

UEFA B PHASES OF PLAY



 In A phase of play, coach attacking quickly from the Goalkeeper

In A phase of play, coach attacking quickly from the Goalkeeper



Set Up:

Two thirds of the pitch with 2 small sided goals.

Attackers 2-4-2

Defenders - 3-3-2 plus A GK

Start position - midfielder has a weak shot into the Goalkeepers hands.

Key Points

Team Shape when playing out(as soon as goalkeeper has secured the ball this should act as a trigger for the players to move into a position to receive the ball.

- Front man pushes high up the pitch to make it as big as possible
- Midfield players also push up with 1 of them supporting the strikers
- One midfield player holds to get the ball or support defence if play breaks down
- Full back get high and wide
- Centre backs move to corners of the 18 yard box

Decision from the goalkeeper, can he hit the striker if not play what he sees, if player who receives the ball has space to move into can goalkeeper put the ball into that space, if not can they pass to feet(receivers communication).

Variation of delivery – change it up otherwise opposition will know what your going to do.

Goalkeepers communication – “turn”, “time”, “man on”

Goalkeeper then moves into position to support incase play has to come backwards

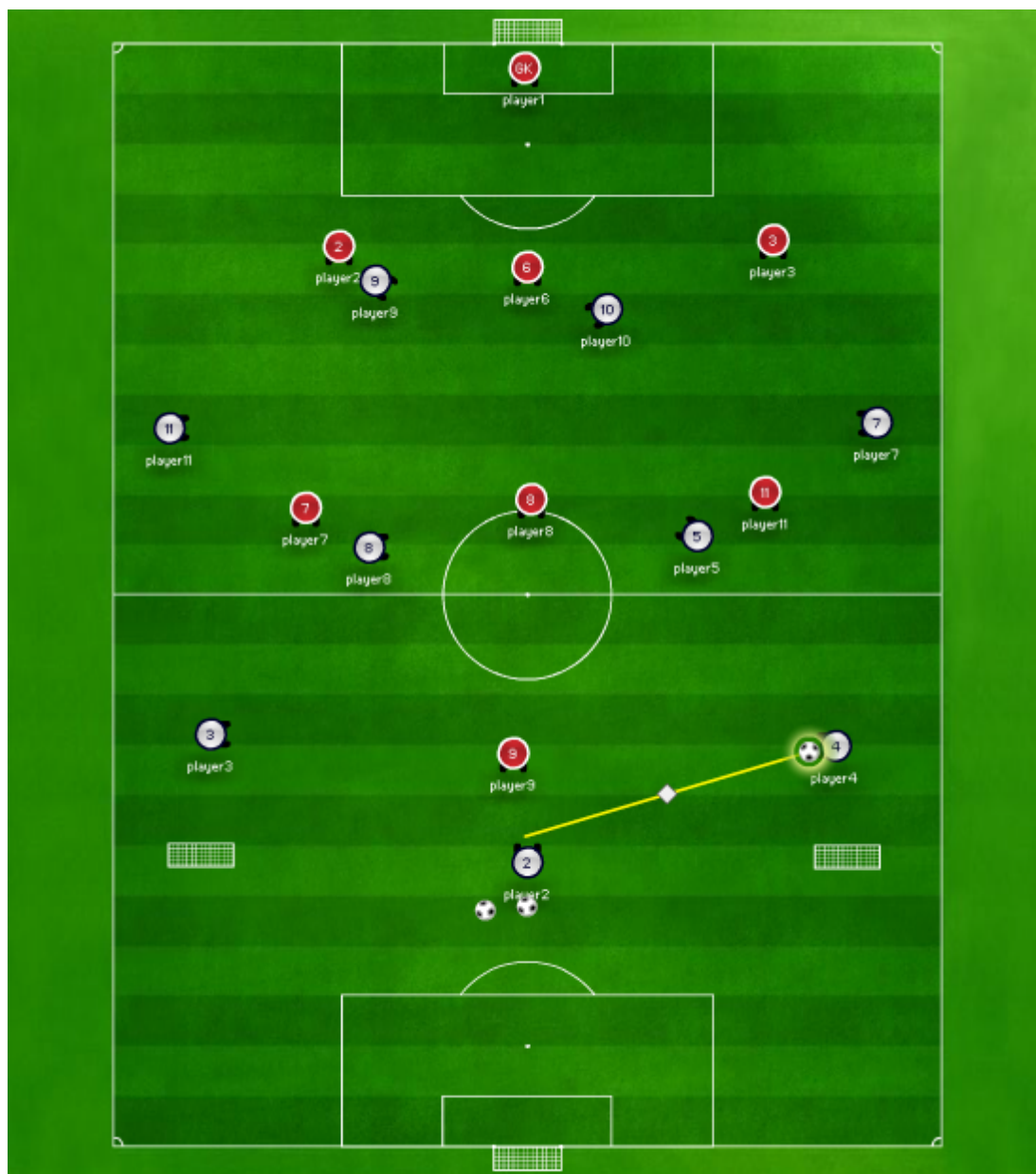
Organising the back line – mark, push up, drop



In A phase of play, coach attacking after gaining possession in the middle third

In A phase of play, coach attacking after gaining possession in the middle third

-



Pitch Size – 3 Thirds, Attackers shooting into big goal, Defenders shooting into two small goals. May add in cones for offside.

Attackers – 2-4-2 plus a feeder.

Defender – 3-3-1 plus a Goalkeeper.

Start – Feeder plays ball to left or right back depending that is in space. These players then look to play forward if on.

If defending team wins the ball they look to score in one of the two goals.

When coaching tell your feeder player which side you want him to pass the ball out to so that you can stay that side and coach from that side, then half way through your session change your coaching position and ask feeder to go out other side.

