



Presented by:
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THEME : PLAYING OUT FROM THE DEFENDING THIRD

WHY ?

1. TO PROVIDE PRE – DETERMINED PLAYERS WITH POSSESSION OF THE BALL IN **CHOSEN** SITUATIONS
2. TO RUN WELL ESTABLISHED **PATTERNS** OF PLAY THAT ARE CLEARLY UNDERSTOOD
3. TO PROVIDE A **BETTER** SERVICE TO FRONT PLAYERS OR MIDFIELD PLAYERS
4. TO PRODUCE AN **OVER LOAD** OF PLAYERS BEYOND THE FIRST DEFENDING LINE

TECHNICAL PRINCIPLES

1. GETTING PLAYERS **COMFORTABLE** AND **COMPOSED** ON THE BALL IN THE PLAYING THIRD NEAREST THEIR OWN GOAL
2. PLAYERS MAKING DECISIONS : WHEN, AND WHEN **NOT** TO RECEIVE IN THIS AREA
3. **DEVELOP** : SUPPORT, PASSING, RECEIVING, RUNNING WITH THE BALL, BODY LANGUAGE, AND AWARENESS SKILLS IN PLAYERS

TACTICAL PRINCIPLES

1. **RAPID** RELEASE BY KEEPER TO FREE PLAYERS
2. A PRESSURE **FREE** AREA CREATED BY OURSELVES OR ALLOWED BY THE OPPOSITION IN DEFENDING THIRD
3. UNDERSTANDING OF **AIMS** AND **CO ORDINATED** MOVEMENTS NEEDED TO PLAY FROM THE DEFENDING THIRD

SPREADING OUT AND PLAYING FROM THE DEFENSE

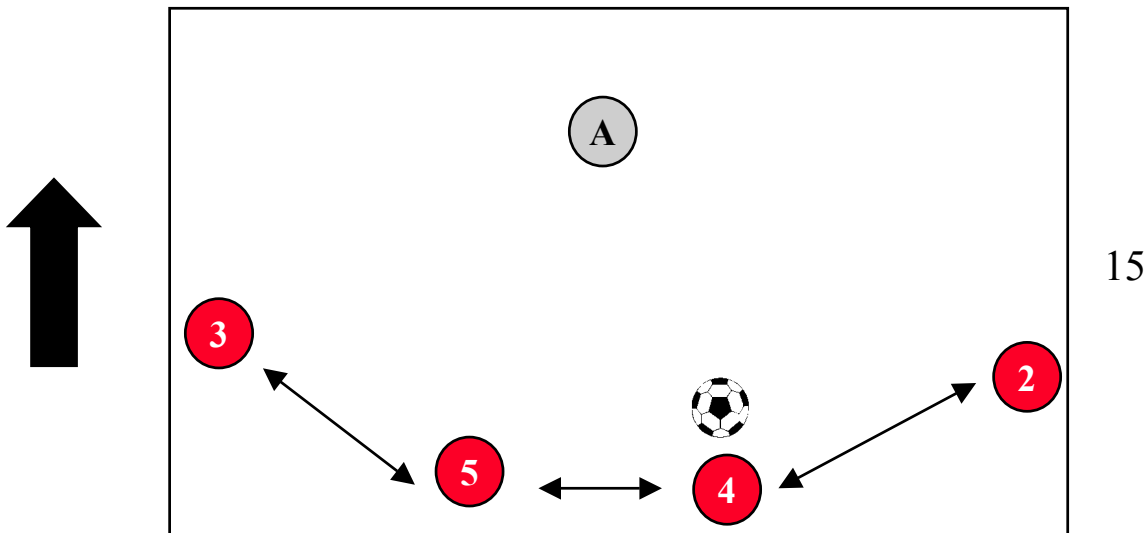
Build up your session with overload to gain confidence and get success eg 4 v 1 then 3 v 1, 4 v 2 then 3 v 2 etc

COACHING POINTS

1. Spread out.
2. Decision – when, where and how to pass.
3. Technique – quality of pass (weight, accuracy, timing).
4. Support Positions – angles and distances.
5. Communication – TALK.
6. Running with the ball.

4 v 1

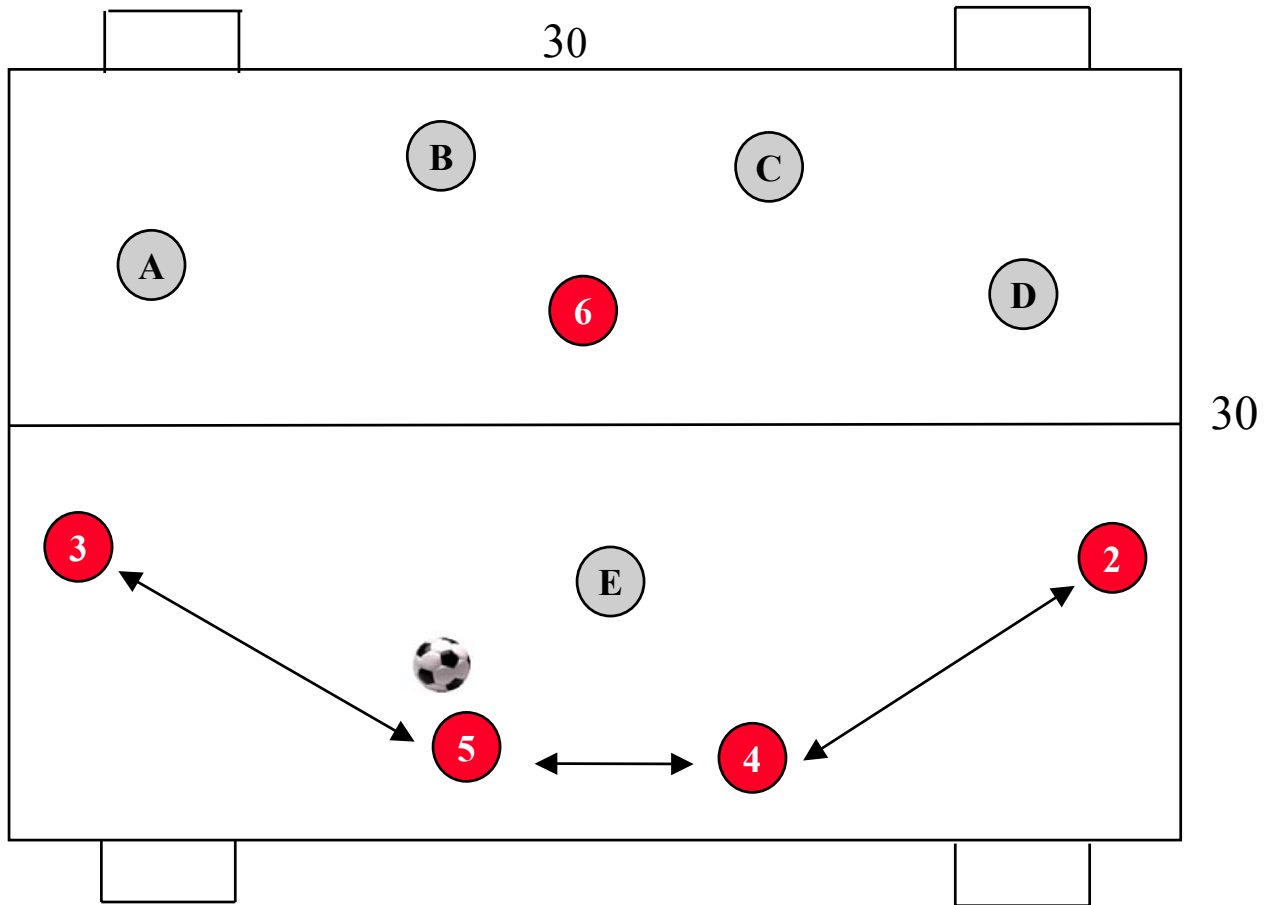
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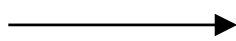
Directional session. Passing to free a player to go forward. Score by running the ball to the opposite line. Rotate players. Line represents midfield area of the field. Can change to 3 v 1, 4 v 2, 3 v 2, 4 v 3 etc.

