Practice Theme/Topic

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

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**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

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**Technical**
N/A

**Physical**
N/A

**Psychological**
N/A

**Social**
N/A

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**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

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**Coaching Point #2**
GKs passing: when to pass to feet, when to pass into space

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**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

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**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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Playing out through CBs: CB travels with ball, DCM fills in slide
Playing out through FB: GKs ability to find FB, team-mates slide

Coaching Point #2
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