MOVEMENT - Midfielders and forwards to create space by interchanging of positions (check to the ball to receive, overlaps from full backs, players creating space for others). Strikers look to work together one comes deep to receive the ball whilst dragging out the defender leaving space inbehind for other attacker to move into.

Space – Wide players get wide creating more space in central areas.

POSITIVE - Attitude of the receiving player when the feeder has passed to them, to get the ball forward to players in advance of them. (Technique when receiving the ball – side on receive with back foot, positive first touch)

RANGE of passing options available:

- * short to feet of front players who have dropped deep to receive (technique of holding ball up away from defender, side on receive with foot furthest away from the ball.
- * Long ball over the top of opponents for forwards to run onto
- * out to wide players (overlapping) who try to cross, combining with forwards, wall passes or to switch play.

Try to commit the defenders by playing quick balls inbehind the defence before they have time to recover into position. Postive attitude to take the defender on, long balls into space inbehind the defenders.

QUALITY of passing - know when to pass based on forward movement

CLEVER combination play, when to play first time when to take a touch, being creative, use of flicks and tricks, looking for that killer pass.

END PRODUCT - get shots on target - make the keeper work, get crossed into prime target areas.

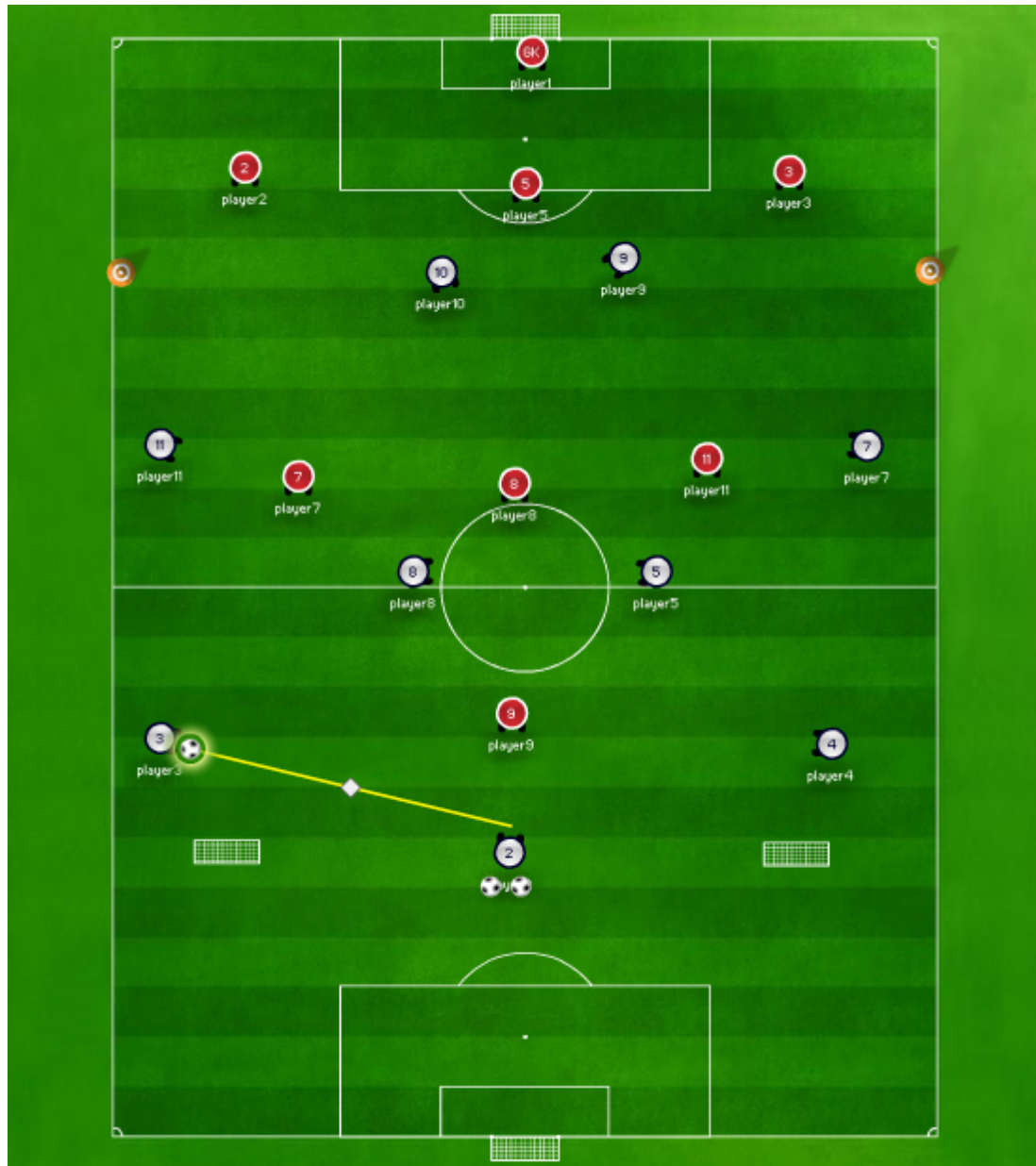
If player on the ball can't dribble can we switch the play to where there is space for a player to move with the ball. Don't force play, don't be afraid to play backwards in order to go forwards.



In A Phase Of Play, Coach When, Where and How To Turn

In A Phase Of Play, Coach When, Where and How To Turn

-



Key Points

1. Movement to Create Space – Players get High and wide to make the pitch as big as possible, creating passing options, running on the shoulder of defenders and then 'checking out' are all ways players can create space for themselves to receive the ball. Players need to also be aware they don't take away space from other team mates, i.e. don't move into the space the player turning is going to attack.

2. The picture – from what I see is a turn the best option, is there space I can turn into, is their space behind me and are their defenders close.

3. Body Position – on the half turn so they can see the bigger picture. If a defender has shut them down quickly attacker to position themselves side on, bent knees and control the ball with the foot furthest away from the defender.