Develop – Combine two groups and work with 10 players attacking two ways. To keep the idea of spreading out use two goals at each end so if it's tight one side switch to the other. (4 v 2 is better to work the session with, so working with twelve players). In own sessions, ratio you use depends on numbers you have.

4 v 1 x 2 (5 v 5)



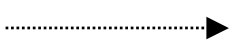
1. Vary size of area depending on age group.
2. Forward stays in Attacking half, maximum of two defenders in attacking half when they have possession. Two left in defending half encourages playing the ball back if necessary to keep possession. Once lose possession defenders must retreat back into defending half to allow other team the chance to build from the back as this is the theme we are working on.
3. Both teams have the chance to work on spreading out and attacking.
4. Can run or pass the ball out of defending half.
5. As they get good, change the ten players to two 3 v 2's in each half instead of 4 v 1's.



Path of ball.

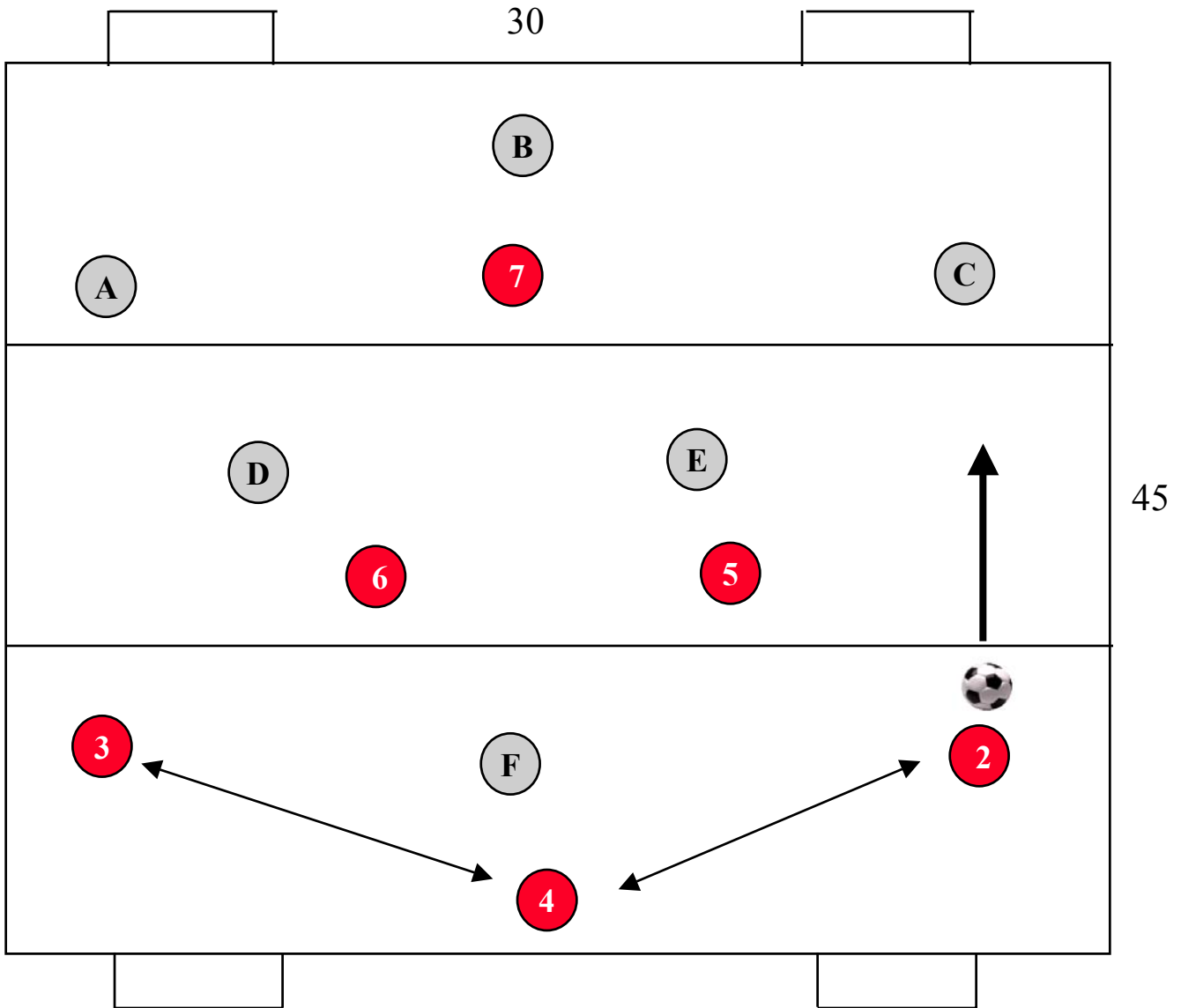


Player running with the ball.



Path of running player without the ball.

