TRAINING OBJECTIVE(S): Playing Out of the Back

I. WARM-UP

DURATION: 12 min  
INTENSITY: Med  
INTERVALS: 3  
WORK:REST: 3:1

ORGANIZATION (Physical Environment / Equipment / Players)
✓ 2 groups of 5 – passing patterns  
✓ Players: #2, #4, #5, #3, #6

COACHING POINTS / KEY CONCEPTS:
- Passing technique – pace & accuracy of pass  
- Timing and quality of movement  
- Speed of play

II. MAIN PART: SMALL-SIDED ACTIVITY

DURATION: 15 min  
INTENSITY: Med-Hi  
INTERVALS: 3  
WORK:REST: 4:1

ORGANIZATION (Physical Environment / Equipment / Players)
✓ 6v6 – 4 goal game: Each team; #1, #2, #4, #5, #3, #6  
✓ Score by playing thru small goals or into opponent’s glk

COACHING POINTS / KEY CONCEPTS:
- All the above  
- Playing fwd. vs. keeping possession – Switching point of attack  
- Recognizing the cues when & how to progress the ball fwd.

III. MAIN PART: EXPANDED ACTIVITY

DURATION: 15 min  
INTENSITY: Med-Hi  
INTERVALS: 3  
WORK:REST: 3:1

ORGANIZATION (Physical Environment / Equipment / Players)
✓ 6v4 – Phase of play: Target team; #1, #3, #5, #4, #2, #6
✓ Progress by adding players to pressing team

COACHING POINTS / KEY CONCEPTS:
- All the above  
- Playing fwd. vs. keeping possession – Switching point of attack  
- Recognizing the cues when & how to progress the ball fwd.

IV. GAME

DURATION: 15 min  
INTENSITY: Med  
INTERVALS: 1  
WORK:REST: 15:1

ORGANIZATION (Physical Environment / Equipment / Players)
✓ 9v9 game – Target team: 1.4.3.1 - #1, #3, #5, #4, #2, #6, #8, #10, #9  
✓ Opponent: 1.1.3.3 - #1, #5/4, #6, #8, #10, #11, #7

COACHING POINTS / KEY CONCEPTS:
- All coaching points above