4. Decision - if they decide that a turn is the best option, is the choice of the turn they use, do they need to take a touch or can they let the ball run through their legs and move, did they turn the right way, can they disguise to go one way in order to trick the defender then turn the other way.

5. Execution - The type of turn, low centre of gravity, disguise (pretend to pass to create bit of space), change of pace and direction are all factors that must be considered when the turn is being performed.

6. End Product – Get head up can I pass the ball, shoot, cross, move into space.



In A Phase Of Play Coach One Team and The Goalkeeper to Play Out From The Back

In A Phase Of Play Coach One Team and The Goalkeeper to Play Out From The Back



Set up

Two thirds of the pitch with two small goals.

Attackers – 2-4-2 formation

Defenders – 4-3-1 plus a Goalkeeper.

Starting Position – Play from the Goalkeeper.

Key Points

Team Shape when playing out

- Front man pushes high up the pitch to make it as big as possible

- Midfield players also push up with 1 of them supporting the striker
- One midfield player holds to get the ball or support defence if play breaks down
- Full back get high and wide
- Centre backs move to corners of the 18 yard box

Decision from the goalkeeper, can he hit the striker if not play what he sees, if player who receives the ball has space to move into can goalkeeper put the ball into that space, if not can they pass to feet(receivers communication).

Variation of delivery – change it up otherwise opposition will know what your going to do.

Goalkeepers communication – “turn”, “time”, “man on”

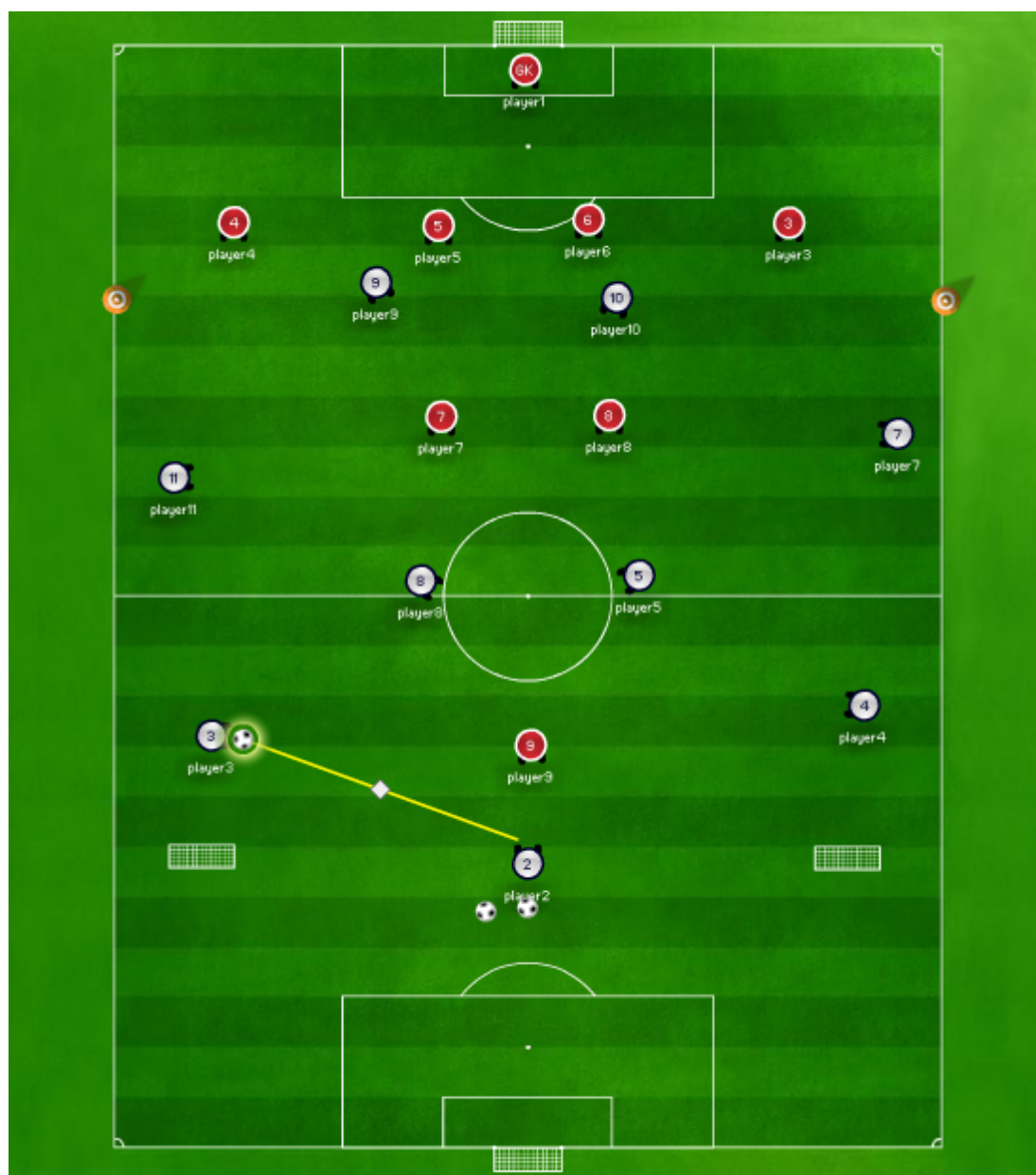
Goalkeeper then moves into position to support incase play has to come backwards

Organising the back line – mark, push up, drop



In A Phase Of Play, Coach Running With The Ball

In A Phase Of Play, Coach Running With The Ball



Pitch Size – 3 Thirds, Attackers shooting into big goal, Defenders shooting into two small goals. May add in cones for offside.

Attackers – 2-4-2 plus a feeder.

Defender – 4-2-1 plus a Goalkeeper.

Start – Feeder plays ball to left or right back depending that is in space. These players then look to play forward if on.

If defending team wins the ball they look to score in one of the two goals.