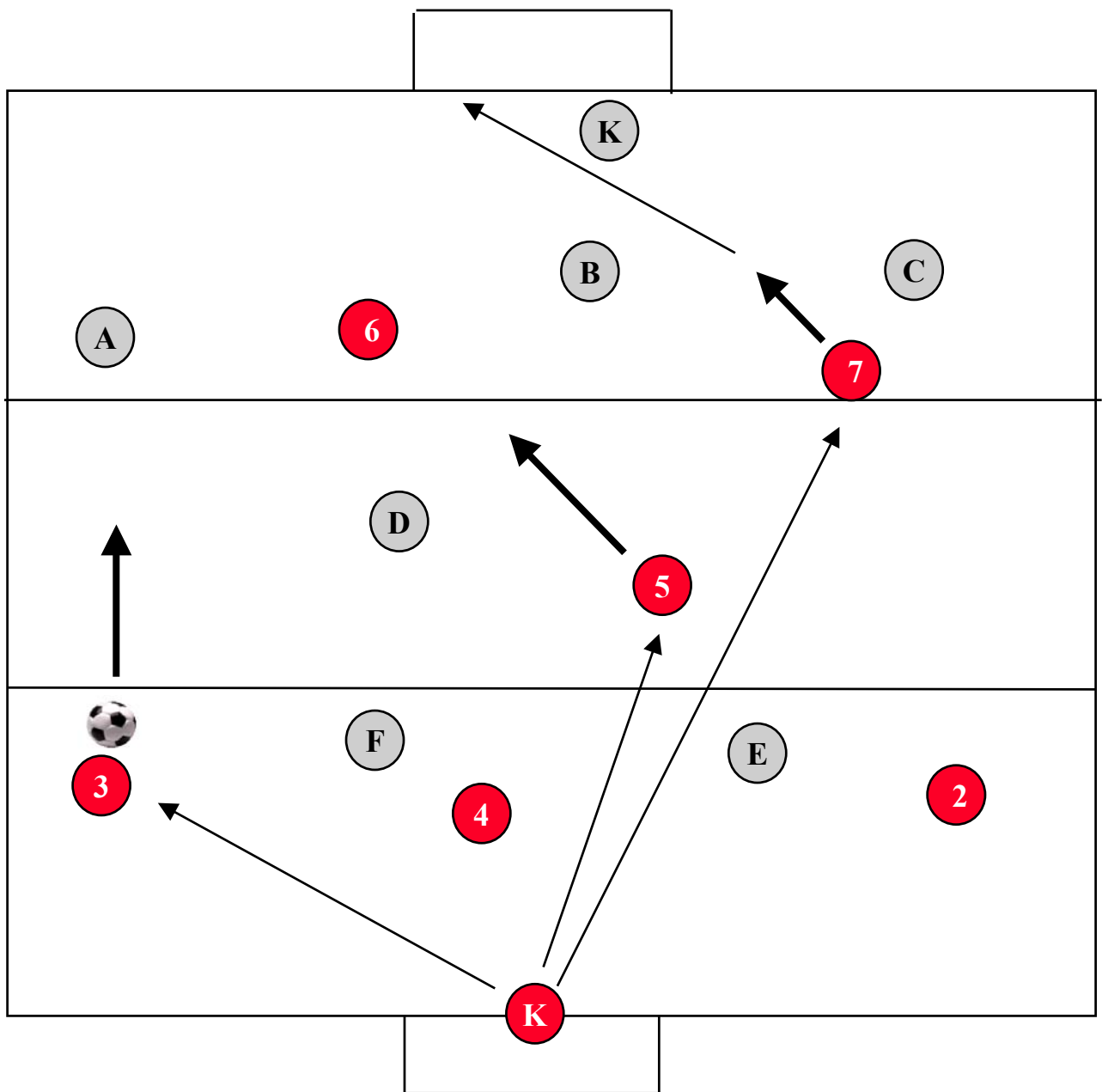
6 v 6 SESSION USING DEFENSIVE, MIDFIELD AND ATTACKING ZONES



1. 3 v 1 in defending third working the ball into midfield then into attacking third. Initially players stay in own third to learn the idea of shape through the team.
2. Ensure link up play develops both going forward and coming back, players get in position to support teammates early.
3. Players allowed to move between zones and link up. As previously, once they lose possession they drop back into own third to allow the other team to develop their play.

(Wayne Harrison)

6 v 6 + KEEPERS DEVELOPING TEAM SHAPE

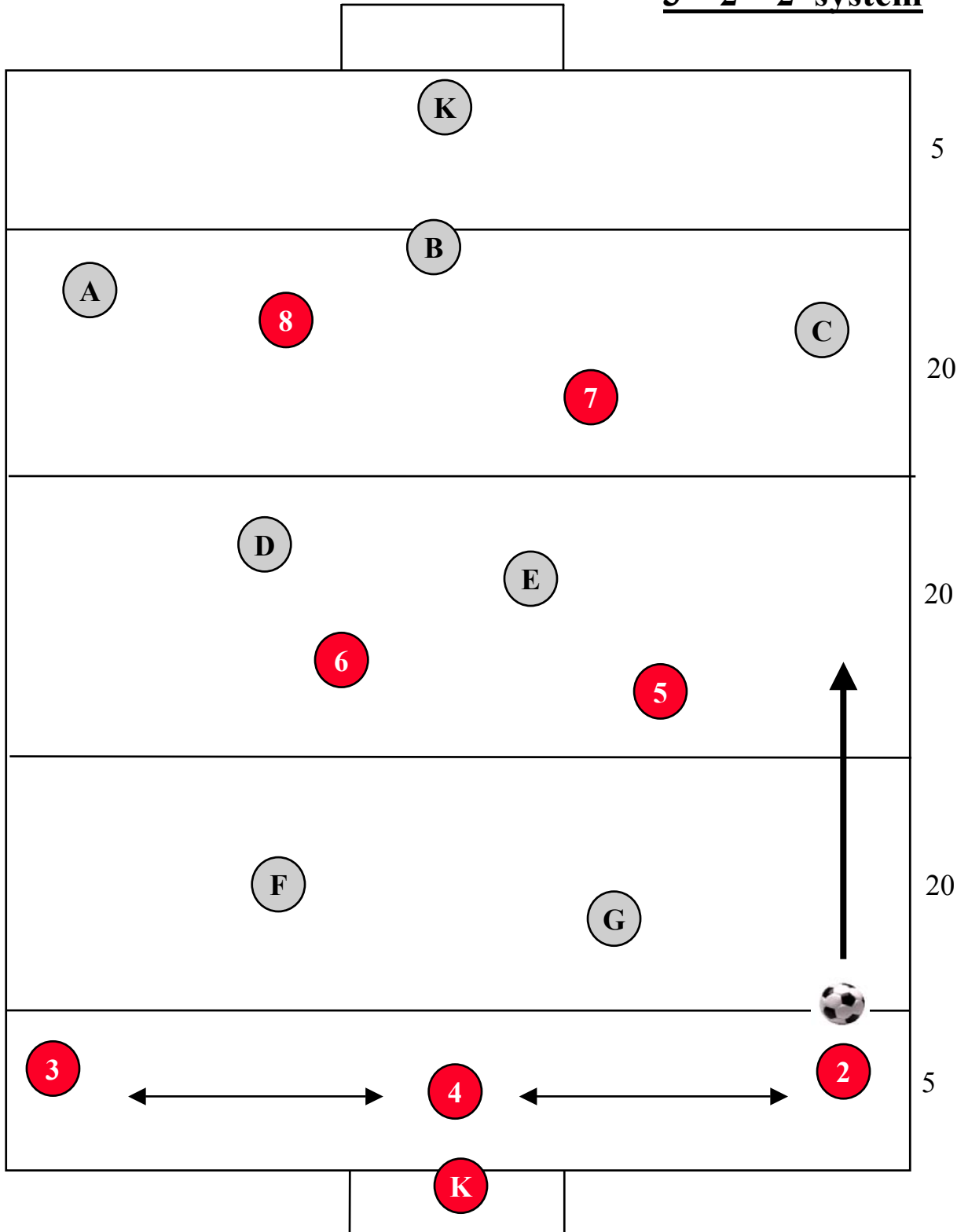


1. Switching to working with two strikers, one midfielder and three defenders.
2. Working on spreading out as a team (vertically and horizontally), passing, movement and support of defenders, midfield and then the strikers in that order (progressive build up through the team units). No off sides to begin. You could do it as **shadow play** to start.
3. Three options for example are shown above passing to all units of the team for build up.

(Wayne Harrison)

8 v 8 SESSION WITH COMPOSURE ZONES TO AID DEVELOPMENT

3 – 2 – 2 system



1. **Overload** at the back. Two forwards can't encroach into the 5 yard composure zone. Defenders pass ball across under no pressure until one is free to run it out, attackers can now try to win it back.
2. Players stay in **own** zone to keep their shape. Support in front and behind.
3. Open it up so players can move between zones.
4. Defenders can take the **ball back** into the **composure zone** for safety and this encourages spreading out and playing from the back. Be patient, keep possession; go forward at the **correct moment**.
5. **Defenders** – spreading out, running with the ball, passing the ball, supporting the keeper, keep possession, decision making.

