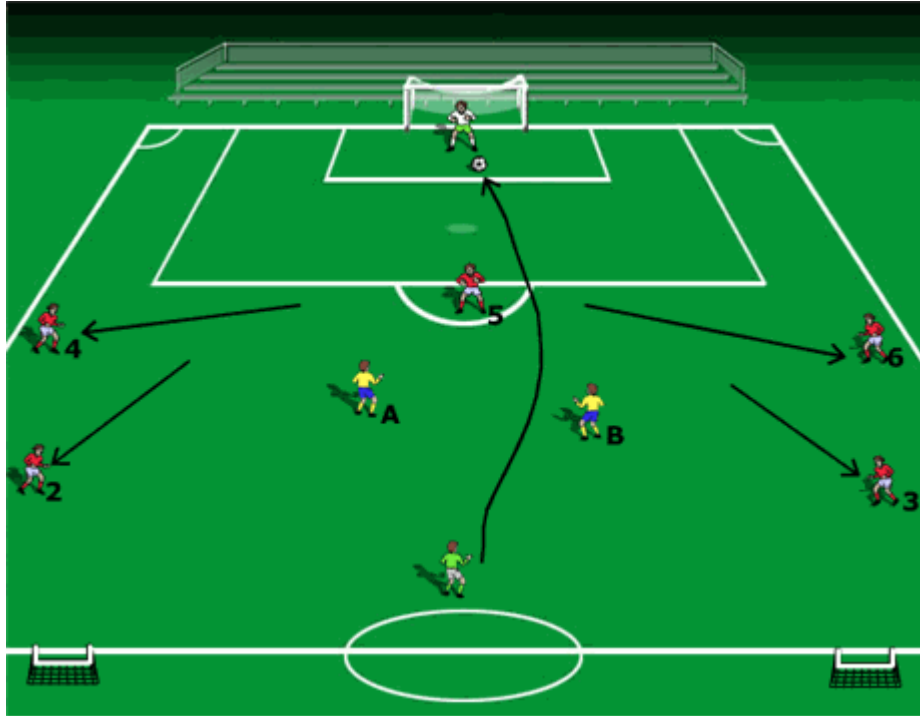


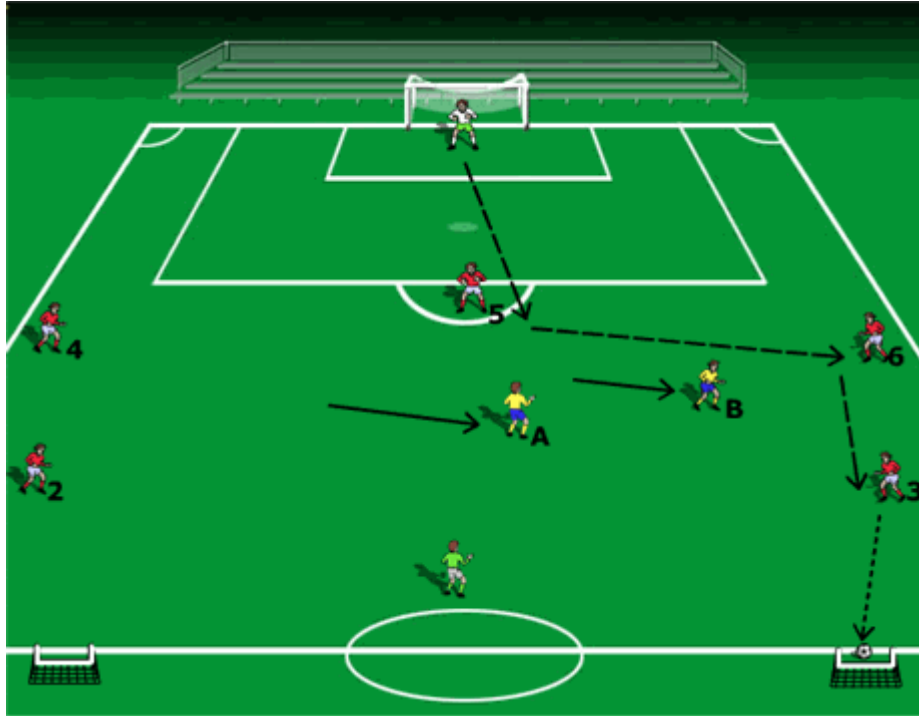
DEVELOPING PLAY FROM THE BACK IN A 5-3-2