When coaching tell your feeder player which side you want him to pass the ball out to so that you can stay that side and coach from that side, then half way through your session change your coaching position and ask feeder to go out other side.

KEY FACTORS

- When ball goes to right/left back can they receive with and open body and control with their back foot.
 - Wide players stretch the pitch and move wide to allow space for central players to receive the ball.
 - Wide players move on shoulders on defenders then check away then back to receive the ball
 - Centre forwards work together one making a diagonal run in behind taking the defender with them whilst the other comes deep to receive the ball.
 - **Runs to create space for others** – Runs those players make in order to create space for team mates.
Runs from behind the ball – overlaps, diagonal
 - Runs in front of the ball – inside to out, outside to in, diagonals
1. Receive the ball on the half with back foot,
 2. Decision – am I in the right area of the pitch to run with the ball, is there space to move into or a defender I can commit, is the area tight(should I pass)
 3. First touch positive – nice touch out of feet to attack the defender/space(make sure player uses laces for their first touch)
 4. Close control to be able to change direction, head up so player can see the big picture
 5. Speed , don't give defenders time to reposition
 6. Support – can players higher up the pitch move into space or create space for man on the ball by pulling defenders away with runs.
 7. Technique of skills to beat defenders
 8. End product – pass, shot, cross

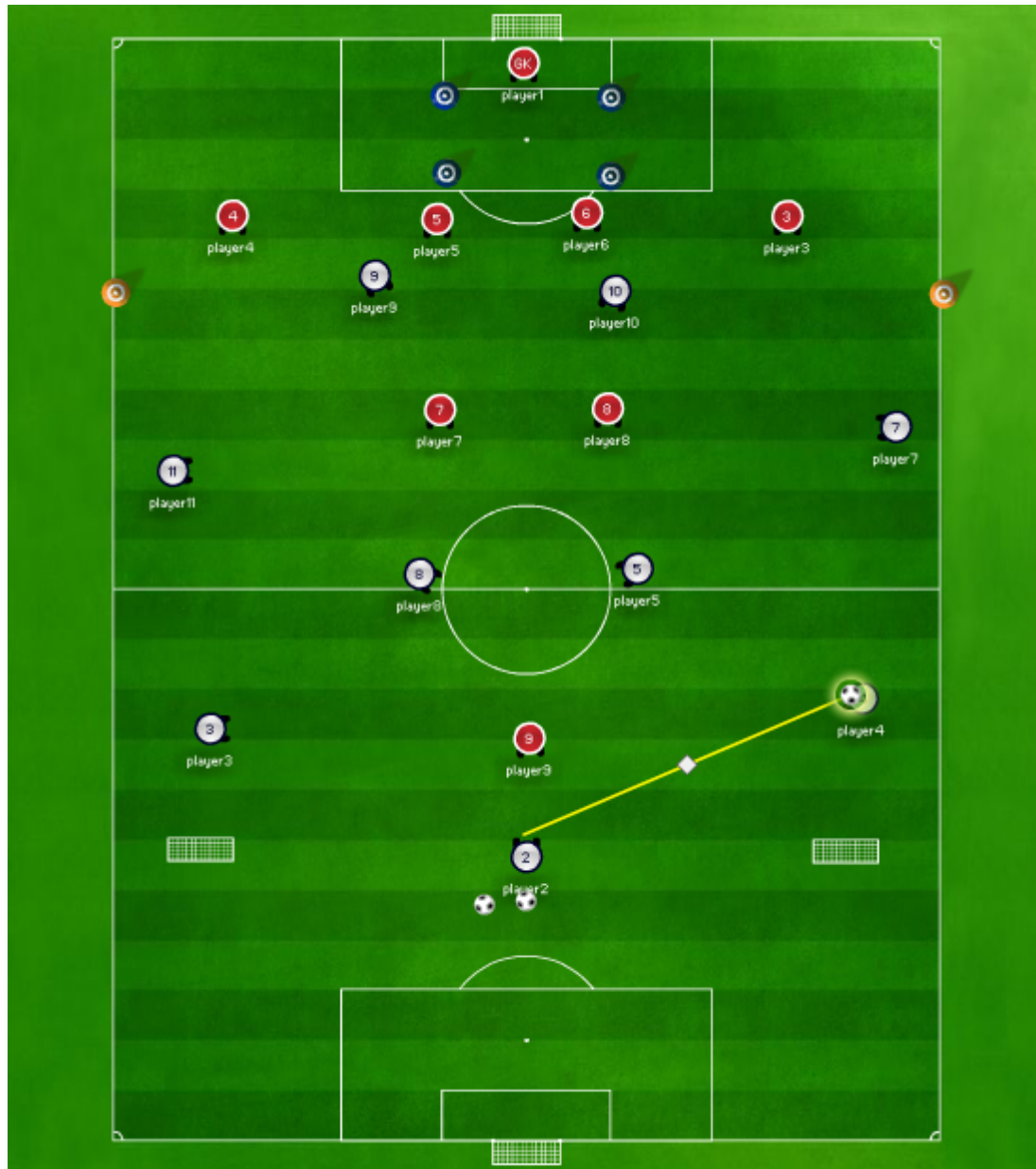
Technique of Running With The Ball – use of laces, head up, big touches out of feet, speed, end product – shot, cross, pass.

If player on the ball can't run with the ball can we switch the play to where there is space for a player to move with the ball.



In A Phase Of Play, Coach Finishing From Crosses

In A Phase Of Play, Coach Finishing From Crosses



Pitch Size – 3 Thirds, Attackers shooting into big goal, Defenders shooting into two small goals. May add in cones for offside.

Attackers – 2-4-2 plus a feeder.

Defender – 4-2-1 plus a Goalkeeper.

Start – Feeder plays ball to left or right back depending that is in space. These players then look to play forward if on.

If defending team wins the ball they look to score in one of the two goals.