Midfield – Receiving and turning, switching play, linking play, runs, keep possession, creating space, decision making.

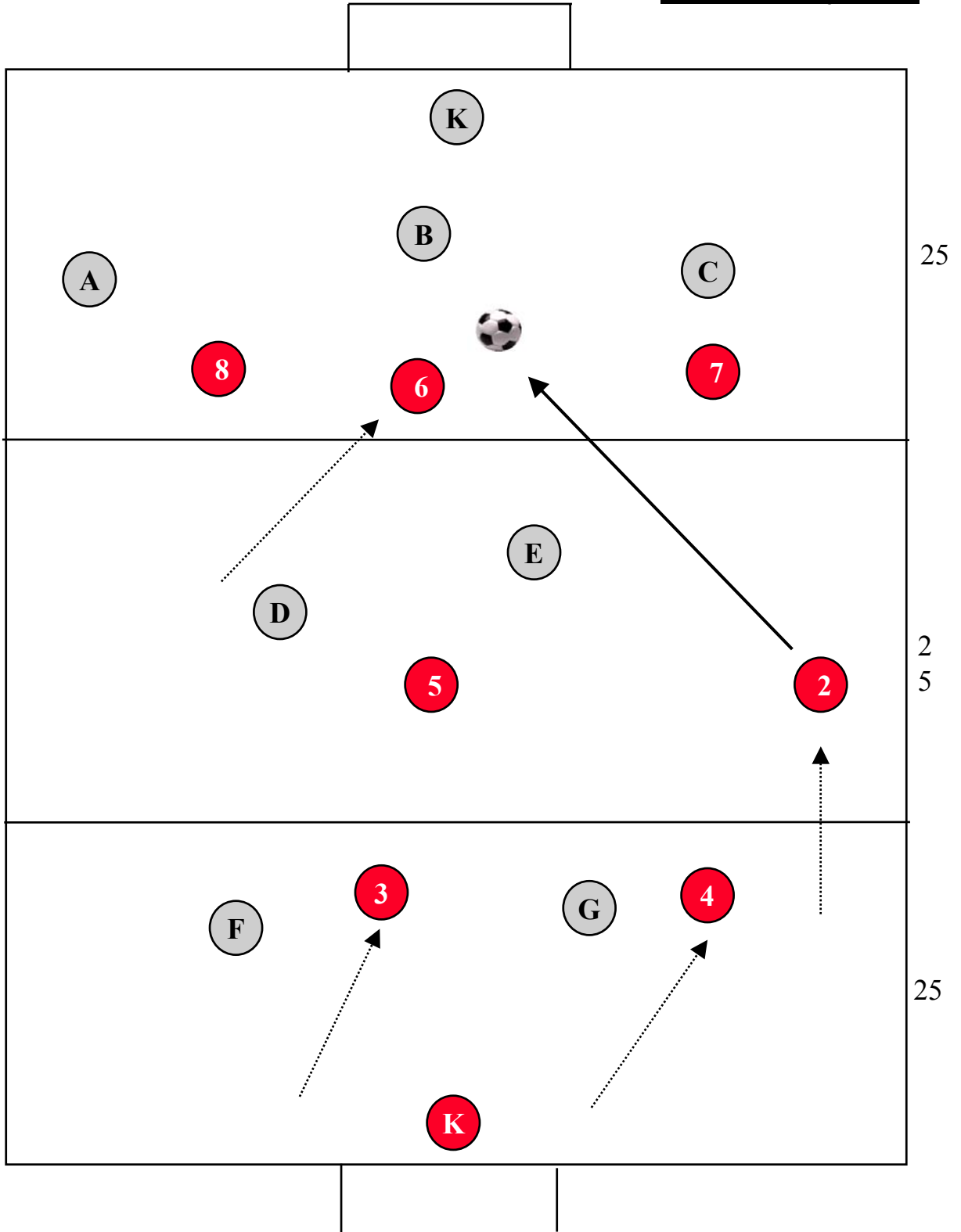
Forwards – As above, also supporting short and long , diagonal runs in front of the ball, holding the ball up, lay offs, dribbles \ shots, quick decision making.

6. As ball advances players at the back move up. Keep **checking** positions and **shape** of the team.
7. To get full game started have one team **standing still** and let other team play through them to get a feel for how to build up the play.
8. Develop this by having **both teams** with a **ball each** playing through each other where they are not under the pressure of losing the ball.

NB – If you have problems making this session work with equal numbers then build it up to the full teams situation and organize **8 v 5** with only one forward, one midfielder, two defenders and a keeper in the other team.

DEVELOP

3 – 2 – 2 system



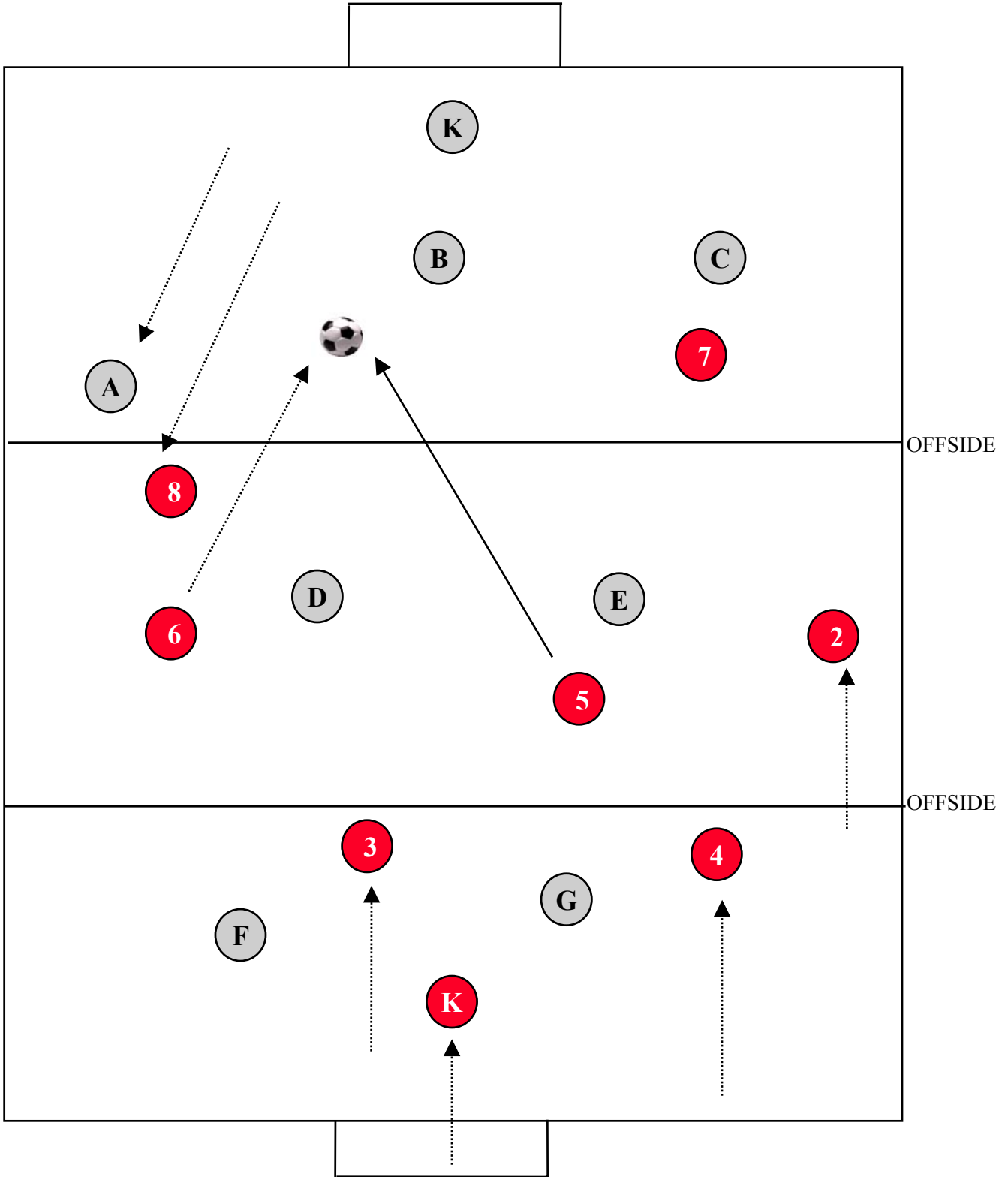
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(Wayne Harrison)