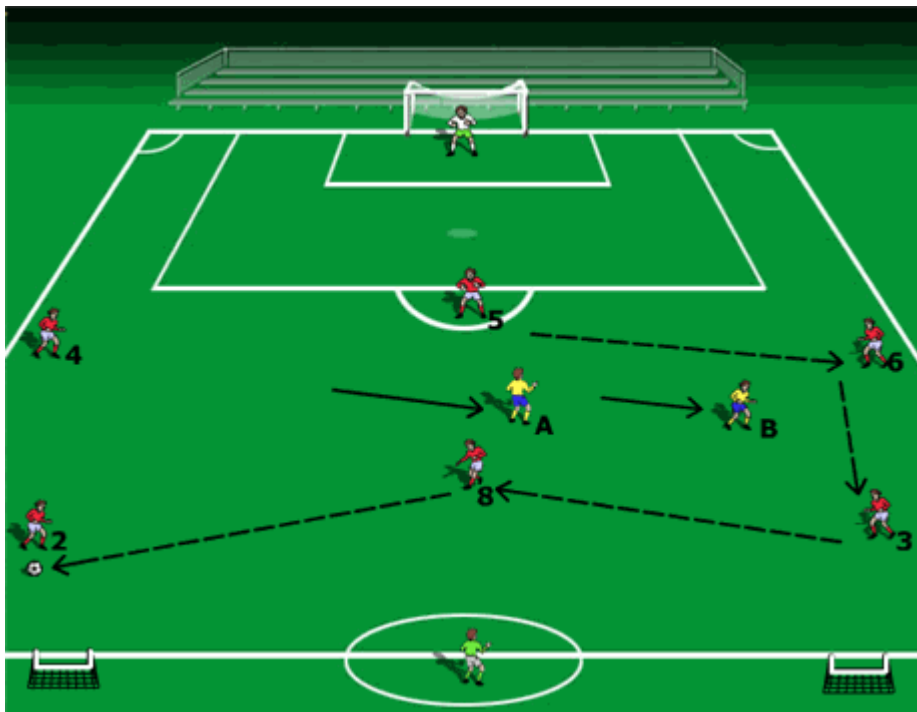
1. Start Position: The team is defending so players are tight together against 2 strikers. The coach plays the ball to the Keeper and they spread out from the back.
2. Have the strikers follow the ball in like it is a shot to keep it realistic, then the keeper distributes the ball from there.



1. The use of width is imperative in this set up. The players must use the maximum width possible to spread the opponents out.
2. Full backs become **“Wing – backs”** and move wide and forward. Center backs spread out wide on both sides (like outside midfielders or wingers) to offer themselves to receive the ball from the keeper.
3. The sweeper may get it if that is the player who is left free if strikers (A) and (B) mark the wide center backs.



1. Wing – backs must maintain FULL width of the field on both sides irrespective of which side the ball is on. If they lose possession they tuck back in.



