

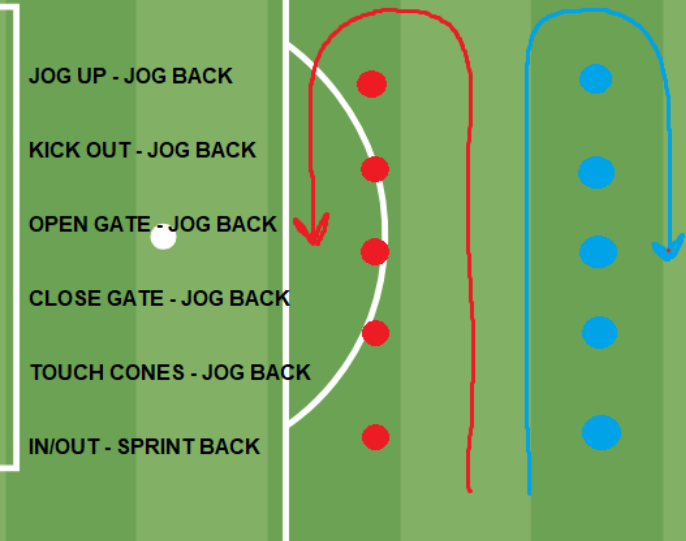
Lead Coach/Assistant Coach: Mitch Gough/Carl Rhodes

Session Development (Why and Tactical Rationale)	Further to previous session we have introduced the squad to the concept of playing out from the back. We need to develop not only the ability to do this but the bravery and confidence in the players. Tactically I will work with them to understand the why, which is to retain and build, but also the understanding that this will draw the opposition out of shape and create spaces for us to exploit. This session will build on from last weeks session and after reviewing last weeks session the lead in practice will be completed in shape and the Phase of play altered a little.	
Main Objective	Develop ability of building from the back under pressure	
Player Considerations	Technical/Tactical Can players receive under pressure with the correct body shape? Do players understand their positioning, e.g LWB and RWB dropping deeper and staying wide to receive, when to move up? CDM dropping in to become the link and offer a forward pass? Do we need to add technical warm up elements to support this in our warm up. How can my lead in practice help me to get them to do this under pressure.	Psychological Are players confident and brave enough under pressure to play from the back? Do they show resilience after making a mistake? How can we support this – can we build their confidence through repetition and praise when they achieve success to reinforce this?
	Physical Consider the players mobility, stamina and agility when building up from the back and the demands on them and the pressing players when we are asking for repetition. Manage the load by rotations in lead in practice.	Social Encourage communication, are leaders emerging that we can support. Are players supporting each other under pressure? Peer led Warm up to develop unity and Trust
Principles of Play	Movement, Create Space and Support in the first instance when we initiate the play. Penetration and Creativity as we progress into Midfield.	
Primary Player Primary Unit Secondary Unit Tertiary Unit	Primary = CDM. He will be the link offering central support and options to play forward. Primary Unit = GK, LCB, CB, RCB, CDM. The GK and 3 Defenders will initiate the play Secondary = LWB, RWB, These players provide width Tertiary = CM. they will offer vertical progression and supporting options.	



Warm Up – Player Led Dynamic stretching

Coach led Technical Practice– passing and moving, unopposed/semi opposed (15 Mins)



Player Led Warm Up: Each week someone will lead this warm up. This is good for the lads socially to experience leading practice, helps with social confidence and promotes team Unity. The pattern is the same each session and once finished they are ready to go straight into a coach led technical practice.

Passing Technical Warm up:- Layout as per below left diagram. Half of the squad start in a square passing to their right and following their pass. They will then go to the back of the next line where the ball was passed too. Focus on receiving on the back foot and taking a first touch to direct you the way you intend to travel next – this will support us in game. Once everyone has gone around one way – repeat in the other direction so you are working both sides.