DEVELOPMENT

1. Play **offside** from thirds.
2. Players **interchange** between zones one at a time always returning to original set-up. Check the balance of the team **with** and **without** the ball. Created a 3 v 2 in midfield zone with player (2) moving up. Could play the ball into attacking third and maybe player (6) joins in to make a 3 v 3.
3. Player (2) fills his place in midfield.
4. If lose possession players either drop back in or you can develop the session to include pressing to regain the ball.e.g. If you are losing the game go **full high pressure** and leave three players in attacking third, two in midfield third and two in defensive third.
5. **Condition** – Can only score if all players over the defensive third line so reinforcing keeping **compact** vertically.
6. **Restrict** number of touches on the ball if they are able to do so to encourage **quick** passing and movement and to improve the **speed** of decision making.
7. **Vary play** by encouraging defenders to pass **directly** to the forwards, midfield players can then support them facing the opponents goal (easier to support rather than receiving and having to turn with the ball.)
8. If you have problems making the session work with equal numbers then reduce the game to an **8 v 5** situation using one forward, one midfielder, two defenders and a keeper on the opponents team until the players are comfortable then go into the full workout.

POSITIONAL DEVELOPMENT



COACHING POINTS

1. Player (5) is on the ball. (8) comes short to receive, defender tracks (because man marking is mostly how it works here); space created in behind. Player (6) changes position with (8) with a diagonal run to receive the pass.

If defender marking (8) stays (doesn't track 8), can pass to (8) 's feet who can turn and attack 1 v 1, or (5) can overlap and create 2 v 1 wide.

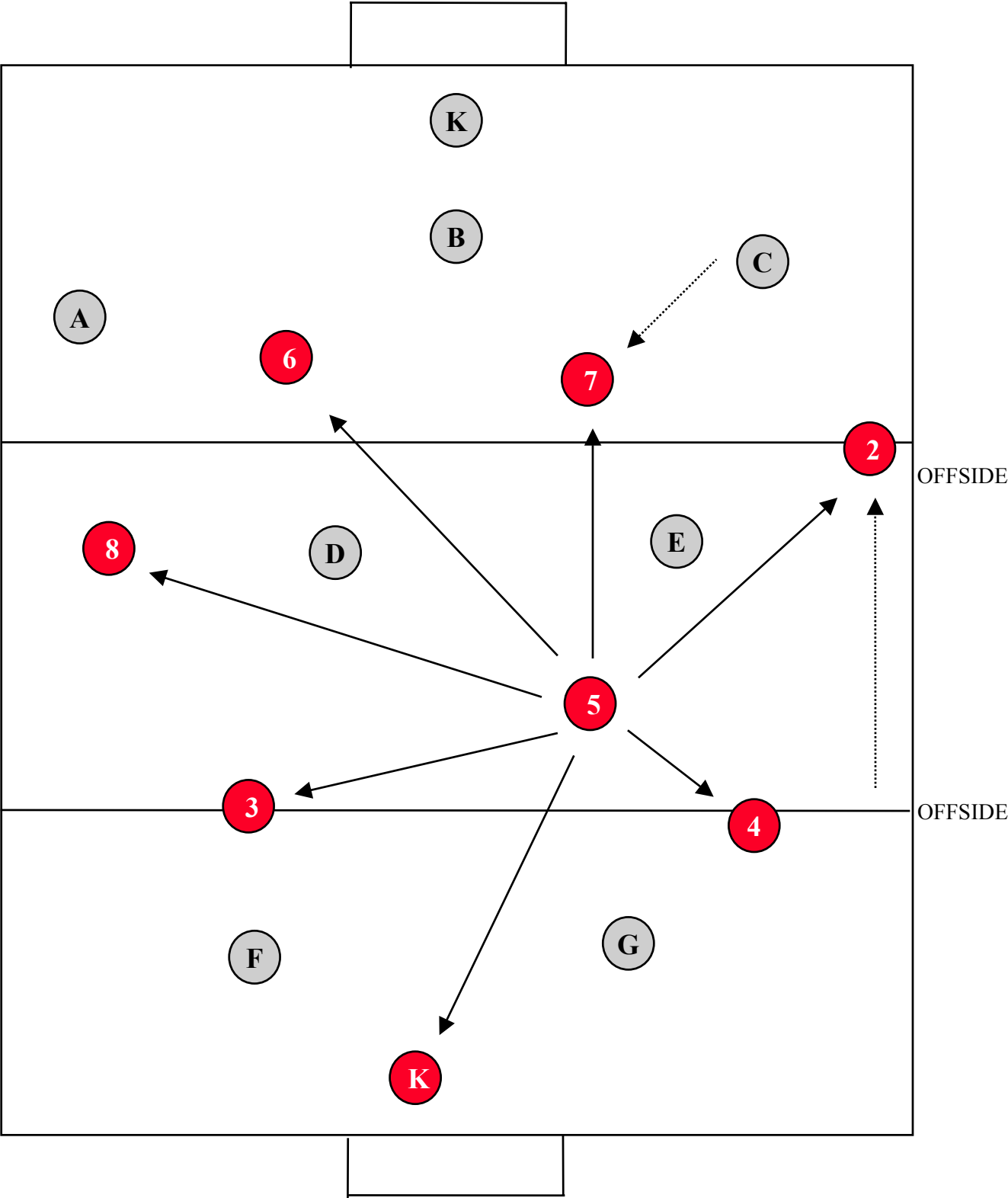
2. In **possession** , (3) and (4) push out to leave opponents offside.
3. **Transition** – we lose possession and for example (6) and (5) finish in front of (8) and (7) up the field; (8) and (7) can fill in for them and defend midfield.

