



Playing from the Back in a 4-3-3

Category: Functional: Defender

Skill: U18

Pro-Club: York City FC
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Playing out of the back Screen 2 (25 mins)

Coaching Points: Shape in transition to play and get out.
Centre halves split and FBs must get high and wide.
Passing options in relation to shape; quality passes (speed and weight); high tempo at all times.
The shaded areas are my own opinions on where the ball should be delivered to (dependant on the game situation).



Playing out of the back 5v4 to targets (30 mins)

1. Coach starts activity and defenders should start as a compact unit. No one is allowed into the 18 except for the goalkeeper. When keeper catches ball, defenders get to attacking shape.
 2. Blues try to connect a minimum of five passes before playing into targets.
 3. If orange wins the ball, play ball back to coach for the first 10 times. After that, orange can attack the goal right away.
- Coaching Points: Shape in transition to play and get out, center halves split and FBs must get high and wide; passing options in relation to shape; quality passes (speed and weight); high tempo at all times



8v8 to Goal/3 Goal Counter (25 mins)

How to Play

Coach plays a ball into the Red keeper.
Reds defend the ball in then look to play out into the 3 goals.

Coaching Points

- 2 and 3 should be high and wide when we have possession
2 and 3 should have the freedom to get up into the attack
The 9 should find space b/t lines and offer the depth. Also needs to make good decisions on the ball
6 and 7 should be pivot players, looking to change the point of attack when possible.
5 and 4 drop out and provide depth and support when the ball can't be played forward
6, 7 & 8 are free to rotate in support of the ball and create space for each other.
Be quick in transition to defend spaces and get compact right away in relation to the ball.
Connect the lines and whole team gets forward when ball is forward.
Read visual and verbal cues from teammates to anticipate movements.

