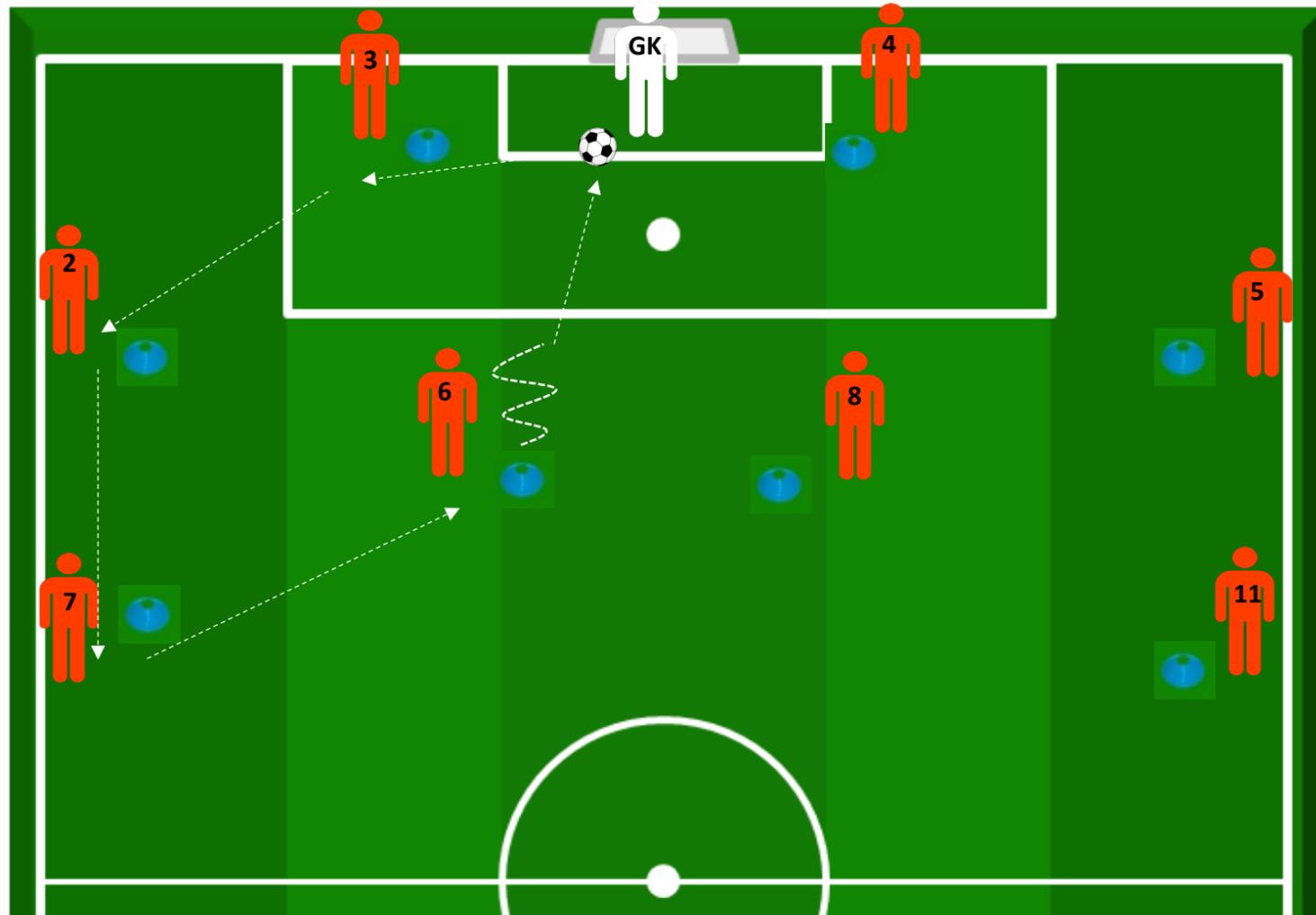




Passing Practice: BP – Building Out From The Back



ORGANISATION

- 8-9 outfield players and a GK, split into 2 working groups and set up in playing formation that represents 4-3-3.
- Practice starts and finishes with the ball being played from or into the GK.
- Both side of the practice can either play simultaneously or alternatively.

