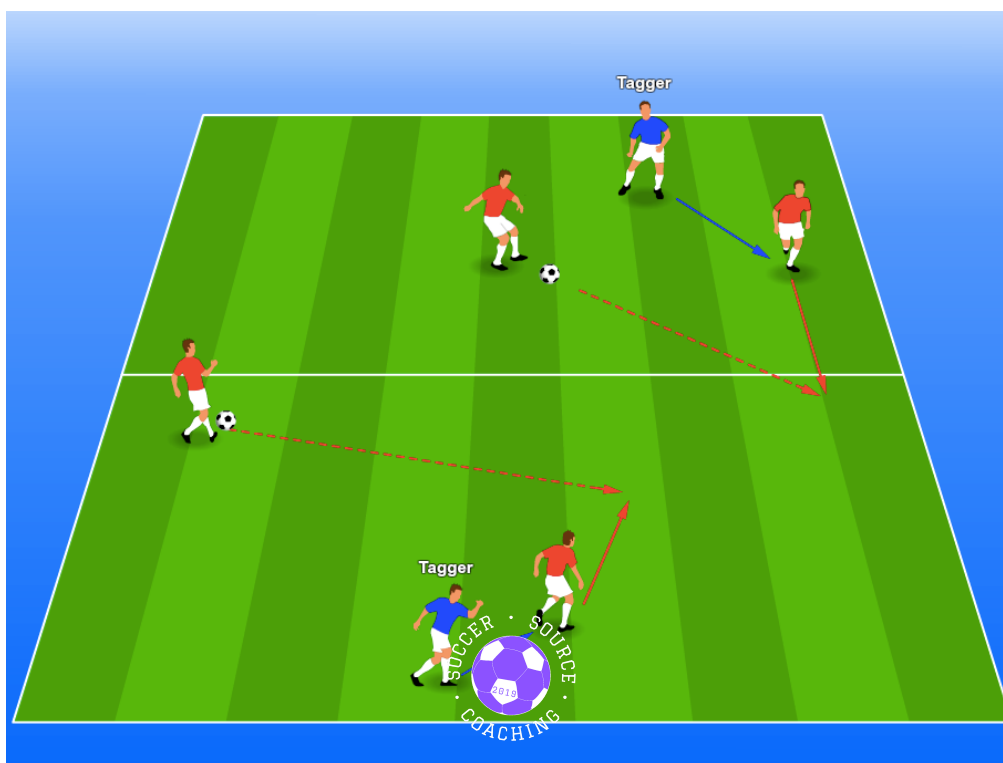
Find space within your positions to help support the player on the ball either going forwards, backward, or sideways

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?



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 can receive the ball when 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 who 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 misplaces a pass and it goes outside the area then they will swap with a tagger and have to hold onto the bib.

Coaching points:

The 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 an 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 to 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?



[Click here for the video](#)

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 the 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 can 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.

