

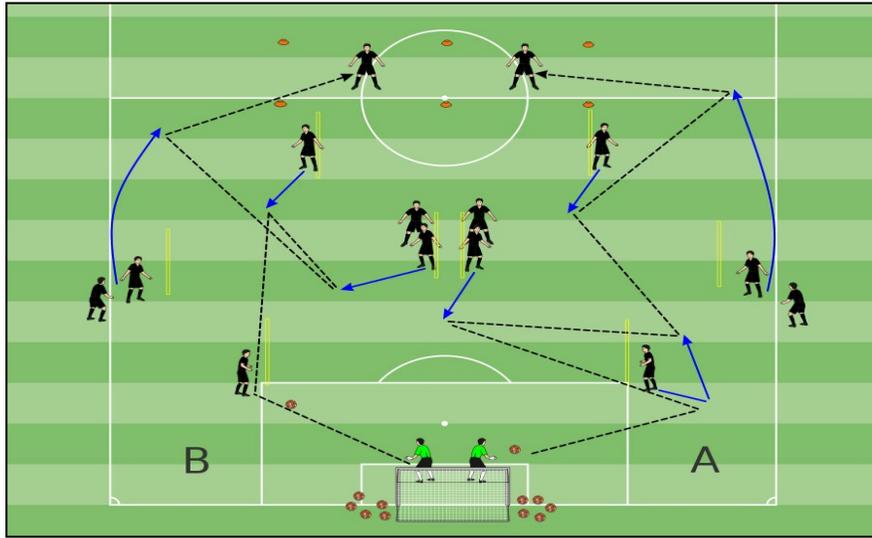
## COACH EDUCATION LESSON PLAN

ADRIAN PARRISH, TECHNICAL DIRECTOR

### Topic: Playing out of the Back – Under Pressure

**Training Objectives:**

To help the defensive team to play out of the back third while they are being placed under pressure. Even though the focus is on the build up, the coach may need to remind the strikers to apply the pressure and have a good work-rate. The team needs to recognize when to play more direct or when to pass and move the ball out of pressure with conviction.



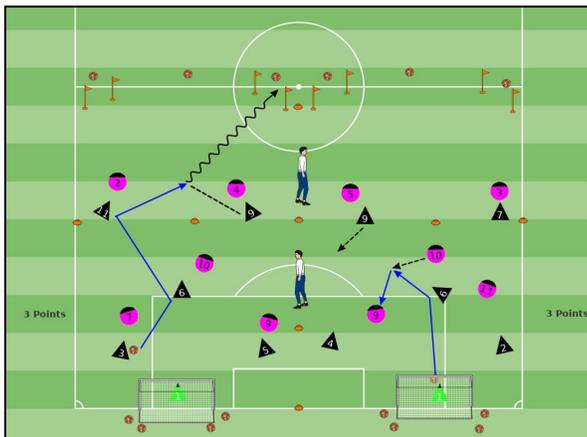
**Organization**

16 – 18 Players, including two keepers but can be executed with one. Set a diamond up on each side of the half and have players stand on the poles/cones to execute the passing patterns as shown in the diagram above

—————▶ = Player Movement      - - - - -▶ = Passing

**Coaching Points**

Timing of movement off the pole, body position to receive the pass, weight or pass, leading the player into the pass, eye contact, scanning and taking looks.