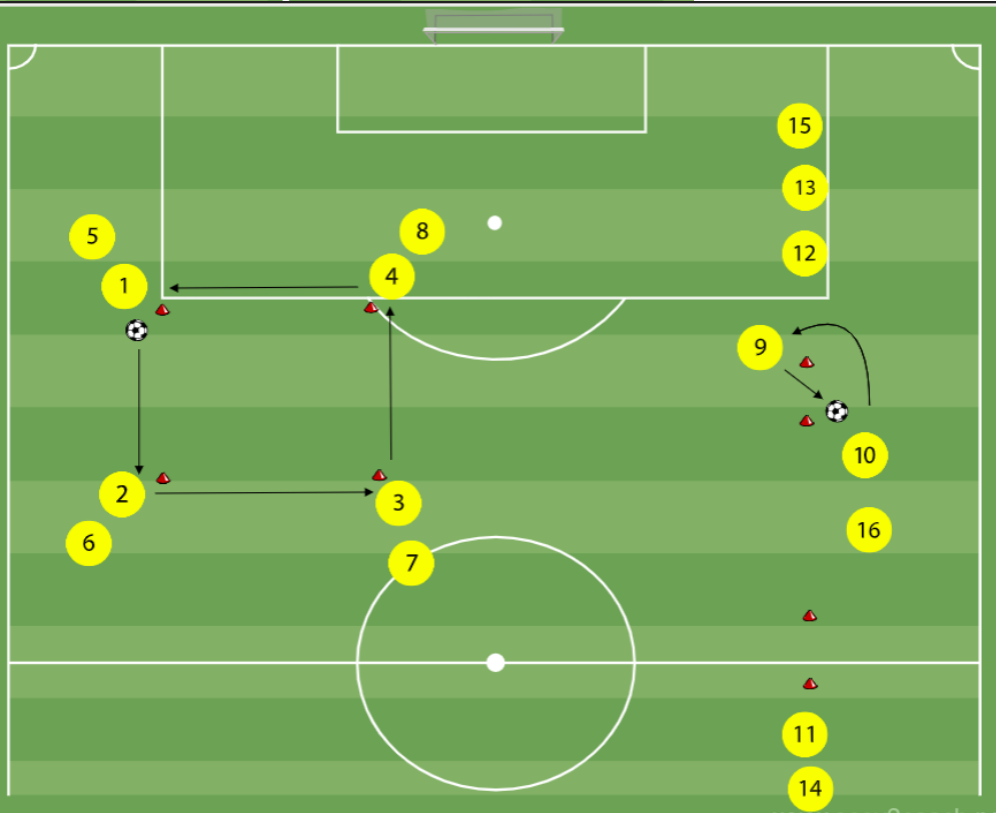
Whilst this is going on simultaneously the other half of the squad will be moving with the ball, passing through a gate to a team mate who will then dribble up to the next set of gates and pass through the gap. This is focussing on accuracy of pass and receiving the ball whilst you are moving as well as moving with the ball.

After this has ran through– we will add a progression. Once you have passed your ball to your team mate you run around the cones and chase them down so they have to move at pace, opposed and under pressure. This again will be helpful on game day.

Coaching Points:-

- +Bodyshape when receiving the ball
- +weight of pass
- + accuracy of pass
- + timing of pass

Why? – I have identified that my players require technical refinement to support the ideal of playing out from the back. Technical practice will form part of each of my sessions to improve this. I will scale this up to opposed technical practice at times too to work on the technical elements in realistic game scenarios when under pressure.



Lead in Practice: “Break the Line” – 20Mins

Set up :- As per left top diagram. Squad divided into 3rds. Players locked in End Thirds. Play will start on one end. As per with the ball with “Yellow 2” in this example.

Instruction:- After at least 2 complete passes in your third between your team mates (so yellow in this example) – ball must played to the orange team in the opposite end 3rd bypassing the red team in the middle and “breaking their line”. Red team in the middle all are locked in apart from 2 players who can “jump” and press in the end 3rds to try and intercept. Remaining players in the middle must slide and screen to cut off passing lanes. Each team will have a rotation in the middle to ensure we are managing player load and keeping intensity as realistic as possible.