When coaching tell your feeder player which side you want him to pass the ball out to so that you can stay that side and coach from that side, then half way through your session change your coaching position and ask feeder to go out other side.

KEY FACTORS

- When ball goes to right back can they receive with and open body and control with their back foot.
- Look for wide player to create space to receive the ball, can they run on the shoulder of the defender and then turn to receive the ball on the half turn.
- Can the wide player get in behind the defender, if not they have created space for the right back to overlap and cross.
- Support from midfielders, pass and go
- Can the wide player take on the full back and then produce their cross, what skill can they use?
- Can attackers draw defenders away so that wide player has a 1v1 situation
- Can they put an early cross in which defenders will not expect

Important – its not just the wide player who can put a cross in think about the right back or even a midfield player.

The cross needs to hit the PTA (prime target area marked with blue cones in diagram)

Attackers

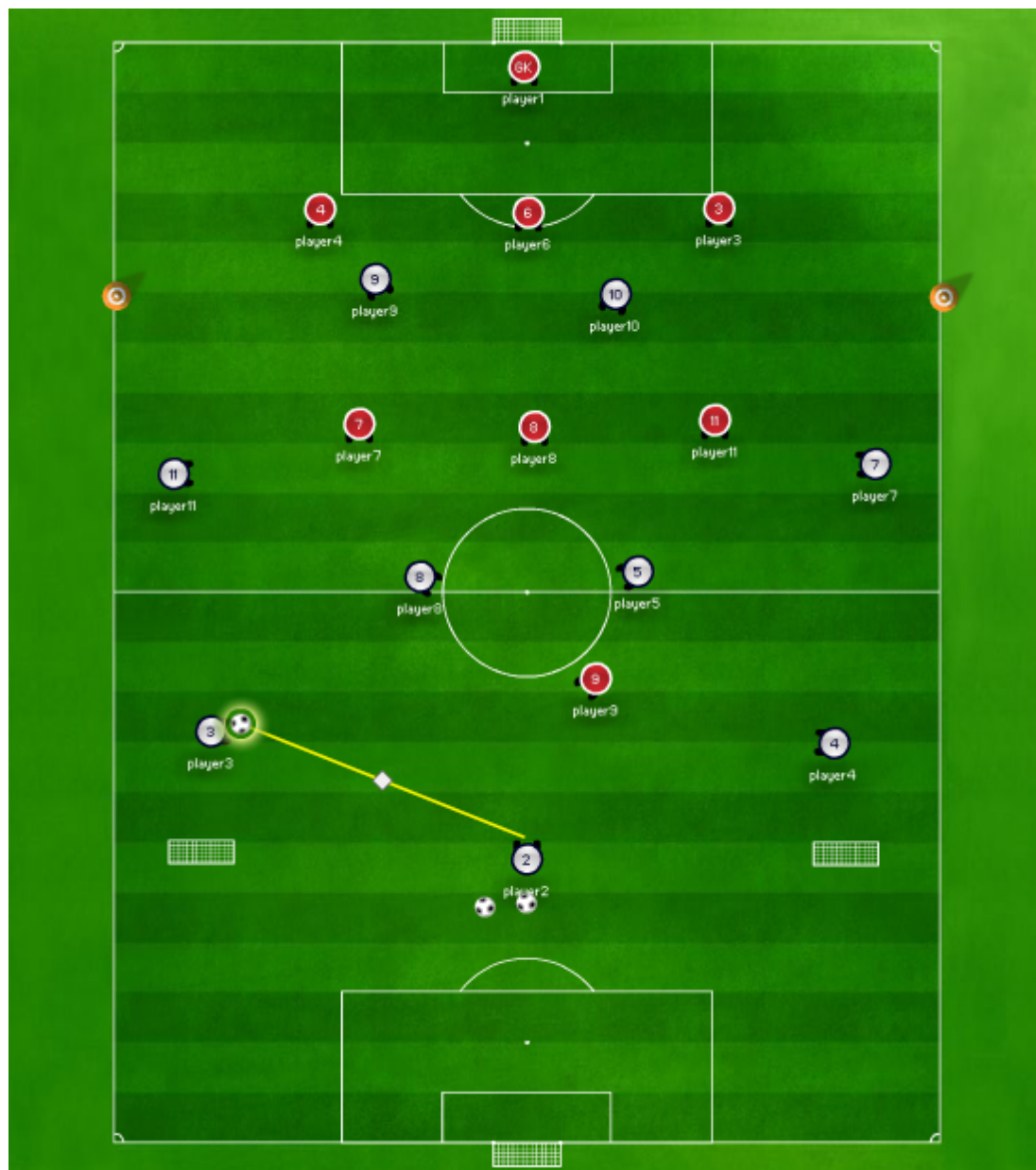
1. **1.** Timing of runs. Arrival or timing of Arrival is critical. **Space-Ball-Man Arrives.** Angle of Run. Angle your run to get into the Ball for a better contact. **Arrival = Angle and Timing of Run.**
 2. **2.** Technique on arrival. Don't try to hit the ball too hard Let the ball do the work all you need is good contact.
 3. Midfielder push into a position encase ball is headed out
1. Responsibility of Attackers. Make sure they are not standing in a line because if one misses the ball they all miss it. Decide where Attackers should attack
 - o One attacks the near post.

- o One the back post.
- 2. End product, Shot or Header on Goal don't be afraid to gamble



In A Phase Of Play, Coach Combination Play In The Final Third

In A Phase Of Play, Coach Combination Play In The Final Third



Pitch Size – 3 Thirds, Attackers shooting into big goal, Defenders shooting into two small goals. May add in cones for offside.

Attackers – 2-4-2 plus a feeder.

Defender – 3-3-1 plus a Goalkeeper.

Start – Feeder plays ball to left or right back depending that is in space. These players then look to play forward if on.

