# SoccerSpecific.com Session Plan: Back Pass Training by Greg Maas UYSA State Technical Director



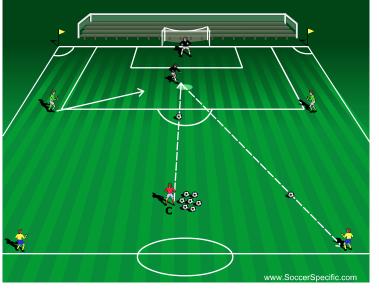
## ACTIVITY #1

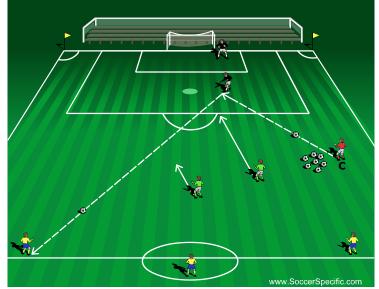
**Set up:** Begin with two goalkeepers positioned in the penalty box, and two target players (i.e., outside backs) positioned outside the penalty box near the touch-lines. The coach is positioned centrally approximately 40 yards away as shown.

**Instructions:** Play begins with the coach passing the ball back to the goalkeeper. The goalkeeper must then play to ball to one of the wide players. Vary the service allowing one touch or forcing two touch decisions on the ball, in addition, flight or chip long balls in the air that the goalkeeper must control first. Rotate goalkeepers every 2-4 repetitions.

**Coaching Points:** Decision to use one or two touch; Weight and accuracy of the pass; Communication between the goalkeeper and defenders; Playing the ball away from pressure to the opposite side.

#### ACTIVITY #2





**Set up:** Begin with two goalkeepers positioned in the penalty box, and two target players (i.e., outside midfielders) positioned at midfield near the touch-lines. Attacking players (in Green) are added to the exercise to pressure the ball from the corners of the penalty box as shown. The coach is positioned centrally approximately 40 yards away as shown.

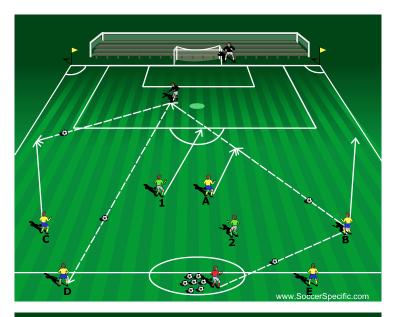
**Instructions:** Play begins with the coach varying his service (i.e., on the ground or in the air) to the goalkeeper who receives and controls the ball, and then distributes a long ball to one of the outside midfielders. Once the goalkeeper is comfortable with the longer distribution, add attacking pressure to the goalkeeper as shown (one at a time). Rotate goalkeepers every 2-4 repetitions. **Coaching Points:** Communication between goalkeepers and outside midfielders (verbal and visual); Assess the back pass -- if the ball is played back very fast, the goalkeeper can drop to create time and space to play the ball; If it is slow or short, the goalkeeper must come forward to meet the ball; Decision to play one or two touch based on pressure; Quality of first touch; Distance and accuracy.

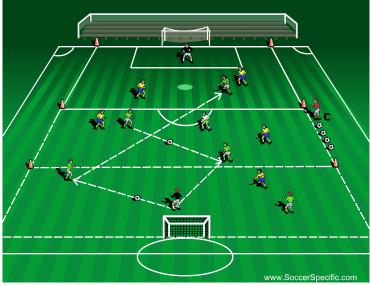
### ACTIVITY #3

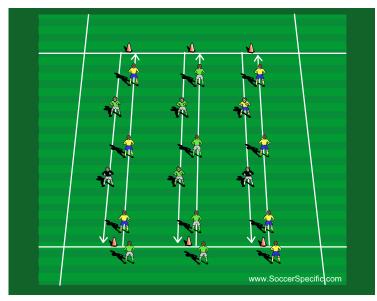
**Set up:** Begin with two goalkeepers positioned in the penalty box, and three target players (i.e., outside midfielders and a central forward) positioned at midfield and near the touch-lines. Attacking players (in Green) are added to the exercise to pressure the ball from central attacking positions as shown. The coach is positioned in a deep, wide position approximately 30 yards away as shown.

**Instructions:** Play begins with the coach taking one touch and then playing the second touch back to the goalkeeper who immediately plays a long, flighted ball to one of the three target players. The attacking players may pursue and pressure the ball once the coach takes the first touch. Rotate goalkeepers every 2-4 repetitions.

**Coaching Points:** Communicating and supporting the play by adjusting supporting angles to the ball; Taking a good supporting position based on pressure, passing angle, and distance from the ball; Adjusting body position to receive and strike the ball correctly; Clearing the ball "up and out" safely up-field or out-of-bounds when under pressure.







# ACTIVITY #4

**Set up:** Half field and full width. Two goalkeepers, two attackers (1 and 2), three defenders (A, B, and C), and two target midfielders (D and E). Target midfielders are restricted to the midfield line, and the attackers begin in the central midfield and may pursue and pressure the ball once the ball is served in. **Instructions:** Play begins with the coach passing to either defender C or B, who then plays a through ball behind defender A and attacker 1. The goalkeeper must make a decision to come out and clear the through ball or drop and support a back pass and shown. The goalkeeper must use defenders A, B, or C to keep possession, or can play a long ball to the midfield target players D and E. If the attackers win the ball, they immediately attack the goal. Add players to both sides as the exercise progresses. Rotate goalkeepers every 2-4 repetitions.

**Coaching Points:** Communicating effectively with defenders and midfielders; Organizing the opposite "weak" side of the field; Assess the pressure to keep possession or to break pressure; Safety first -- "up and out" if there is every a question.

### ACTIVITY #5

Set up: 44 x 50 area or as needed. With goalkeepers, create a 5 v 5 + 1 neutral player. Divide the field into thirds as shown. Instructions: Begin by restricting players to their assigned third of the field (2 v 1, 2 v 2 + 1, and 2 v 1). Play begins with one of the goalkeepers, if the defending team wins possession, they must quickly play the ball back to their goalkeeper before they are allowed to go forward and attack. Progress to 2 v 2, 3 v 3, and 2 v 2 in each third. The goalkeeper is allowed to bypass the middle third of the field if that is the best option to maintain possession and/or attack effectively. Rotate players accordingly. Coaching Points: Using good supporting positions and communication with teammates to affect play positively; Recognizing when to support play by moving up to join the defenders both vertically and horizontally; Assessing when to drop-off to create time and space so the defender can play the ball effectively; Playing away from pressure and looking to maintain possession, above all, playing safely; All of the above.

### **ACTIVITY #6**

**Set up:** Cool down. 20 x 30 area or as needed. Create 3 lines with players equally distributed in each line as shown. **Instructions:** Designated a "Team Captain" for the cool down exercises. Players begin by jogging back and forth between the cones. Players progress by performing various dynamic exercises, flexibility movements to include, but aren't limited to: skipping, lunge walks, squats, toe touches, leg swings, side-stepping, grapevine, gate (groin) movements, knee hugs, heel kicks, etc. Reduce heart-rate. Final stretch.

**Coaching Points:** Reinforce the importance of the back pass; Review the session; Remind players of upcoming training, games, or events.