PATTERN 1

1. GK passing into CB (3/4) who opens out and passes into the closest FB (2/5). On receiving the FB (2/5) takes their 1st touch forward and passes down the line into the WP (7/11). The WP (7/11) takes their 1st touch inside and links with the DMF (6/8). The DMF (8/6) takes their 1st touch towards goal, dribbles to the edge of the box and passes to GK.

PATTERN 2

2. This time after the CB (3/4) pass the ball into FB (2/5) they make a run to support underneath the ball. On receiving the FB (2/5) drops the ball off to the CB (3/4). The CB (3/4) now pass forward to find the WP (7/11) at feet, before passing into the DMF (6/8) and the ball returns back to the GK.

PATTERN 3

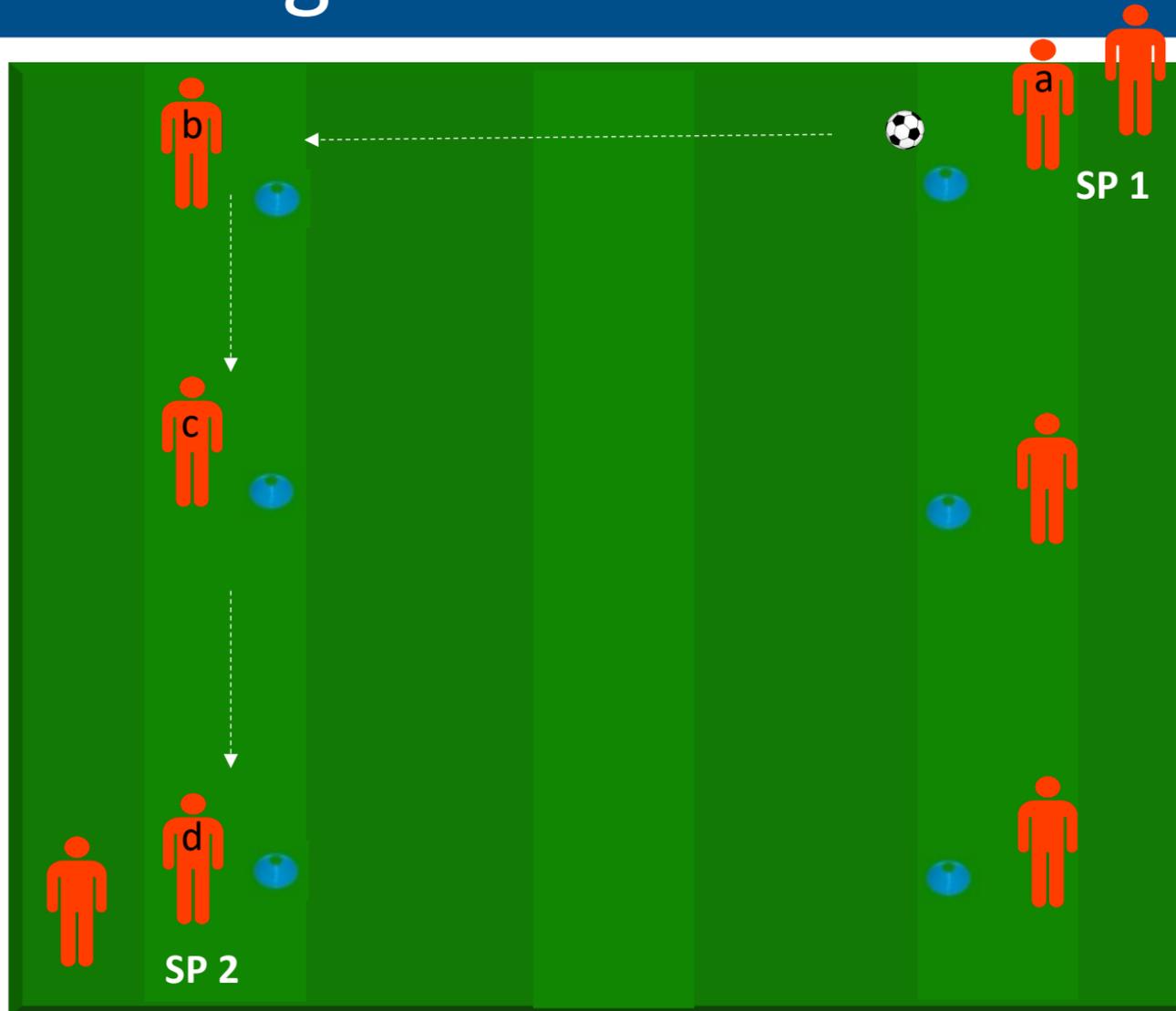
3. This time on receiving the CB (3/4) drives forward with the ball, before passing into the WP (7/11). On receiving the WP (7/11) drops the ball off to the FB (2/5) who is supporting underneath the ball. The FB (2/5) takes their 1st touch inside before passing into the DMF (6/8) who return the ball back to the GK.