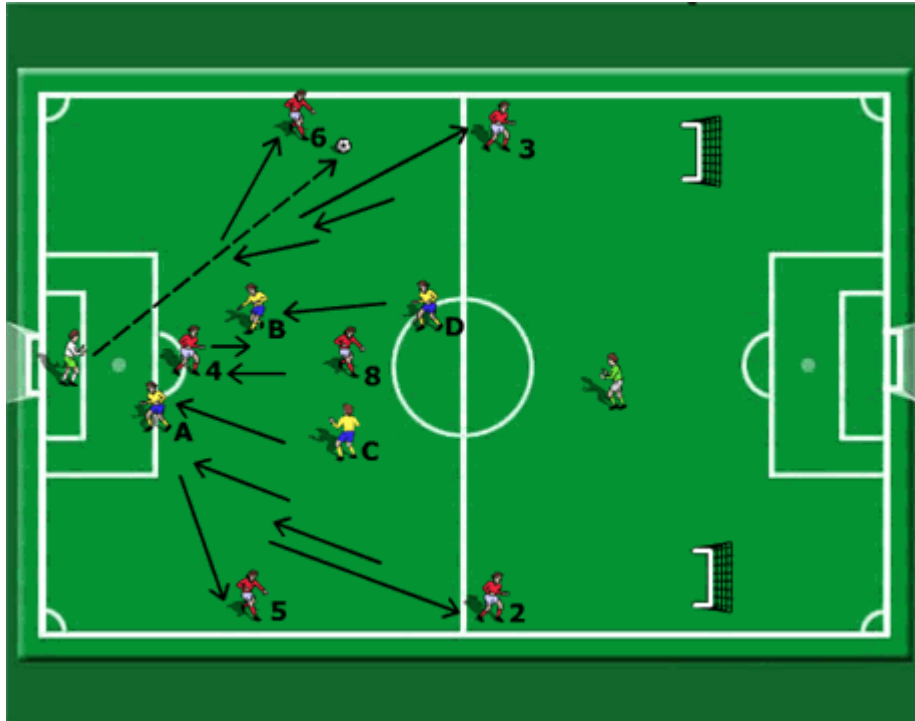
1. Introduce a defensive midfielder.

2. Here imagine (3) cannot play the ball forward, (8) has to get into a support position to transfer the ball across to the other side of the field and the other wing back (2).

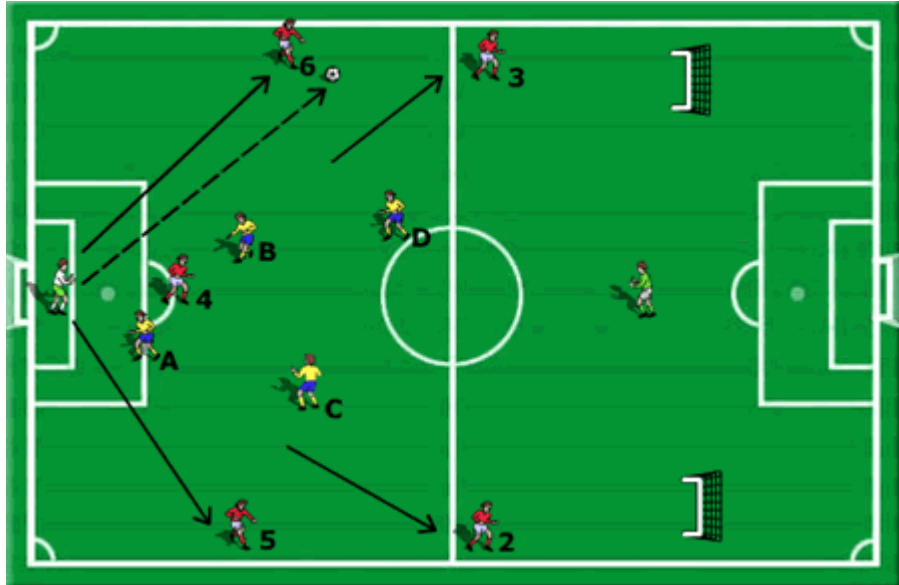


1. Introduce more defenders to make it a more difficult task to break out from the back through passing the ball.
2. If the defenders win the ball they must attack the goal.
3. Start Position: The coach plays a pass in behind the defense; in this case player (4) is pressed by the opponent striker (A) and has to pass back to the keeper.