If defending team wins the ball they look to score in one of the two goals.

When coaching tell your feeder player which side you want him to pass the ball out to so that you can stay that side and coach from that side, then half way through your session change your coaching position and ask feeder to go out other side.

KEY FACTORS

MOVEMENT - Midfielders and forwards to create space by interchanging of positions (check to the ball to receive, overlaps from full backs, players creating space for others)

Space – Wide players get wide creating more space in central areas.

POSITIVE - Attitude of the receiving player when the feeder has passed to them, to get the ball forward to players in advance of them. (Technique when receiving the ball – side on receive with back foot, positive first touch)

RANGE of passing options available:

- * short to feet of front players who have dropped deep to receive (technique of holding ball up away from defender, side on receive with foot furthest away from the ball).
- * Long ball over the top of opponents for forwards to run onto
- * out to wide players (overlapping) who try to cross, combining with forwards, wall passes or to switch play.

QUALITY of passing - know when to pass based on forward movement

CLEVER combination play, when to play first time when to take a touch, being creative, use of flicks and tricks.

END PRODUCT - get shots on target - make the keeper work, get crossed into prime target areas.

If play on the ball can't dribble can we switch the play to where there is space for a player to move with the ball. Don't force play, don't be afraid to play backwards in order to go forwards.



In A Phase Of Play, Coach Passing To Feet

In A Phase Of Play, Coach Passing To Feet



Pitch Size – 3 Thirds, Attackers shooting into big goal, Defenders shooting into two small goals. May add in cones for offside.

Attackers – 2-4-2 plus a feeder.

Defender – 3-3-1 plus a Goalkeeper.

Start – Feeder plays ball to left or right back, or one of the midfielders depending that who is in space. These players then look to play forward if on.

If defending team wins the ball they look to score in one of the two goals.

When coaching tell your feeder player which side you want him to pass the ball out to so that you can stay that side and coach from that side, then half way through your session change your coaching position and ask feeder to go out other side.

KEY FACTORS

If the Defender is tight – pass to feet

if the defender is not tight – pass into space

Technique of receiving the ball

If defender is tight – side on, receive ball with foot furthest away from the ball, use arm and body to hold defender off but don't foul.

If defender is not tight – on half turn, receive with back foot positive touch into the space.

MOVEMENT - Midfielders and forwards to create space by interchanging of positions (check to the ball to receive, overlaps from full backs, players creating space for others)

Space – Wide players get wide creating more space in central areas for them to get onto the ball.

RANGE of passing

- Short to feet of front players who have dropped deep to receive (technique of holding ball up away from defender, side on receive with foot furthest away from the ball).
- Long ball over the top of opponents for forwards to run onto (ball into space)
- Out to wide players (overlapping) who try to cross, combining with forwards, wall passes or to switch play.

QUALITY of passing - know when to pass based on forward movement

CLEVER combination play, when to play first time when to take a touch, being creative, use of flicks and tricks.

If defender is tight to receiver, drill the ball into feet to prevent defender intercepting (head over the ball, use of laces)

If defender is not tight, play ball into space either in the air or on the floor, curved around the defender, lofted.

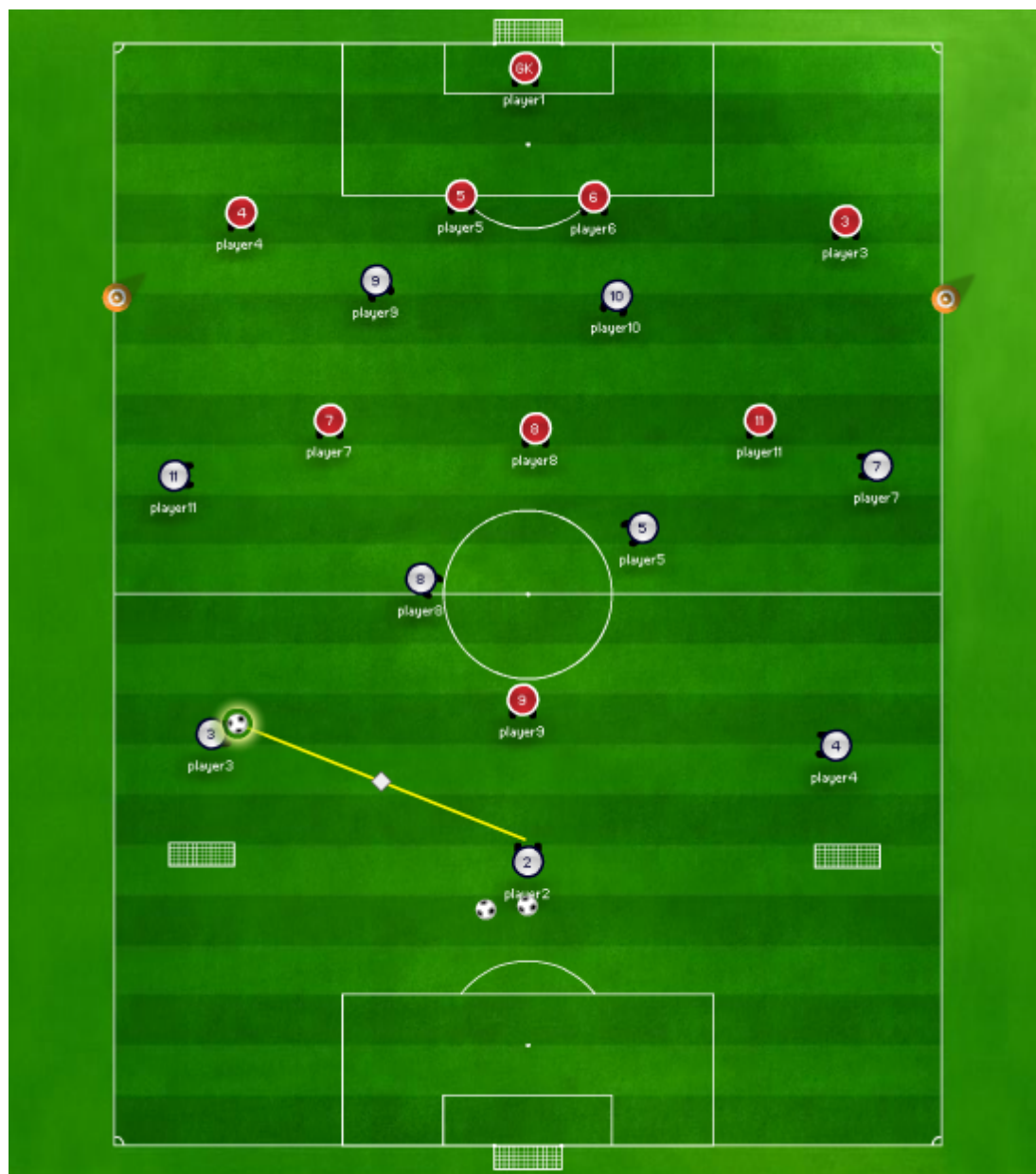
END PRODUCT - get shots on target - make the keeper work, get crossed into prime target areas.

