



## October Module 1

**Category:** Tactical: Playing out from the back  
**Difficulty:** Moderate

Reseller-Club: Premier Users' Club  
Thomas Sauder, Hamilton, Canada

### Description

Start with FIFA 11 - Each stretch 2x

### 4v2/Rondo introduction (5 mins)

#### Organization:

- 4 cones forming a square (same grid from previews activity)
- 10 yards between cones
- 6 players per grid (can adjust to 3v1 triangle depending on even/odd & number of players)

#### Instructions:

- Players are to pass on the outside of the square to keep possession
- Outside players must be no further than 2 feet off their line
- 2 touch max UNLESS performing a fake to get away from the defender
- After defender wins possession OR outside players connect 10 passes, switch defenders

#### Emphasis:

- Proper passing technique
- Quick decision making
- Creativity
- First touch/fake

#### Technical:

- Proper foot to open up (and proper touch - don't kill the ball, direct it to your planned pass)
- Heavy passes
- Proper receiving
- Faking to deceive defender

#### Awareness:

- Shoulder checking
- Knowing your options before receiving the ball
- Running to the best possible location for a pass (space - near or far depending on defender)



### 1v1 Defending (10 mins)

#### Organization:

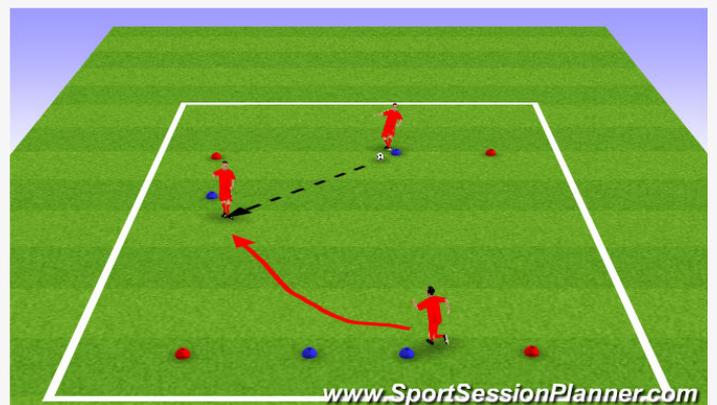
- 20x20 grid
- 1 cone at the top, one on the side, and a gate at the opposite end
- 1 ball per group
- coach with extra balls

#### Instructions:

- Top player passes the ball to attacker
- Defender rushes to defend the gate
- Point for the attacker if they dribble through
- Point for the defender if they win the ball and pass to the top player (passing player)

#### Emphasis:

- Speed of approach
- Angle of approach
- Athletic stance (knees bent, on toes, body slightly angled)
- Explosiveness



- Waiting for key moment to challenge
- Protect the inside lane/gate

## Combination passing (20 mins)

### Organization:

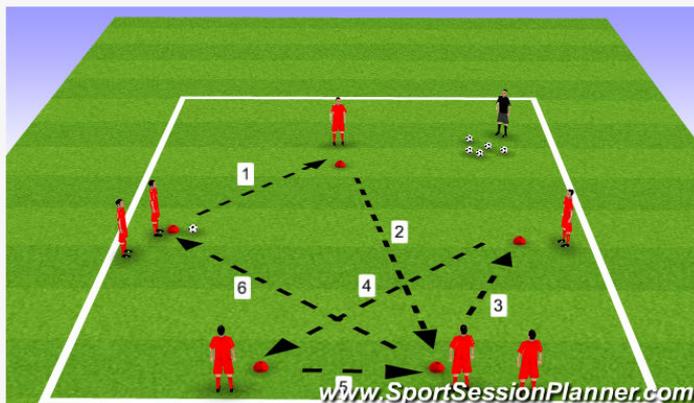
- Ball starts with left player
- Cones placed in a pentagon
- Start at 10 yards apart
- Extra balls with coach for quick restart

### Instructions:

- Start with 2 touch so they know where to pass to.
- Quickly transition to 1 touch.
- Once comfortable get them to check out from the cone then into the incoming pass.
- Extra players behind rotate passes
- Finally progress to the players following their pass (outside of the pentagon)

### Emphasis:

- Body position (when receiving - pointed towards next pass)
- Accuracy of pass (foot position, follow through)
- Body movement (checking out/in explosively)



## Passing through gaps (20 mins)

### Organization:

- 4 cones in a diamond
- cones 20 yards apart
- 6 large cones scattered in the middle
- 4 players on the cones
- 1 player in the middle
- ball starts in the center, extra balls with coaches

### Instructions:

- Players follow the passing pattern
- Players are to use 2 touch only
- Check out/in to receive pass
- Player in the middle must move to receive ball between 2 cones
- Players on the outside must deliver the ball between cones
- No player is to stand still while receiving a pass (check in as pass is made)
- If 3 improper passes/first touches are made, group does 10 burpees.

### Emphasis:

- Proper body positioning
- Proper first touch
- Weight of passes (heavy - large distance)
- Quick and explosive movements
- Accuracy of pass (in between cones, not close to them)

### Progression:

- Add a player in the middle, players follow their pass
- 1 touch