THE BACK PASS TO THE KEEPER WITH A BACK FIVE



1. Players are recovering back as the ball is passed back to the keeper. As soon as the keeper has the ball and has time to control and assess the play without too much pressure the players break out again going the other way to offer a passing solution for the keeper.
2. If the defending is very good from the opponents then the keeper may kick it long to the coach (liken it to kicking it long to a striker). Allowing this means a lettered striker may try to close the keeper down and stop them kicking straight out but then free up a numbers player to pass to. (6) Looks the best option here but if in doubt the keeper must kick **high and long** well beyond the back five.
3. Develop: Introduce midfield players from both teams.
4. Eventually take it into an 11 v 11 on a full field.



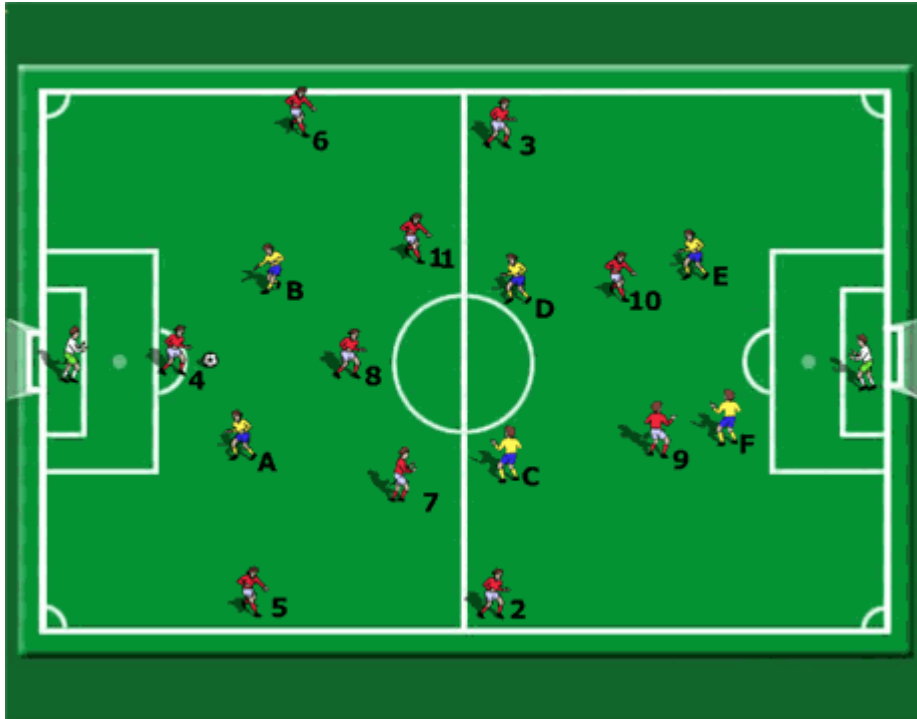
1. This is the resulting situation through the back pass to the keeper.
2. I have deliberately left it open in the outside areas so the team can get used to spreading out and playing from the back.
3. You can play around with where you position the defending team's players to see how the attacking team works the ball from the back; it may be through the middle and the sweeper (4) the next time, based on the defending players' positions.

5-3-2 BECOMES A 3-5-2



1. Here we introduce two more attacking midfield players and it shows the set up is more like a 3-5 than a 5-3 for the two units (back players and midfield players).
2. Defensively then it is a 5-3 with a back 5 and midfield 3, offensively it is a 3-5 with a back 3 and midfield 5.

SHADOW PLAY WITH AN 11 v 7 OVERLOAD



1. Now we take it into a full field game situation but with the 11 v 7 overload to ensure the team you are working with have success.
2. Start Positions can be varied, it can be a cross from wide and the keeper catches the ball and the team take their offensive shape up, or a shot at goal from a striker on the 7 player team, and likewise on gaining possession the attacking set their shape up.
3. Here the attacking team has possession and are starting building play from the sweeper (4). The team shape is an attacking 3-5-2.