Be patient and don't try and force the play, if there is no pass on go backwards and start again.



In A Phase Of Play, Coach Forward Runs Without The Ball

In A Phase Of Play, Coach Forward Runs Without The Ball



Pitch Size – 3 Thirds

Attackers – 2-4-2 plus a feeder that joins in

Defender – 4-3-1 plus a Goalkeeper

Start – Feeder plays ball to left or right back depending that is in space. These players then look to play forward to players who have made forward run.

If defending team wins the ball they look to score in one of the two goals.

KEY FACTORS

Runs to create space for others – Runs those players make in order to create space for team mates.
Runs from behind the ball – overlaps, diagonal

Runs in front of the ball – inside to out, outside to in, diagonals

Runs to exploit space – Runs players make in order to receive the ball

Behind the ball – overlaps, movement into space created by others

In front – Diagonal across the defender, diagonal run, wrong footing the defender by checking and changing direction, Combination of pass followed by run.

Other Factors

Quality and timing of pass

Receiving the ball – receive with back foot on half turn

Decisions – when do I pass to a running player and when to dribble to exploit the space?

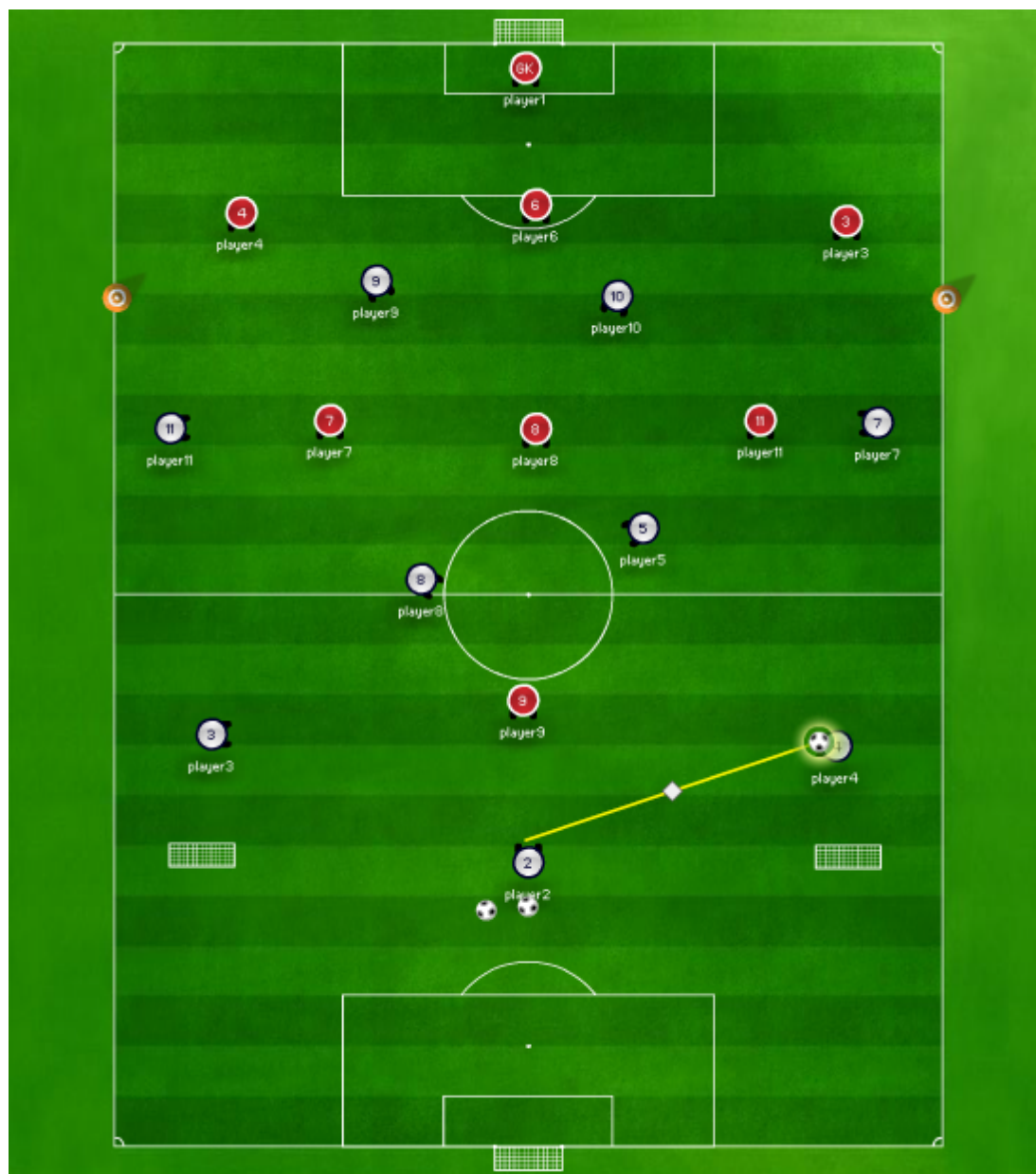
Offside – include a couple of cones either side of the pitch to act as offside cones or even ask someone who is sitting out to be a linesman as this is realistic to a game.



