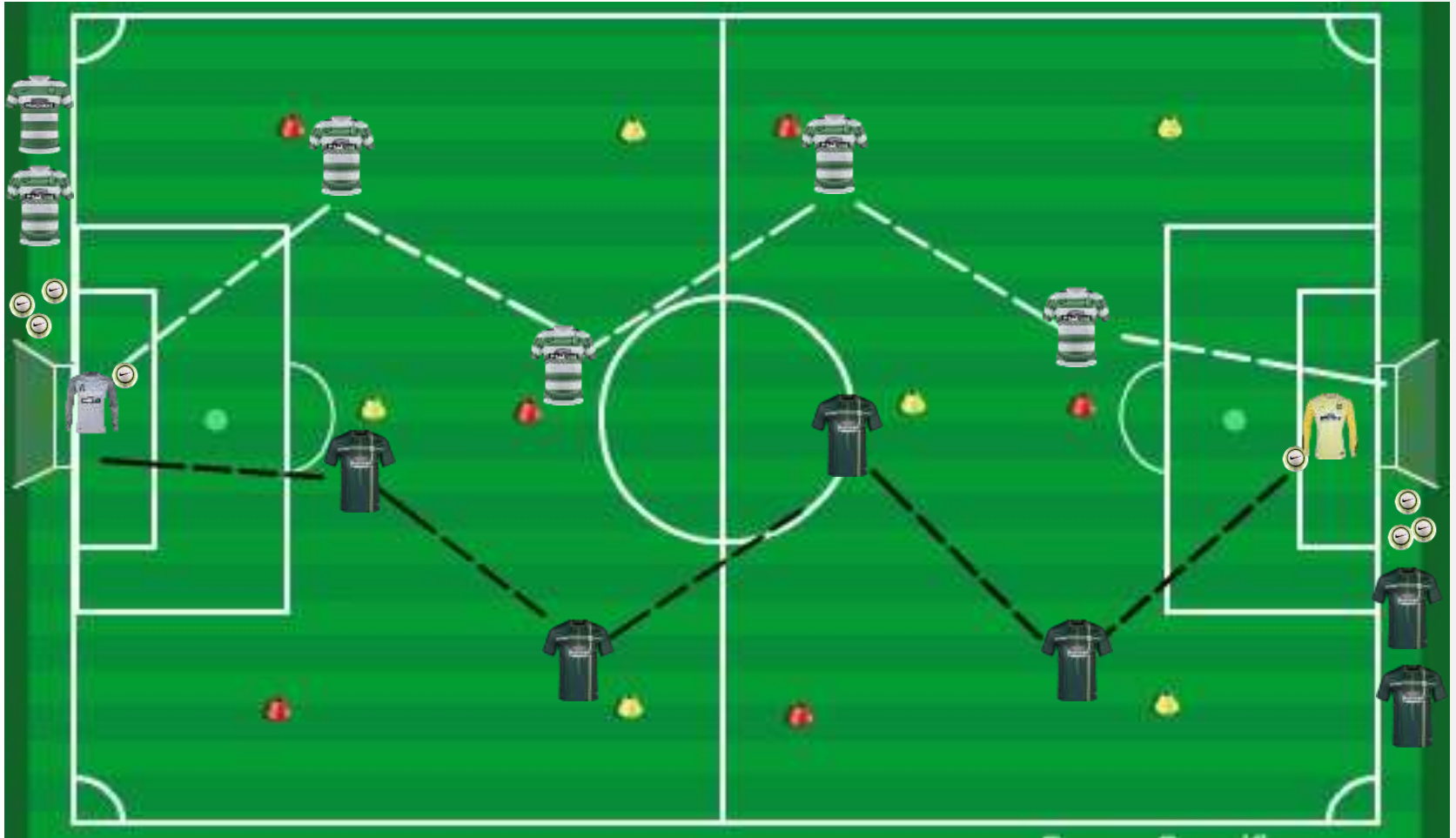




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PLAYING OUT FROM THE BACK/BUILDING AN OFFENSE

‘THE CELTIC WAY’



Playing Out From The Back

Option 1 – Wide, Develop Down One Side



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Set up: Use training field to scale, representative of full size field. Two colour cones to mark positions of each team attacking opposite goals – two wide defenders, central player, two wide attacking players and a central striker. Spare players start ready to move into the wide defensive position once exercise begins. Supply of balls with GK.



Start play from goalkeeper. Play out to wide defender, to central player, to attacking wide player, to striker, shot at goal.



Play down one side. One group goes down one side, other group goes up the other. Player rotation - Follow pass upon completion, if no goalkeepers, striker becomes GK, then joins spare players . If there is a GK, striker joins spare players. New player always comes into defensive wide position from off the field.



Players move down one side and up the other. Switch so that first pass from GK goes to both the right side and left. Address movement off the cone/defender early to add game realism. Two moves – one for the defender, one for player to get away.



Speed and accuracy of pass important. Always firm (inside of the foot), to feet and an angled forward pass.



How the player receives the pass will determine momentum of the attack. Open body shape to enable a positive forward touch.



Communicate verbally, and/or visually (use of hands), to indicate where you want the ball to go.