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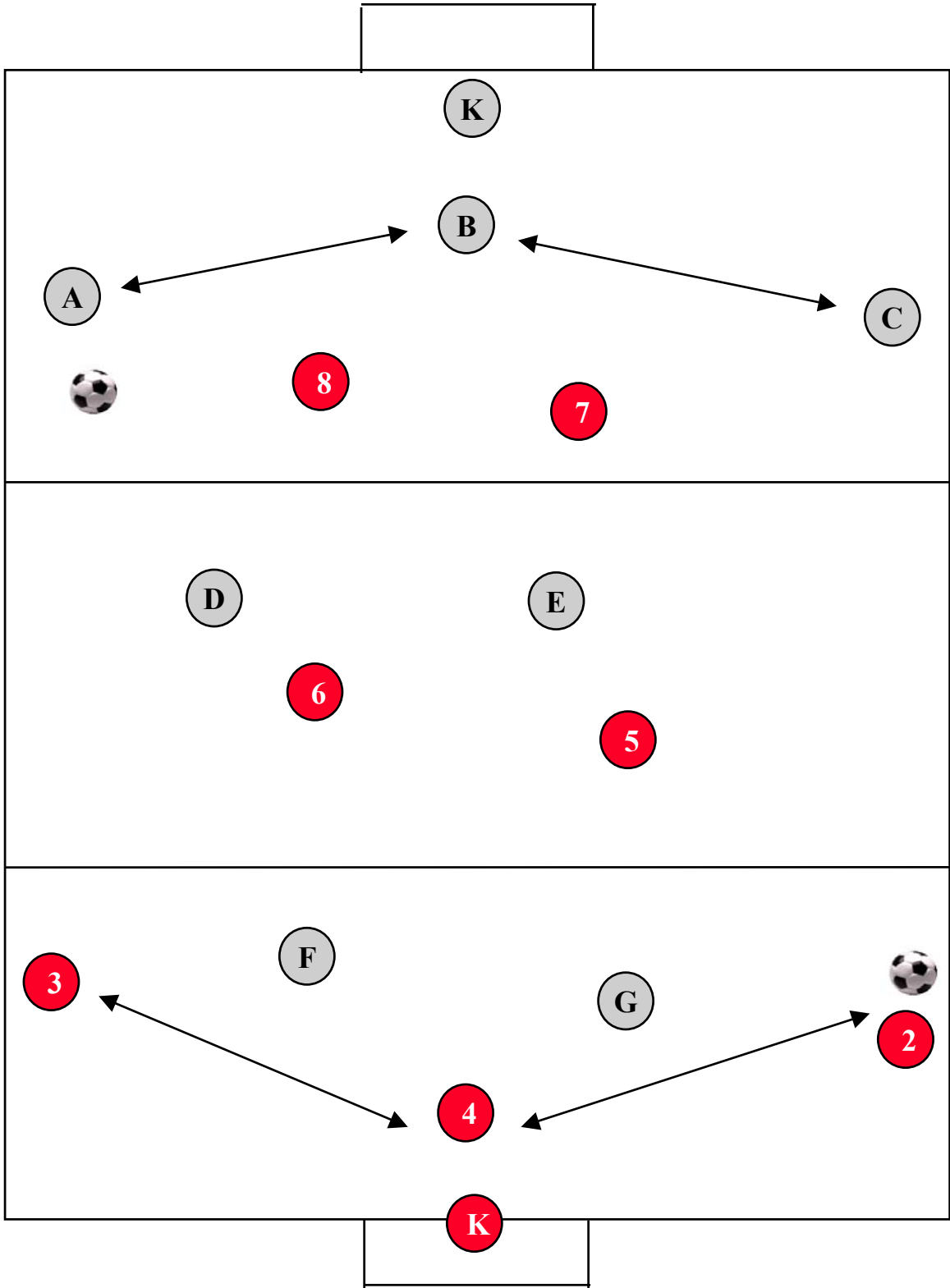
4. Player (5) on the ball. Three possible options to pass forward eg to (6), (7) or (2) who continues the run. If can't go forward because of pressure, can go to the side to (8) or back to (3), (4) and the keeper to keep possession until the situation allows for a forward pass again (you won't obviously get all these options to pass but it shows how it can work).
5. **Caution** – in attack, be aware of quick counter if opponents win the ball ie we have 2 v 2 at the back.

Discussion – You can get so much work into this session, every time you look there may be a new situation to effect. Choose a theme and stick with it and when you have established it with the players, only then move onto another theme. (you can again use the same set-up as it is so flexible.