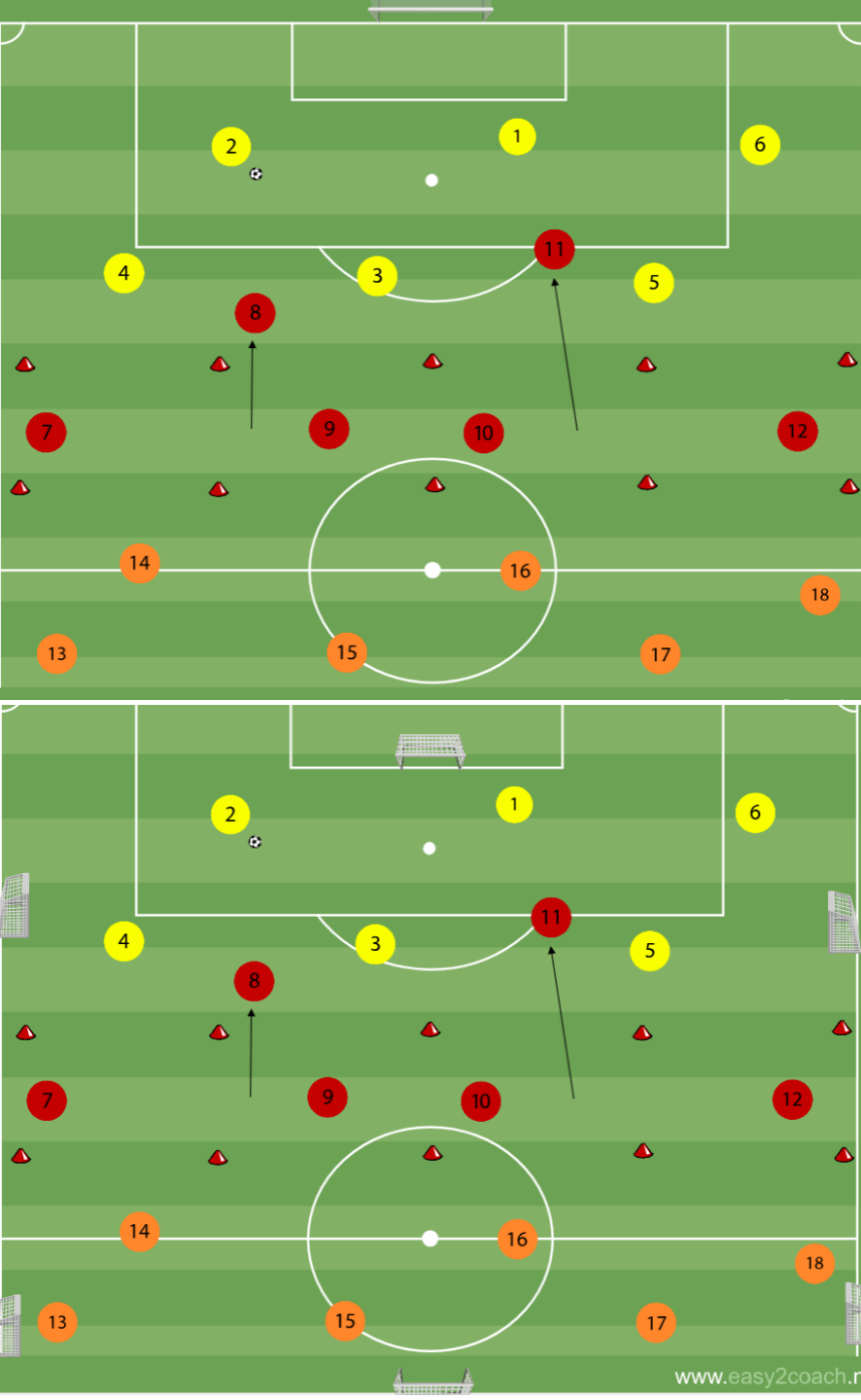
Conditions:- At least 2 passes between players in their own end thirds. Only 2 players can “Jump” from the middle to press. 2 different players must press the other 3rd if line broken.

