



Objective

A technical and tactical drill, to coach the central defenders on passing out from the back.

Description

Players A, B and C exchange passes until the coach signals A or C to pass through the cones (gate) to one of the central defenders (D1 and D2).

The player follows his pass closing down the defenders, along with B who runs through the central gate to intercept the pass or tackle the central defender.

Player D1 who receives the pass is limited to 2 touches and passes to partner D2 who needs to have moved behind the line of the ball and into space.

The sequence is completed when player D2 passes through the set of cones to player C.

Coaching Points

1. Before the the central defender receives the ball from player A or C, the central defending partner must create space by dropping back quickly behind the receiving player.

This creates space making it easier to switch the play and also makes it more difficult for the defenders to get anywhere near the ball.

2. The speed of play should be as in a real game.
3. The pass to the full back should be at pace and accurate.