



**Kentucky Youth Soccer Association**  
**2006 Boys ODP Lesson Plan**  
**Saturday Dec 10<sup>th</sup> 2016**



The objective of the session is to introduce Playing out of the Back, using a Whole, Part, Whole methodology. Upon arrival the players will play games, before introducing some coaching and then finishing with games.



- \* Every player has to touch the ball before a goal can be scored
- \* Following additions can be made/added
  - > When possession is lost it starts again
  - > Every consecutive pass is added to the goal scored, for example 5 passes plus a goal equals 6 points scored

**Objectives**

- \* Possession- improve the technique the passing & receiving
- \* Movement & Support Play – Recognize when to pass and when to penetrate.
- \* Guided Coaching, try not to freeze the session



- \* Divide the 11v11 field in to quarters
- \* Team you are working with players in a 1-2-1-3-1 versus a 2-2-3
- \* Place a middle zone where all of the team attacking the goal must retreat to when the keeper is in possession of the ball. As soon as the keeper has released the ball, they may apply pressure.
- \* The aim is to play out of the back through the third and play into the #9
- \* Progress to allowing players to dribble out of the middle zone to score 1 point or 2 points if they play into the target player and he passes it back for his team mate to dribble over

**Coaching Points**

- \* Spread Out
- \* Utilize space and creating passing options and supporting angles
- \* Possess to pass or dribble forward
- \* Unbalance and disorganize the opponent



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\* 9v9 With Build-Out Lines, which can also be treated as the offside line

**Pictures to look for**

- \* Encourage the 4 and 5 to get wide and allow the 6 to drop into the space to get onto the ball
- \* 2 & 3 to start high and wide when in possession
- \* 6 Needs to try and open up to play forward, if not play to the #4 or #5
- \* Movement of the #8 & #10 need to go away from the ball, for example if the #6 moves forward and does not pass the ball they need to open up and go away to create the space.

**Coaching Points**

- \* Peel off to play forward, scan the field
- \* Spread out and make the field big, keep the ball moving, meaning the supporting players should be moving.
- \* Weight and timing of the pass