POSSIBLE PASSING OPTIONS



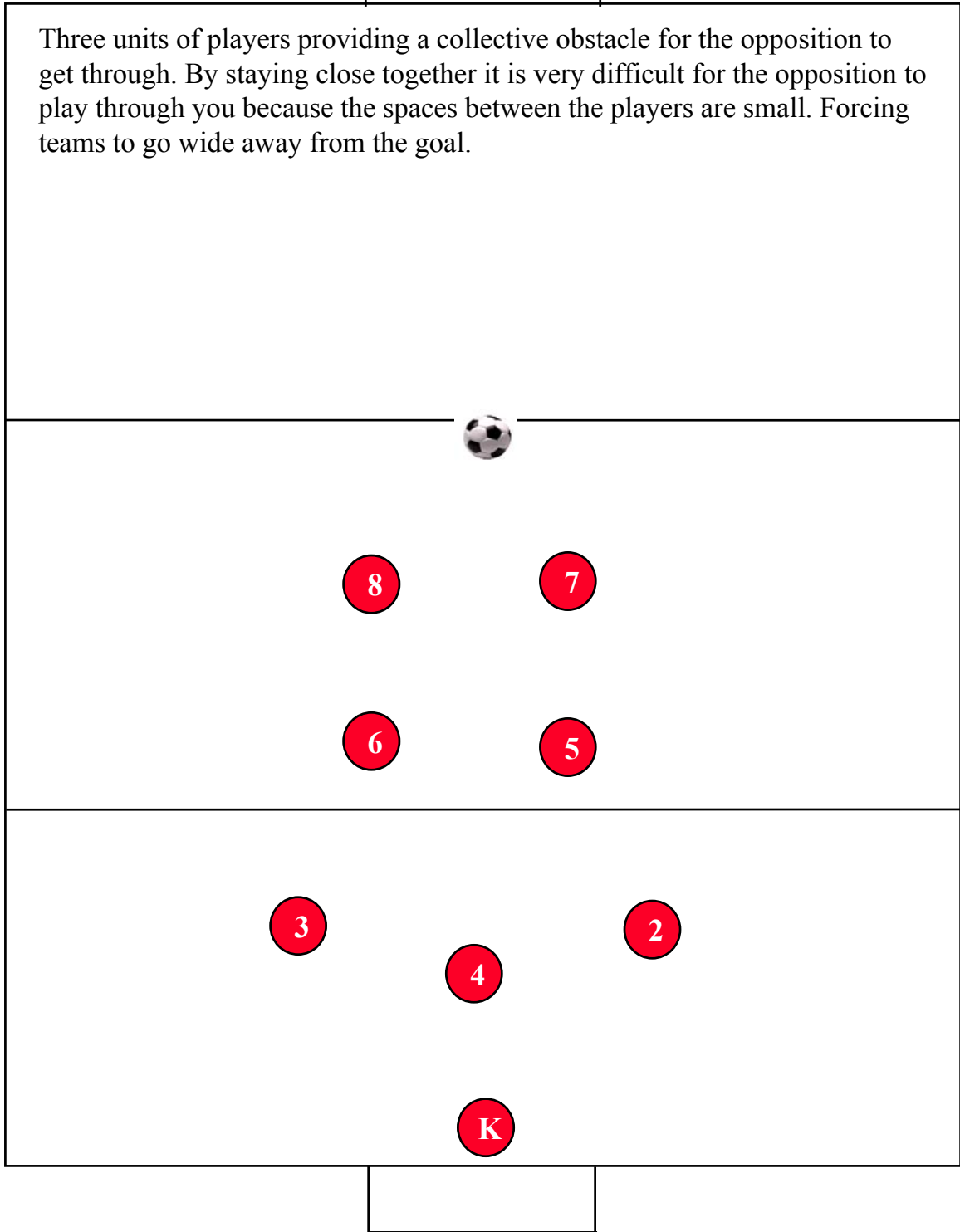
TRAINING SESSION TO PRACTICE TEAM SHAPE



Two balls , a ball each team , shadow play but with opposition to play through. Each team take up their positions on the field depending on the position of their own ball not the opponents ball. Effectively there are two separate games going on. Initially have the players stay in their thirds to establish a team shape, progress to one only crossing over a zone, then open it up. Have a game with two balls being used to play. (Wayne Harrison)

DEFENSIVE TEAM SHAPE

Three units of players providing a collective obstacle for the opposition to get through. By staying close together it is very difficult for the opposition to play through you because the spaces between the players are small. Forcing teams to go wide away from the goal.

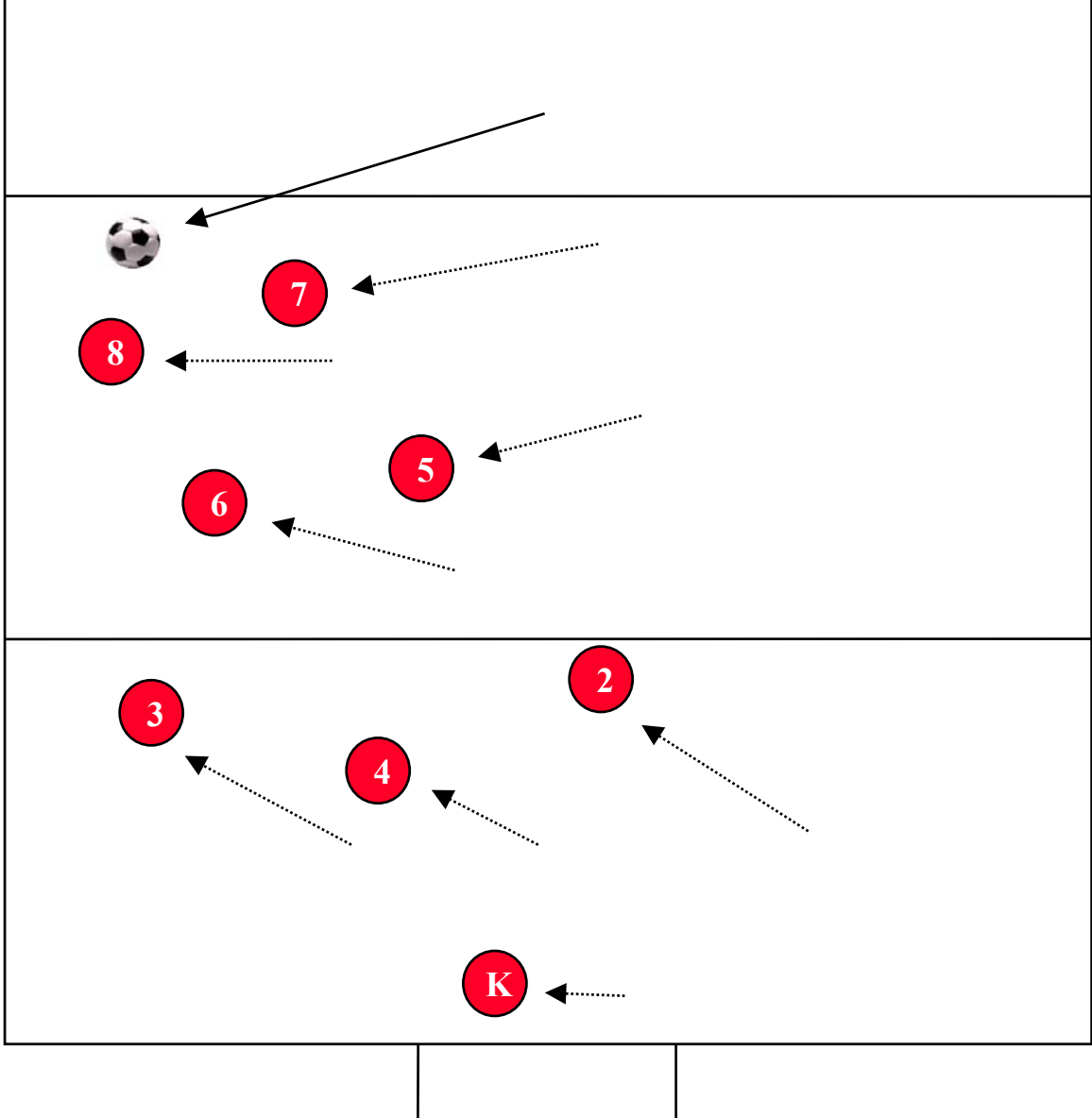


Defensive set up where the ball is in a central position with the players tight together (**compact**) both length and width wise. It must be difficult for the opposition to play through us.

(Wayne Harrison)