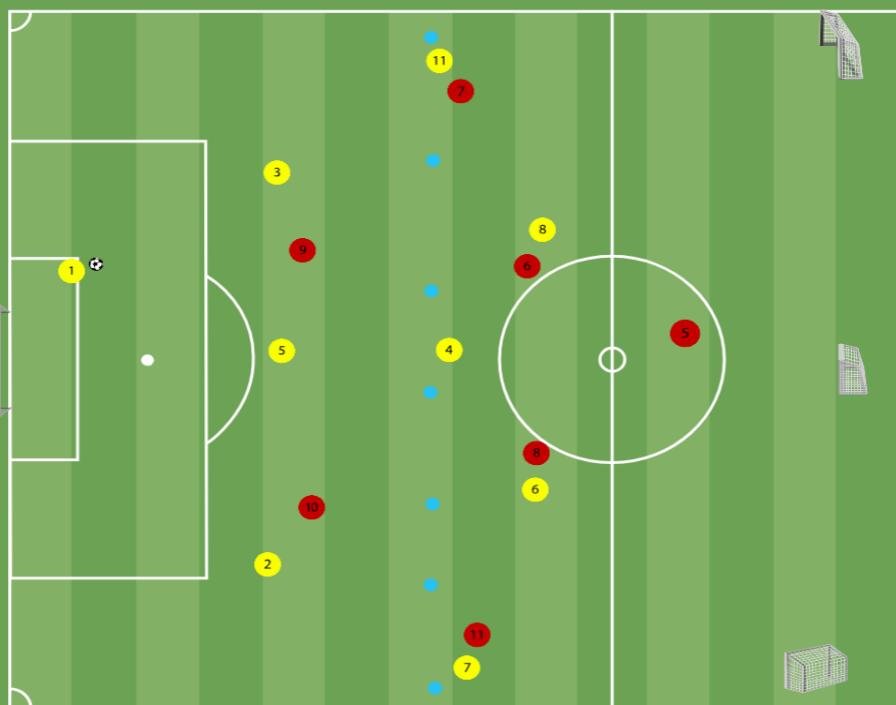
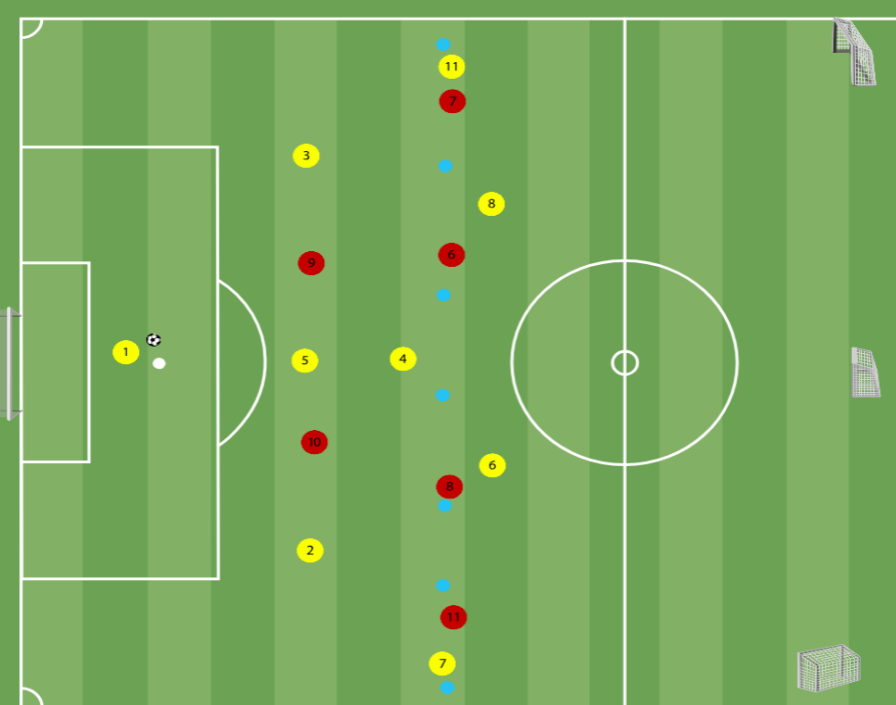
Notes: By adding the condition of 2 passes between players in the end thirds the objective is to replicate building out play from the back when the opposition 9 and 10 may press. The 2 passes allows time for my middle players in red to “jump” from the middle and apply pressure. It also adds realism as the teams in the end thirds will not be doing this without pressure on the ball. They must also find a pass to break the line of opposition or play beyond (over) them.

Coaching Points:- + How can we support off the ball using our principles of play in possession?
+can we look to play forward early?