In A Phase Of Play, Coach Dribbling

In A Phase Of Play, Coach Dribbling

-



Pitch Size – 3 Thirds, Attackers shooting into big goal, Defenders shooting into two small goals

Attackers – 2-4-2 plus a feeder that joins in.

Defender – 3-3-1 plus a Goalkeeper.

Start – Feeder plays ball to left or right back depending that is in space. These players then look to play forward if on.

If defending team wins the ball they look to score in one of the two goals.

When coaching tell your feeder player which side you want him to pass the ball out to so that you can stay that side and coach from that side, then half way through your session change your coaching position and ask feeder to go out other side.

KEY FACTORS

Creating Space

- Wide players stretch the pitch and move wide to allow space for central players to receive the ball.
 - Wide players move on shoulders on defenders then check away then back to receive the ball
 - Centre forwards work together one making a diagonal run in behind taking the defender with them whilst the other comes deep to receive the ball.
1. Receive the ball on the half with back foot,
 2. Decision – am I in the right area of the pitch to dribble, is there space to move into or a defender I can commit, is the area too tight (should I pass)
 3. First touch positive – nice touch out of feet to attack the defender/space (make sure player uses laces for their first touch)
 4. Close control to be able to change direction, head up so player can see the big picture
 5. Speed, don't give defenders time to reposition
 6. Support – can players higher up the pitch move into space or create space for man on the ball by pulling defenders away with runs.
 7. Technique of skills to beat defenders
 8. End product – pass, shot, cross

If a player on the ball can't dribble can we switch the play to where there is space for a player to move with the ball.



In A Phase Of Play Coach Attacking In Central Areas

In A Phase Of Play, Coach Attacking Play In Central Areas



Pitch Size – 3 Thirds, Attackers shooting into big goal, Defenders shooting into two small goals, offside cones also added in to make it game realistic.

Attackers – 2-4-2 plus a feeder who joins in.

Defender – 3-3-1 plus a Goalkeeper.

Start – Feeder plays ball to left or right back depending that is in space. These players then look to play forward if on.

If defending team wins the ball they look to score in one of the two goals.

KEY FACTORS

Creating Space

- Wide players stretch the pitch and move wide to allow space for central players to receive the ball.
- Wide players move on shoulders on defenders then check away then back to lose markers.
- Centre forwards work together one making a diagonal run in behind taking the defender with them whilst the other comes deep to receive the ball.
- Encourage short quick passing and wall passes to beat defenders

DIAGONAL RUNS across the line to drag opponents out of position

RECEIVE on the half turn in order to go forward and so that you can see a bigger picture.

ATTITUDE - Positive Attack with momentum

COMMIT DEFENDERS BY:

- passing the ball past the defender – through ball
- wall pass to move into space behind the defender

When coaching tell your feeder player which side you want him to pass the ball out to so that you can stay that side and coach from that side, then half way through your session change your coaching position and ask feeder to go out other side.

Runs to create space for others – Runs those players make in order to create space for team mates.
Runs from behind the ball – overlaps, diagonal

Runs in front of the ball – inside to out, outside to in, diagonals

Runs to exploit space – Runs players make in order to receive the ball

Behind the ball – overlaps, movement into space created by others

In front – Diagonal across the defender, diagonal run, wrong footing the defender by checking and changing direction, Combination of pass followed by run.

Other Factors

Quality and timing of pass

Receiving the ball – receive with back foot on half turn,

Decisions – when do I pass to a running player and when to dribble to exploit the space?

Offside – include a couple of cones either side of the pitch to act as offside cones or even ask someone who is sitting out to be a linesman as this is realistic to a game.



In A Phase Of Play, Coach Attacking From The Middle Third To The Final Third

In A Phase Of Play, Coach Attacking From The Middle Third To The Final Third

-



Pitch Size – 3 Thirds, Attackers shooting into big goal, Defenders shooting into two small goals. May add in cones for offside.

Attackers – 2-4-2 plus a feeder.

Defender – 3-3-1 plus a Goalkeeper.

Start – Feeder plays ball to left or right back depending that is in space. These players then look to play forward if on.

If defending team wins the ball they look to score in one of the two goals.

When coaching tell your feeder player which side you want him to pass the ball out to so that you can stay that side and coach from that side, then half way through your session change your coaching position and ask feeder to go out other side.

KEY FACTORS

MOVEMENT - Midfielders and forwards to create space by interchanging of positions (check to the ball to receive, overlaps from full backs, players creating space for others)

Space – Wide players get wide creating more space in central areas.

POSITIVE - Attitude of the receiving player when the feeder has passed to them, to get the ball forward to players in advance of them. (Technique when receiving the ball – side on receive with back foot, positive first touch)

RANGE of passing options available:

- * short to feet of front players who have dropped deep to receive (technique of holding ball up away from defender, side on receive with foot furthest away from the ball).
- * Long ball over the top of opponents for forwards to run onto
- * out to wide players (overlapping) who try to cross, combining with forwards, wall passes or to switch play.

QUALITY of passing - know when to pass based on forward movement

CLEVER combination play, when to play first time when to take a touch, being creative, use of flicks and tricks.

END PRODUCT - get shots on target - make the keeper work, get crossed into prime target areas.

If play on the ball can't dribble can we switch the play to where there is space for a player to move with the ball. Don't force play, don't be afraid to play backwards in order to go forwards.