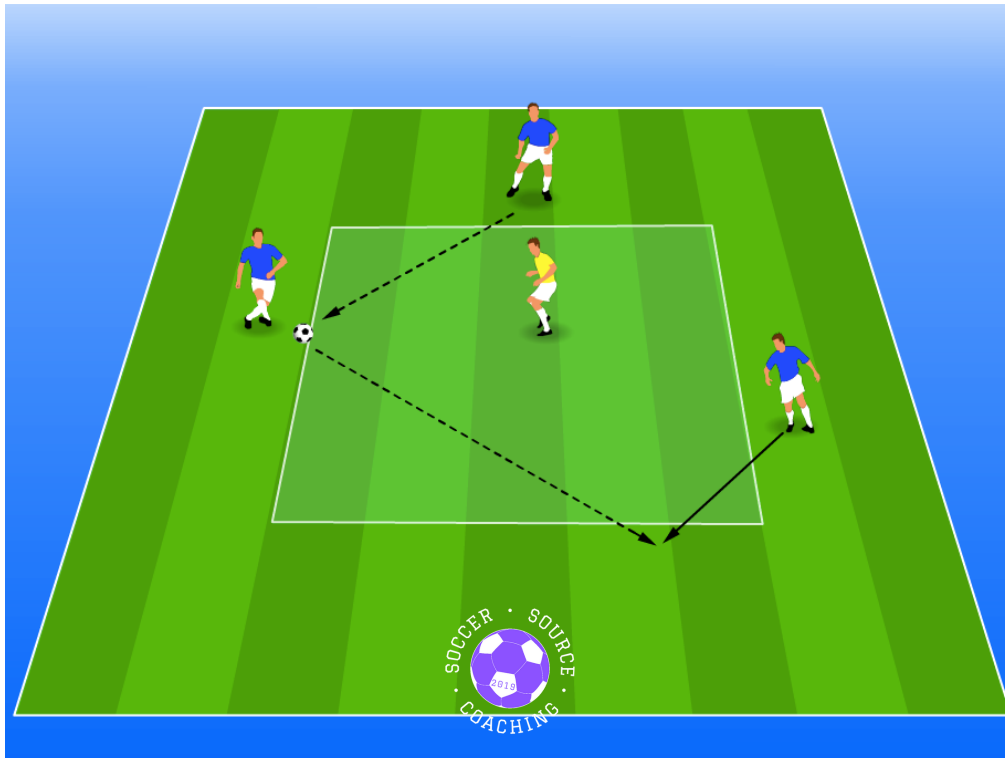
If the defending team wins the ball they will become the players trying to work the ball to the target player on the outside.

Coaching Points:

Create space for yourself to receive the ball from the target player on the outside
 Try and remain in 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?



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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 your 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 think about how you can help support the player on the ball

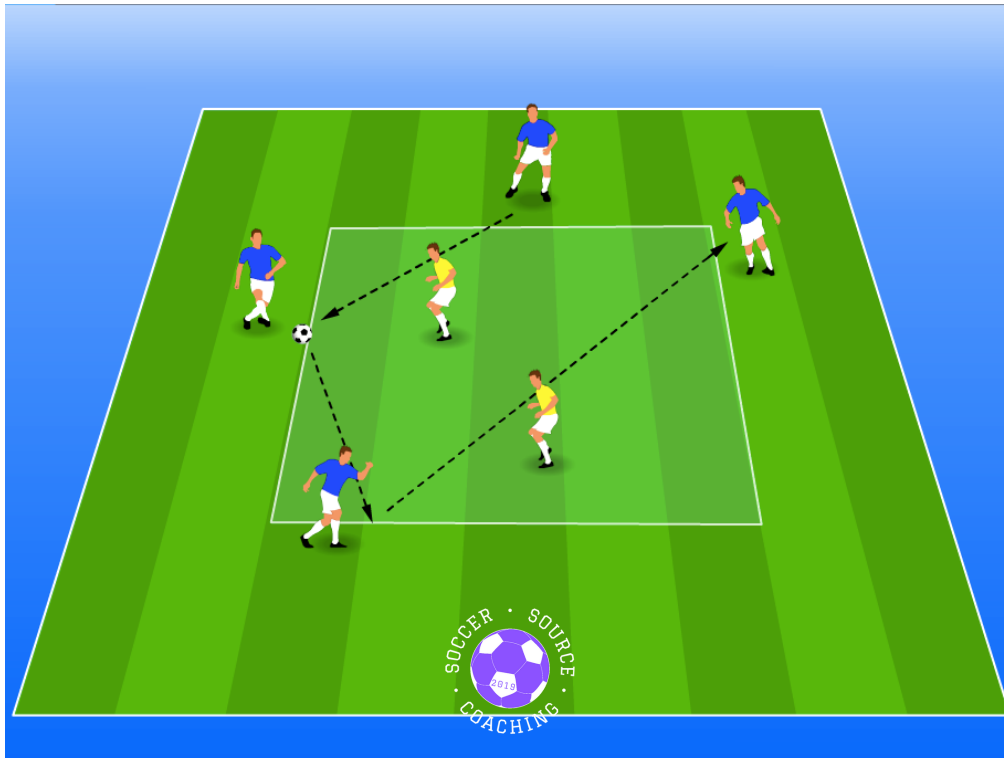
Receive the ball in an open body position with your first touch taking you away from the pressure

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 your body position and first touch look like?



[Click here for the video](#)

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 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?