



Playing out from the back in a 1-4-3-3 formation

Primary focus:

Establishing good starting shape to enable team to play out from the back & transitioning to defend when possession is lost

N.B. Players should be constantly looking to create triangle & diamond patterns around the pitch to give the player on the ball maximum options when in possession

The player on the ball should always have support to their left, to their right, behind & in front as appropriate

Key Factors:

1. Begin with team in a more compact defensive shape & serve ball into keeper to begin play
2. Once the keeper has the ball work with them to understand their preferred distribution points (L,M,R) left, middle, right of goal
3. Insist on quality delivery from the keeper & encourage them to practice a variety of delivery methods such as kicking from the ground, kicking from the hand, throwing the ball, rolling the ball. Also get the keeper to vary their distribution length from short to long so that play is never predictable
4. Once the keeper has the ball teach the team to utilise the whole space of the pitch by spreading out & long (width & depth) this will give the team the maximum amount of space in which to play
5. Ensure that all players are in a position to receive if possible. Highlight the importance of an open body position to receive so that a player's first touch can be in the desired direction of their next action, be that pass, dribble etc.
6. Establish patterns of passing & practice them routinely so that players begin to understand the various potential outcomes of where the ball might go once the player in possession has it.
7. Focus initially on the player on the ball & their next move / option
8. Then move your focus to the players immediately around the ball & what they can do to help the player in possession.
9. Then move your focus to the players away from the ball & how they are effected by the movement of others near them
10. Make sure that you finish by working with the whole team as a unit, including the goalkeeper & bed down the effect of one player / ball movement triggering everybody else's subsequent movements
11. Build tempo of the session from slow to fast as quality of passing & movement improves
12. Introduce passive / active defenders as opposition once the basics have been established
13. Constantly check for understanding with the players to ensure they are learning. Encourage open dialogue why, when, who, where, what, how type questions
14. When the ball moves from side to side & back to front, teach the various units of the team how they work together & in harmony with the players around them. Communication is vital to achieve this
15. Once basic build up play patterns are established, briefly focus on transition to defend once the ball has been lost.
16. Highlight the importance of recovery runs, getting compact & narrow, pressing the ball to recover it