Watch Now



Passing Practice: BP – Building Out From The Back 2



ORGANISATION

- 8-10 outfield players, have 2 players at each of the Start Points (SP) and 1 player on all other cones.
- Players rotate (anti clockwise) around the area by following their pass.
- The practice changes direction (anti clockwise – clockwise) when the coach shouts 'CHANGE'

PATTERN 1

1. The starting player (a) (SP 1) pass across the area to player (b) replicating a FB – CB pass.
2. On receiving the player (b) takes a touch forward and pass into the middle player (c), who turns on receiving.
3. Player (c) then pass out to the waiting player (d) at the opposite end, pattern repeats from SP 2. .

PATTERN 2

2. Same as the previous pattern, but this time the player (c) completes at one-two around the end cone with player (d) before the practice continues from SP 2.

PATTERN 3

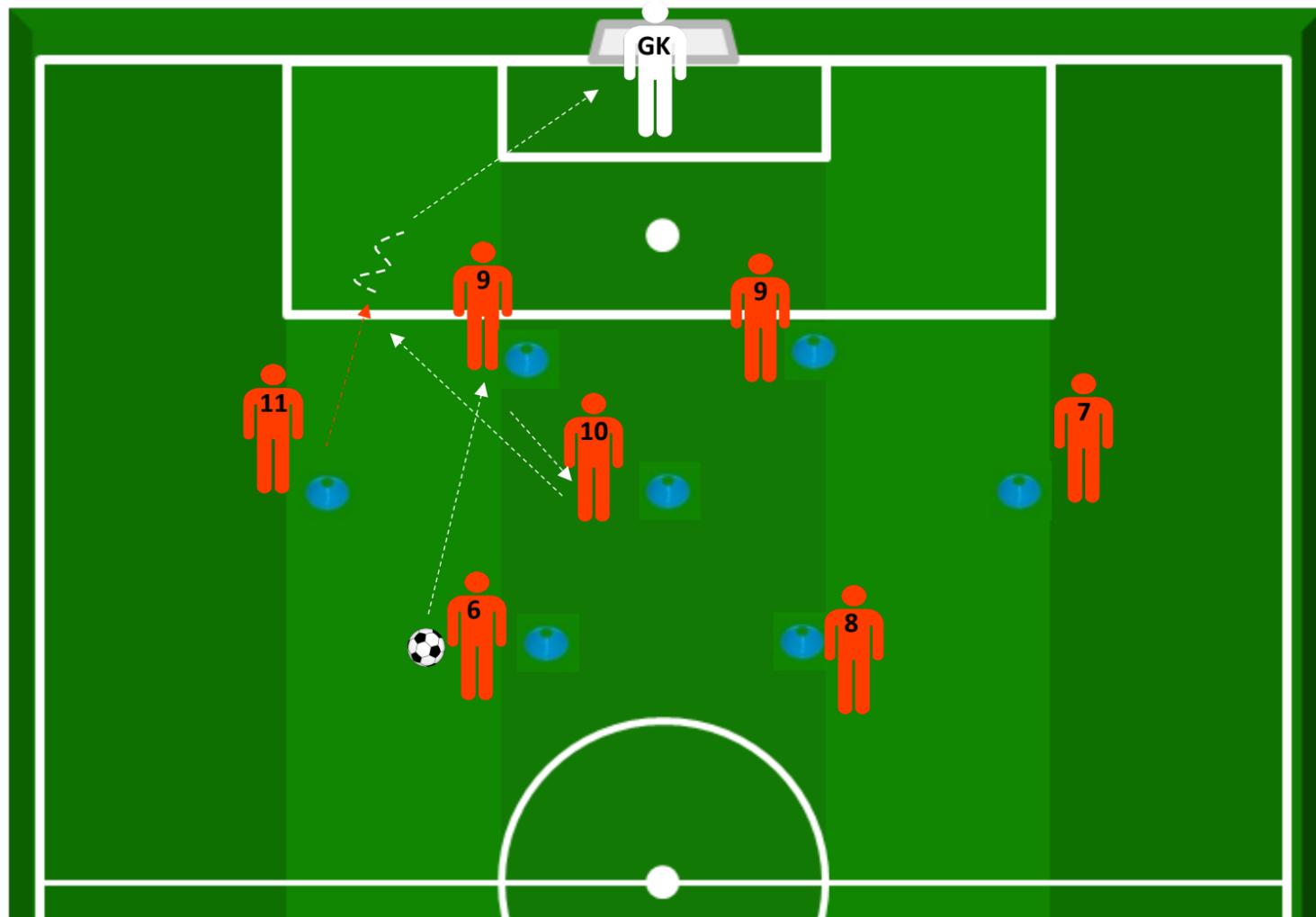
3. Continues to build the practice by adding a one-two around the cone between player (a) and player (b) and also player (b) and player (c). The players now play a one-two pass around all cones when passing the ball around the area.