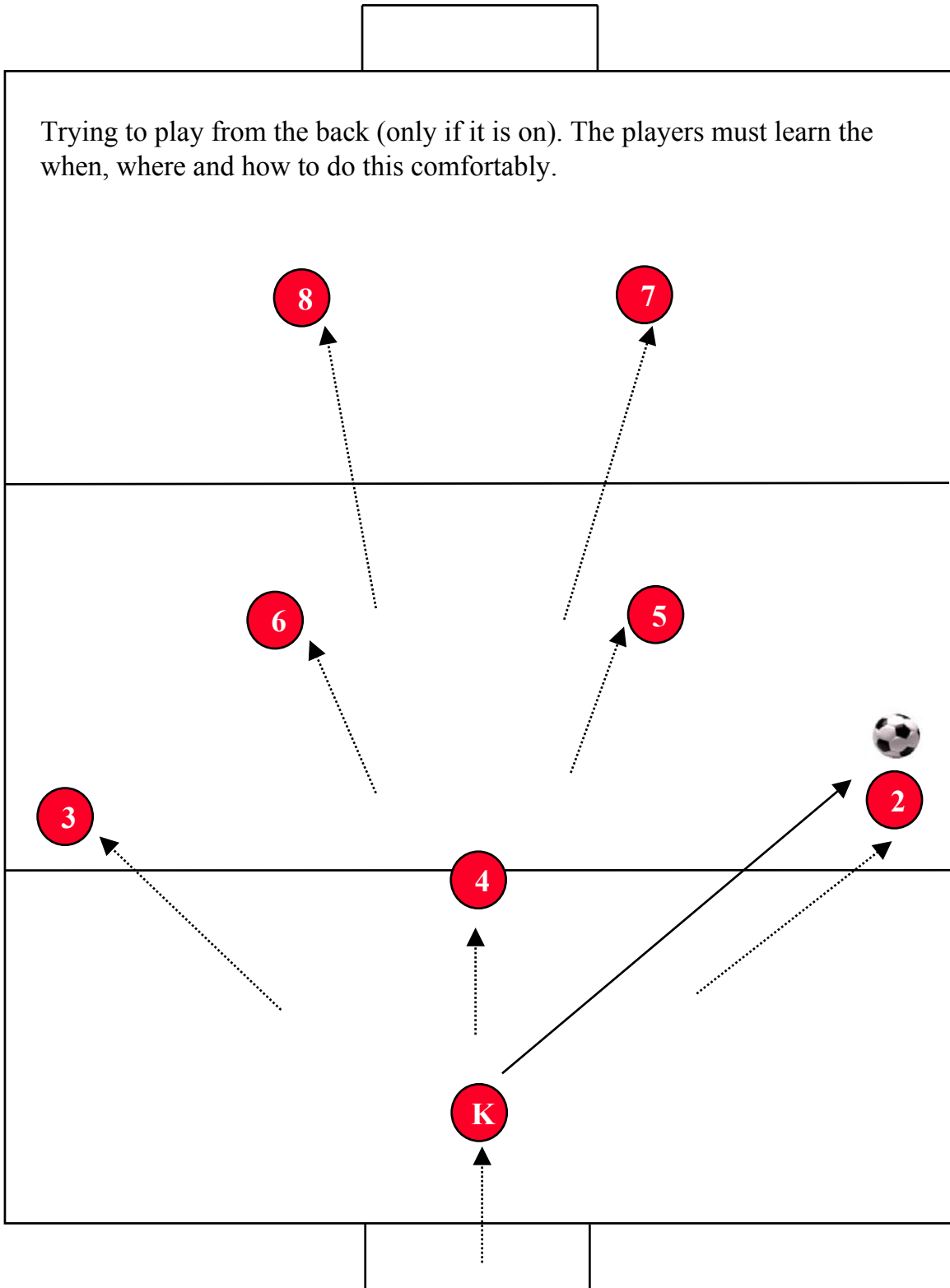
DEFENSIVE SET UP WITH THE BALL IN A WIDE AREA

As the ball travels so does the team. The closest player must pressurize the player on the ball immediately with teammates in support positions. Pressing very quickly will force the opponent on the ball to make a quick decision often forcing them to give the ball away by the pressure so the pressing player doesn't always have to actually win the ball.



Maintaining the shape of the team but closing down spaces around the ball. Still keeping compact as a team. As soon as we win the ball back we spread out as quickly as possible but keeping an eye on the player on the ball not turning our backs to the ball (maintaining awareness).
(Wayne Harrison)

ATTACKING TEAM SHAPE

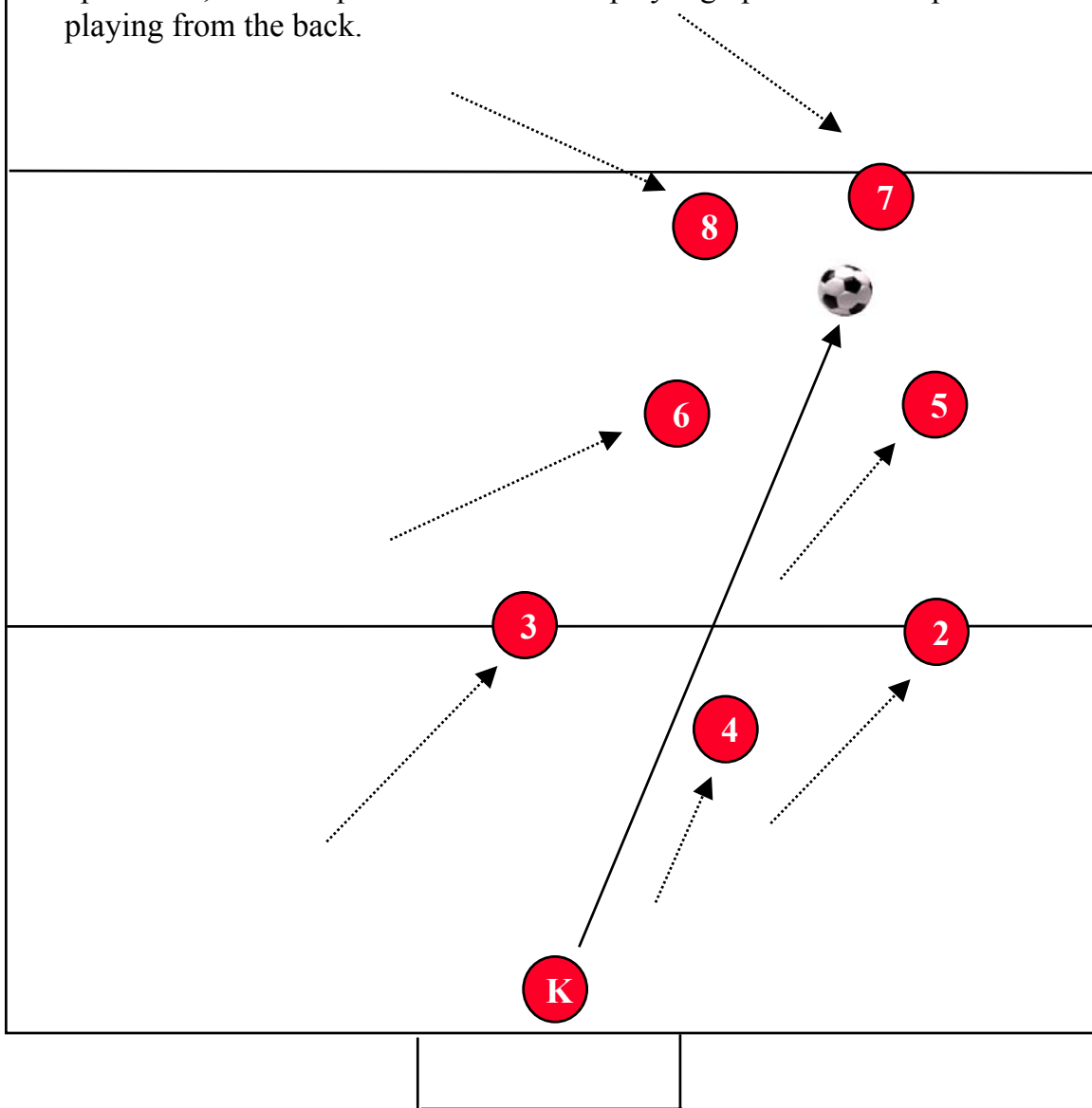


As we win possession of the ball the team spreads out length and width wise to spread the opposition out so it is difficult to mark us. Players must help the player on the ball by presenting passing options with their support positions in front, to the side and behind.

(Wayne Harrison)

WHEN THE KEEPER IS FORCED TO KICK THE BALL LONG

Decide beforehand where the keeper will kick the ball, a right footer probably will kick it to the right side. In training establish how far in distance this generally is. Position players towards the area where the ball is going to finish so they have a better chance to gain the second ball possession. This is **reality**, whilst I want us to play from the back there will be times when the keeper must kick it long as there are no other options on, for example if the other team play high pressure to stop us playing from the back.



Players must move into the area the ball is being played to as the ball travels so it is not too obvious what is happening. Occasionally the keeper can switch sides in regard to where the ball is delivered so it is less predictable.

(Wayne Harrison)