

# UEFA B Playing Out From The Back (GK POP)

Category: Goalkeeping

Length: 00:35 Rec. Players: 17

Published: July 18, 2014 @ 10:15

## Practice Theme/Topic

Phase of Play, coach a team to play out from the back

### General Notes

Playing out from the back, Phase of Play, 9v8

### Aims & Objectives

Work on playing out from the keeper and whether to play short or play long

### Organisation & Setup

Pitch size: full width x 3/4 length from goal to 15 yards past halfway line.

Target goals for coached team to attack

### Coaching Factors & Outcomes

See Coaching Points

### Adaptation & Progression

Number of players could vary from 9v8 to 10v9

### Technical

N/A

### Physical

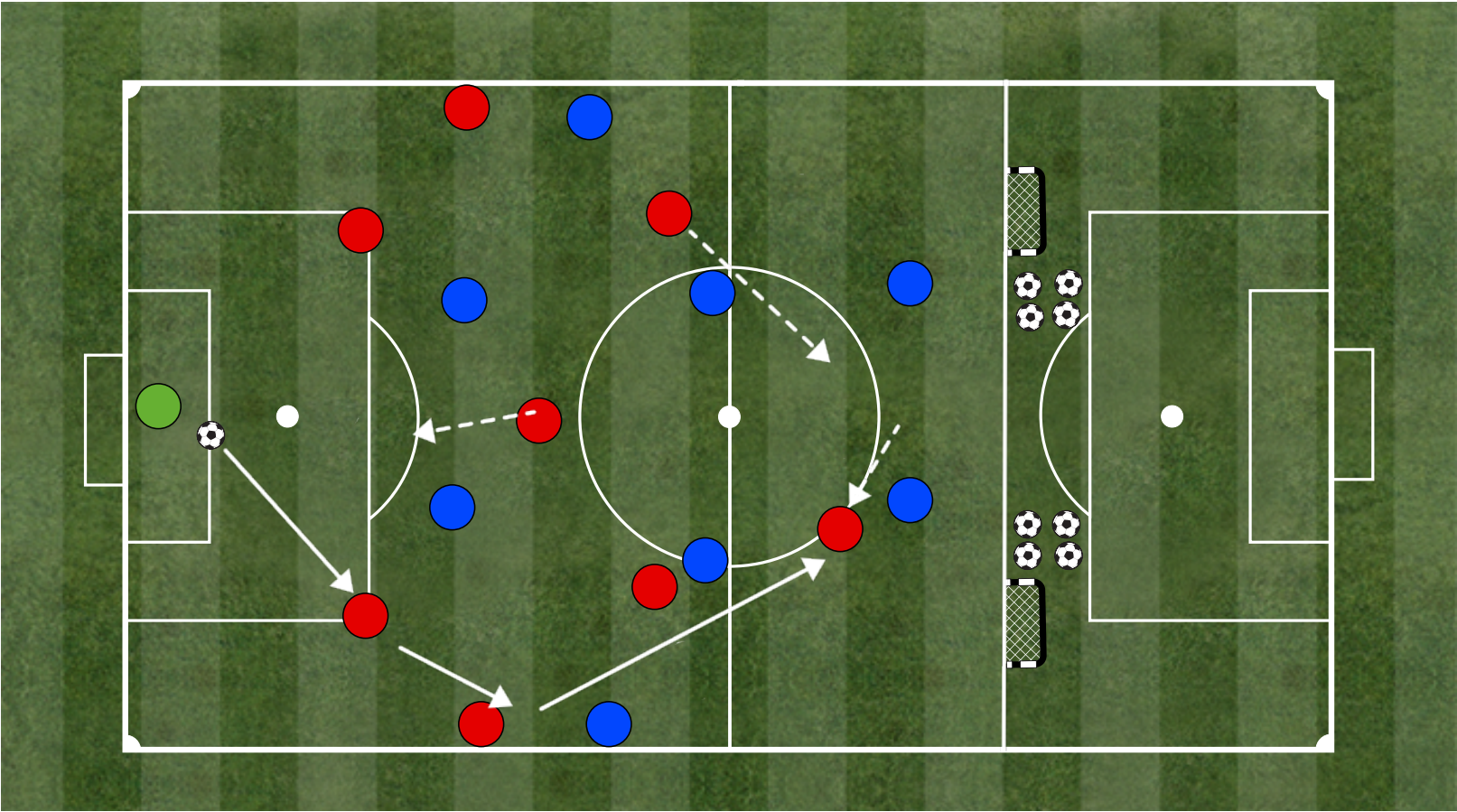
N/A

### Psychological

N/A

### Social

N/A



### Coaching Point #1

Organisation/Team Shape

- CBs on corners of 18yd box / FBs high and wide
- Frontman stretch opposition as long as possible
- DCM drop deep but not too early
- One CM pushes up to support FW