Watch Now



Passing Practice: BP – Incisive Possession ATK 1/3



Watch Now

ORGANISATION

- 8-9 outfield players and a GK, split into 2 working groups and set up in playing formation that represent 4-3-3.
- Practice starts with a CMF (6/8) and finishes with a shot on goal.
- The left and right side of the practice work alternatively.
- Players rotate positions after each turn

PATTERN 1

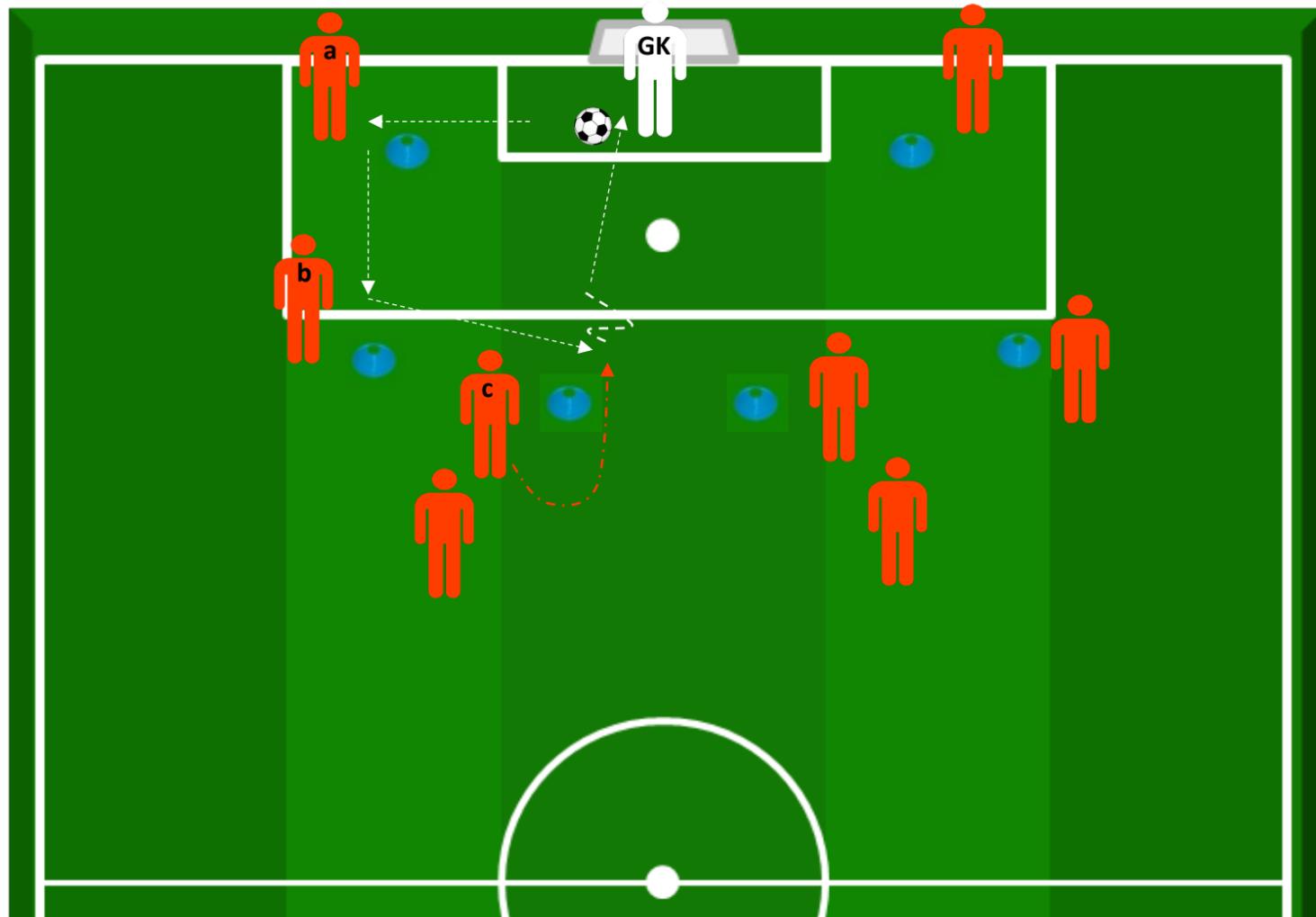
1. CM (6/8) pass forward into FW (9) feet. FW (9) drops the ball off to CAM (10) who is supporting underneath the ball. The CAM (10) on receiving passes forward to release WP (7/11) into a goal scoring position. The WP (7/11) shoots at goal to finish the movement.

