



Build Out of the Back

Category: Academy: Create the attack
Difficulty: Moderate

Howard Rushton, CG, United States of America

Receiving (15 mins)

Organization:

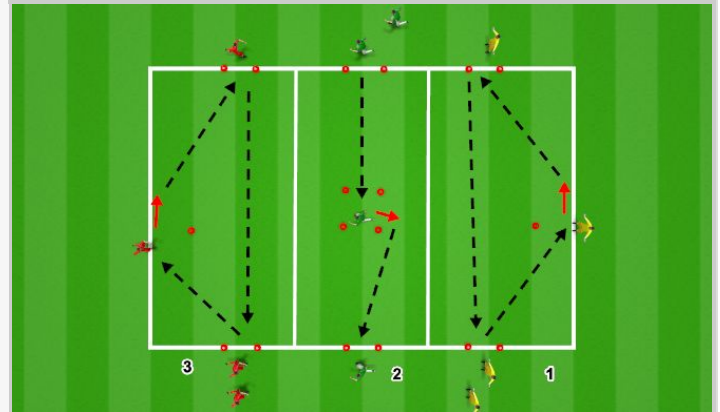
- 3 lanes 20 x 10
- 4 players per channel
- 1 ball per channel

Instructions:

- 2 outside lanes, pass and follow your pass
- Player over the line has to receive the ball with their back foot
- Player over line in lane #1 use right foot, lane #3 left foot
- Middle lane, one player in middle box has to move the ball outside the box and pass
- Lane #2 pass and follow

Coaching Points/Questions:

- Quality of passing and first touch
- Back foot in lanes 1 & 3
- Precision and intensity



Short Goal Kick

Organization:

- 35 X 35
- Goalkeeper +5 vs 3
- 1 big goal, 3 small goals

Instructions:

- Ball start from 6 yard box
- Goalkeeper passes to one of the two center backs, either side of the goal
- Center midfielder positions themselves higher up the field and comes to the ball as it is played
- Center backs body position is to face the game before receiving the ball
- Right and left back on the line, creating width
- Break the press and try to score in one of the 3 small goals
- Defenders win the ball and try to score on the big goal

Points/Questions:

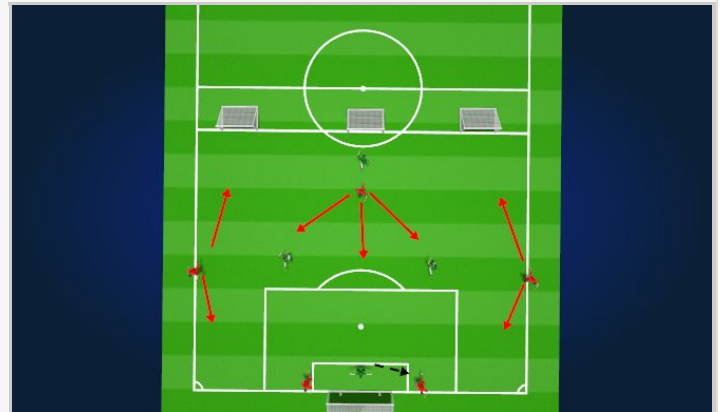
- Make quick decisions
- Get open and use the space
- Quality of passing and receiving
- Center backs support when offense has the ball

Progressions:

- Add one offensive player

Regressions:

- Remove one offense player



5 vs 5 +2 Neutral Wingers

Organization:

- 35 x 35
- 5 vs 5 +2 lateral bumpers
- 2 big goals

Instructions:

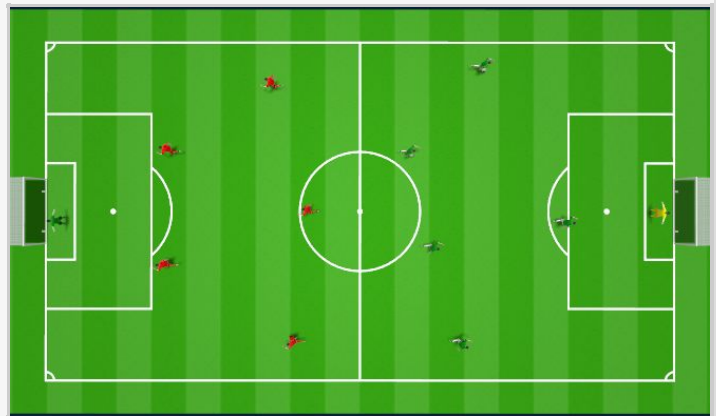
- Game 5 vs 5
- 2 neutral bumpers moving in lateral channel
- Only bumpers can be in the channels
- Bumpers 2 touches maximum

Coaching Points/Questions:

- Quick decisions
- Quality of passing and receiving
- Bumpers need to try to cross



Scrimmage



Coaching Practice Review and Reflection

What went well...

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Even better if...

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