### Coaching Point #3

Playing out through CBs: CB travels with ball, DCM fills in

Playing out through FB: GKs ability to find FB, team-mates slide

### Coaching Point #2

GKs passing: when to pass to feet, when to pass into space

### Coaching Point #4

Playing out through DCM: MF shape to support

Playing out through FW: Keeper's ability to pick out FW, ACM support



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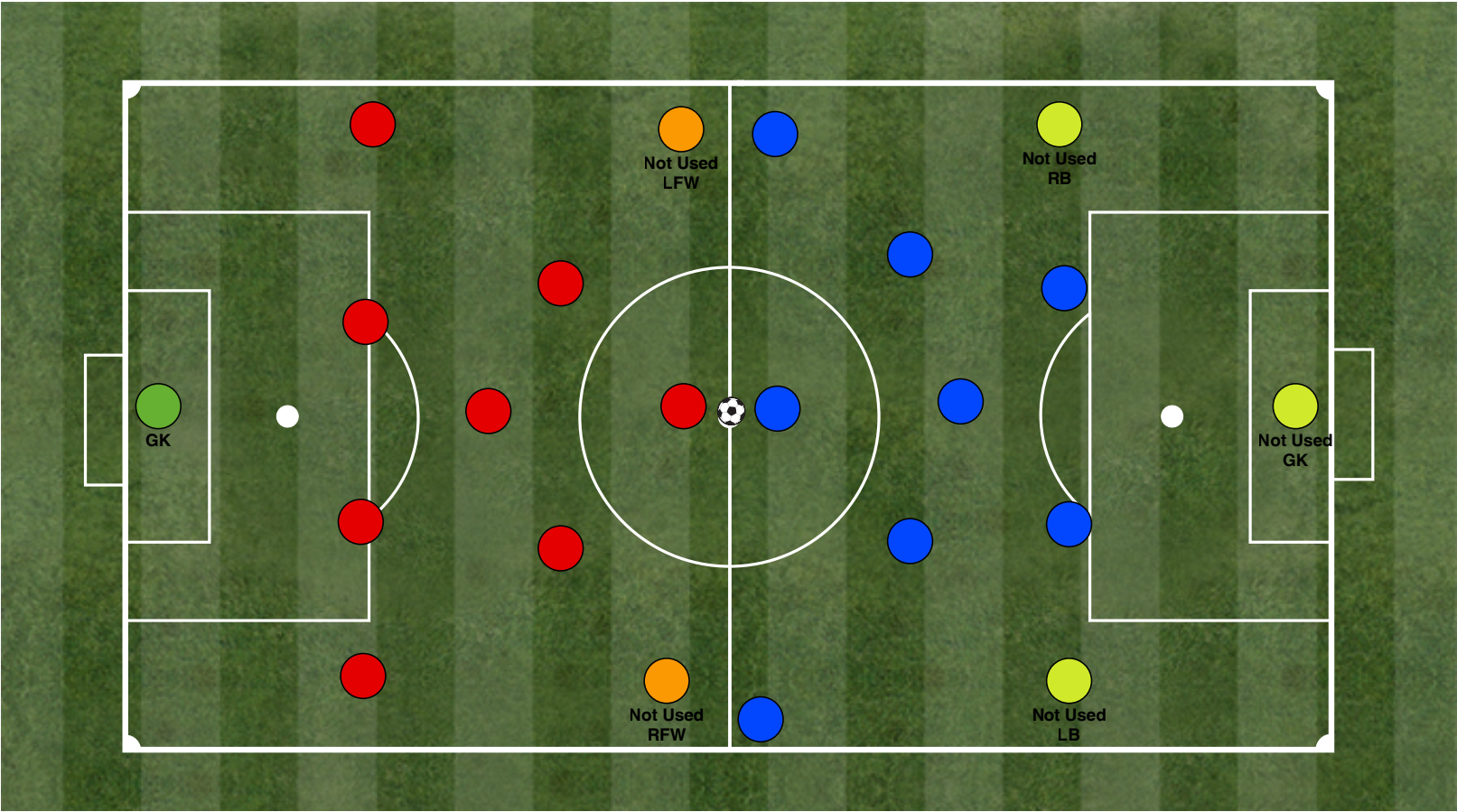
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