PATTERN 2

2. This time after the CB (3/4) pass the ball into WP (7/11) and then moves to support underneath the ball. On receiving the (WP (7/11) drops the ball back to the supporting CMF (6/8) player. The CMF (6/8) now passes into the CAM (10) who plays 'around the corner' to find the FW (9). The FW (9) now release the WP (7/11) into a goal scoring position.



Passing Practice: BP – Final Acts 1



ORGANISATION

- 8-9 outfield players and a GK, split into 2 working groups.
- Practice starts with GK rolling the ball out to a start player stationed outside the 6 yard box.
- Players follow their pass and rotate around the activity.
- The left and right side of the practice work alternatively.

PATTERN 1

1. The GK rolls the ball out to player (a) who takes their 1st touch forward and passes into player (b).
2. Player (b) takes their 1st touch inside and plays a pass into player (c) path for a shot on goal.
3. The GK then restart the practice rolling the ball out to the start player on the opposite side.



Watch Now



Passing Practice: BP – Final Acts 2



ORGANISATION

- 8-9 outfield players and a GK, split into 3 working groups.
- Practice starts with ball 1, followed by ball 2 and ball 3. After each shot the FW (9) return to their start cone.
- Players alternate roles during the practice.

PATTERN 1

- Ball 1 & 2 – The FB (2/5) passes into the WP (7/11) and then makes an overlapping run. The WP (7/11) releases the FB (2/5) into a crossing position. The FB(2/5) crosses to create a goal scoring opportunity for the 9 who is making a run into the box to shot on goal.
- Ball 3 – The CAM (10) plays a forward pass to release the FW (9) into a 1v1 situation against the GK.

PATTERN 2

- Same set up as pattern 1, but this time the far-side winger also makes a run into the box to get into a goal scoring position. The crosser now has two targets.

PATTERN 3

- The WP (7/11) now become a static defender. The FB (2/5) dribbles toward the DEF and use a faint or fake to beat them to releases themselves into the crossing position. Again both the FW (9) and far-side WP (11/7) make attacking runs into the box so the crosser has two targets.