+If we can't – can we retain and build changing the point of attacked to penetrate the line of red?
Progression:- After a rotation each in the middle as the “defending team” so they understand the objective and are familiar with the practice it – explain to the team that is locked in the middle that they can now upon interception score in the focus goals in either third, but must do so within 5 seconds of turnover and they can combine to do it. 1 Goal for the ones on either side as per the diagram 2 Goals for the one directly behind the player in the end 3rds. Keep score. I am doing this to 1, keep the intensity high in the pressing team, but also work on that penetrative pass either into a striker or out wide

FINISH WITH A WATER BREAK – REVIEW COACHING POINTS AND EMPHASISE HOW THIS HELPS OUT WITH OUR OBJECTIVE OF BUILDING FROM THE BACK – SOCIAL/PSYCH TIME – 5MINS





Phase of Play - Build out from the back – 20 Mins

Set up :- As per Diagram I'll be working with the primary units of players for this (Yellow) – but will require 6 “opposition” players to replicate a 4 man midfield and 2 strikers (Red)
Yellow will be set up in a 1-3-5 to replicate our matchday set up. 3 focus goals will be placed as per the diagram in the other half to give focus to the team playing out from the back the central one to replicate a striker, and blue flat spot markers places as point of reference.

Instruction:- Play will always start from the Goalkeeper. Retaining and building possession, the objective is for the Yellow team to advance past the blue focus spots on the pitch to score in any one of the 3 focus goals.
Red team if they can win possession back their objective is simply to score in the main goal. Otherwise play is normal.

Progression:- After a period of time I will add another player for the Red Team (5 for the Red team in this example) This will replicate a Defender for the out of possession team and he can slide and screen accordingly really forcing the in possession yellow team to retain and build where necessary and advance up the pitch to create the overloads to achieve their objective of scoring a focus goal.

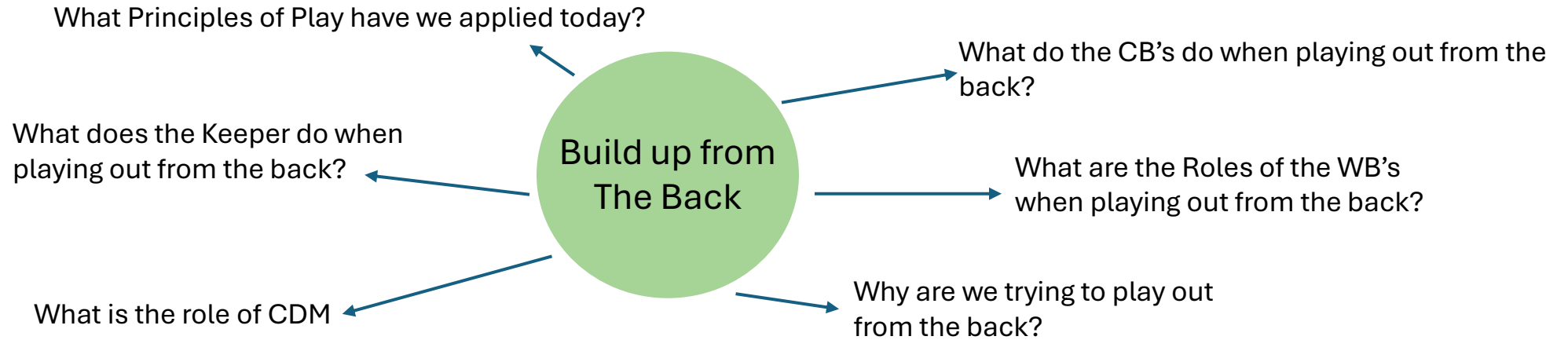
Coaching Points:-

- +Tempo and Structure of Build Up
- +Supporting angles and distances
- + Identify playing around, playing through, playing into, playing onto and Playing Beyond.
- + Think about our in possession principles
- + highlight the lead in practice linking to this

Debrief, Cool Down, Communication – 5 Mins

Debrief with the players. Check learning and coaching points, chat to the players – how has their week been? Any dramas? Any plans?

KNOW YOUR PLAYERS



Final Thoughts Pre Session and Reflections

This session is built around a match-relevant tactical issue and incorporates technical, physical, psychological, and social development through varied practices. Player ownership, realistic scenarios, and reflection are integrated to support long-term learning. This is an ongoing learning process and creating a structured build up is something that will require repetition and varied practices. We have friendlies coming against Lapal and Gornal – we can monitor the effectiveness of this in the games ahead.

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What Went Well - The players understood the reason why we want to play out and build from the back, and we have buy in.

Even Better If – The Lead In practice could have been done in “Shape” I will revise this and revisit in a later session

Changes Or Modifications – as per the above lead in practice in shape.