**Organization**

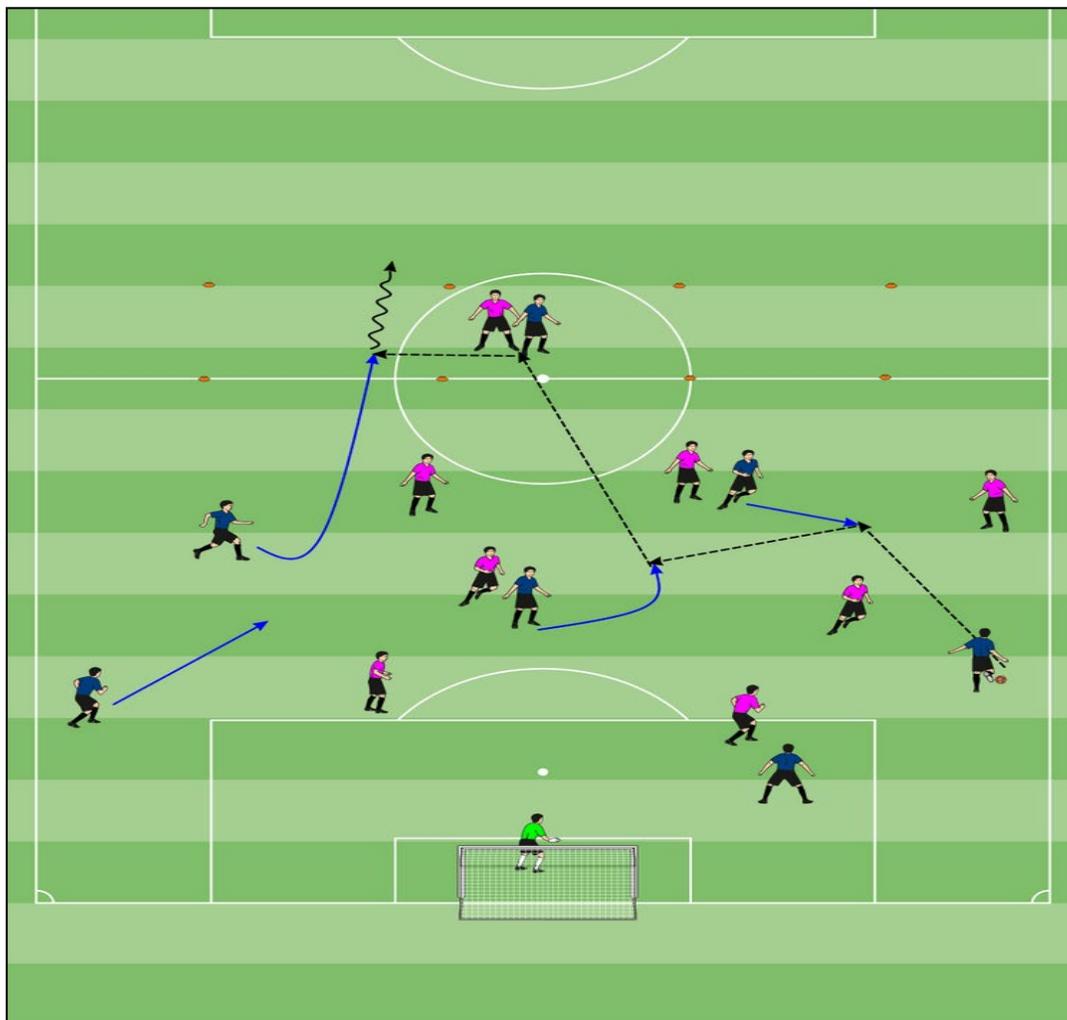
Keep half the pitch divided into two halves to cover functional training for the players to work in the area of the pitch that they will play within. 6v5 playing out of the back, with the six scoring by dribbling through the counter gates and the five scoring in the big goal. Place a line of cones to create a halfway line, if the attacking team win the ball in that area and can go on to score it equals 3 points.

**Coaching Points**

Timing and movement of runs off the ball, getting into positions to receive the ball, don't ball watch (scan the field), weight of pass, play to the correct foot.

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### **Organization**

8v8. Playing on just over half of a 9v9 pitch. The team playing out has a target player in a 30 x 8-yard grid over the half-way line. This player must stay in the box, but the defensive team can go everywhere. The aim is to play into the target player who passes the ball back for a player to dribble through the back of the grid to score. Pressing team wins possession and goes to the big goal.

### **Coaching Points & Questions**

Timing and movement of runs off the ball, getting into positions to receive the ball, don't ball watch (scan the field), weight of pass, play to the correct foot. Play what the opposition gives you.

Questions to ask players

- 1.** When do you move to receive the pass?
- 2.** If the pass is not on, what are the alternative options to maintain possession?
- 3.** What are the options when the defenders condense the play?
- 4.** What should happen to the tempo of the play when you are under pressure?