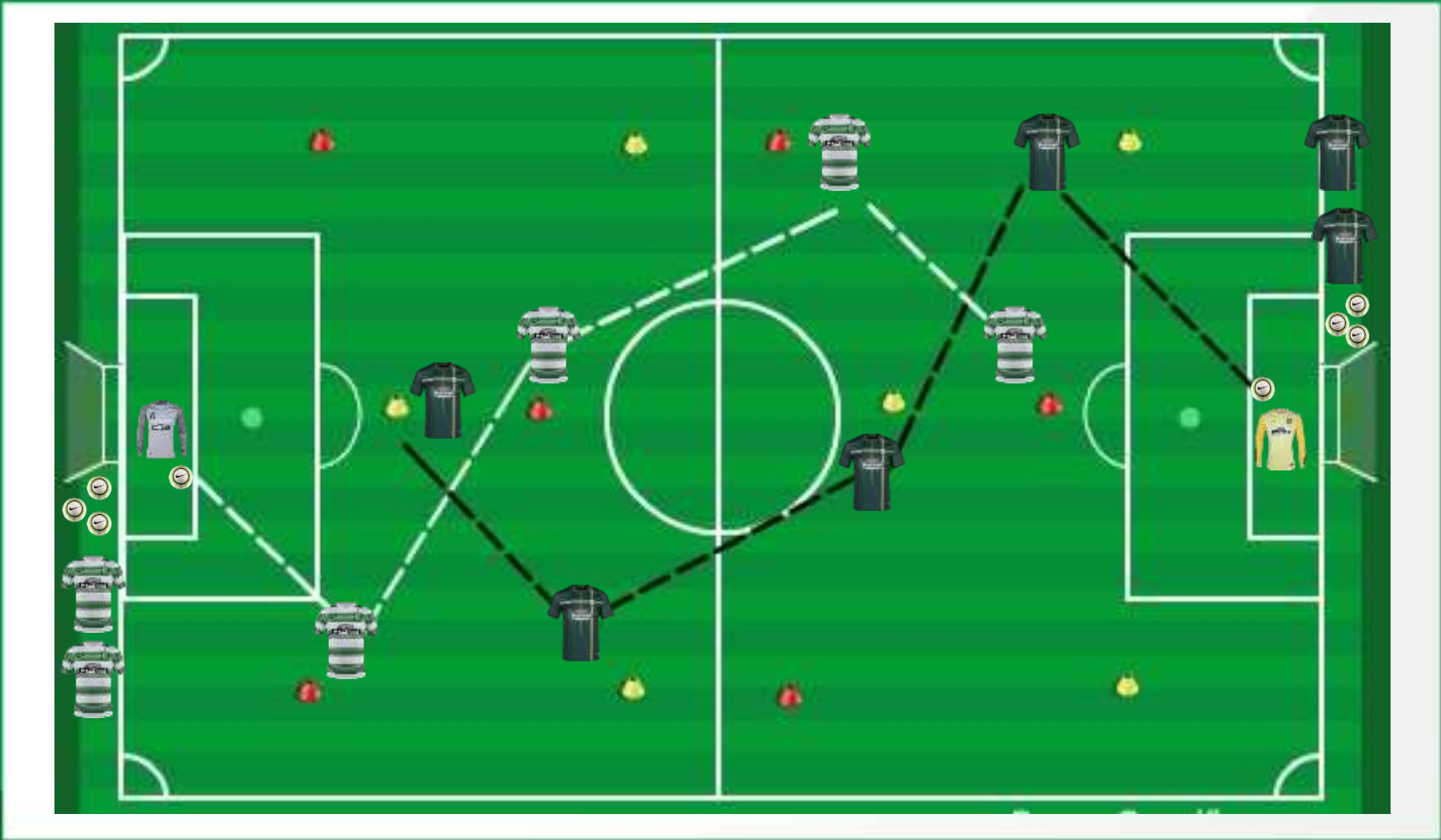
Playing Out From The Back

Option 1 – Wide, Develop Down One Side



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Playing Out From The Back

Option 2 – Wide, Change Point of Attack



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Set up: Exactly the same process as Option one.



Start play from goalkeeper. Play out to wide defender, to central player, to opposite attacking wide player, to striker, last two players must make own decision on how final chance is created. Could be turn and shoot, lay off , or a different combination altogether.



Play now gets switched across field via central player (change point of attack). One group goes one direction, other group goes the opposite. Player rotation – Same as option one. Follow pass upon completion. New player always comes into defensive wide position from off the field.



Players move down one side and up the other. Switch so that first pass from GK goes to both the right side and left. Reiterate importance of realistic movement. Don't be static waiting for pass – be proactively looking to get on the ball.



Speed and accuracy of pass even more important. An awareness of the other group will be important as there should be a crossover between groups. Always firm passes (inside of the foot), to feet and angled forward .



Central player is key to allowing a quick switch of play out the other side. Open body shape to receive and enable a positive touch (most of the time this player would receive on the back foot and pass on the front).



Communicate verbally, and/or visually (use of hands), to indicate where you want the ball to go. Particularly important for combination play in attacking third as decision is now the players'.

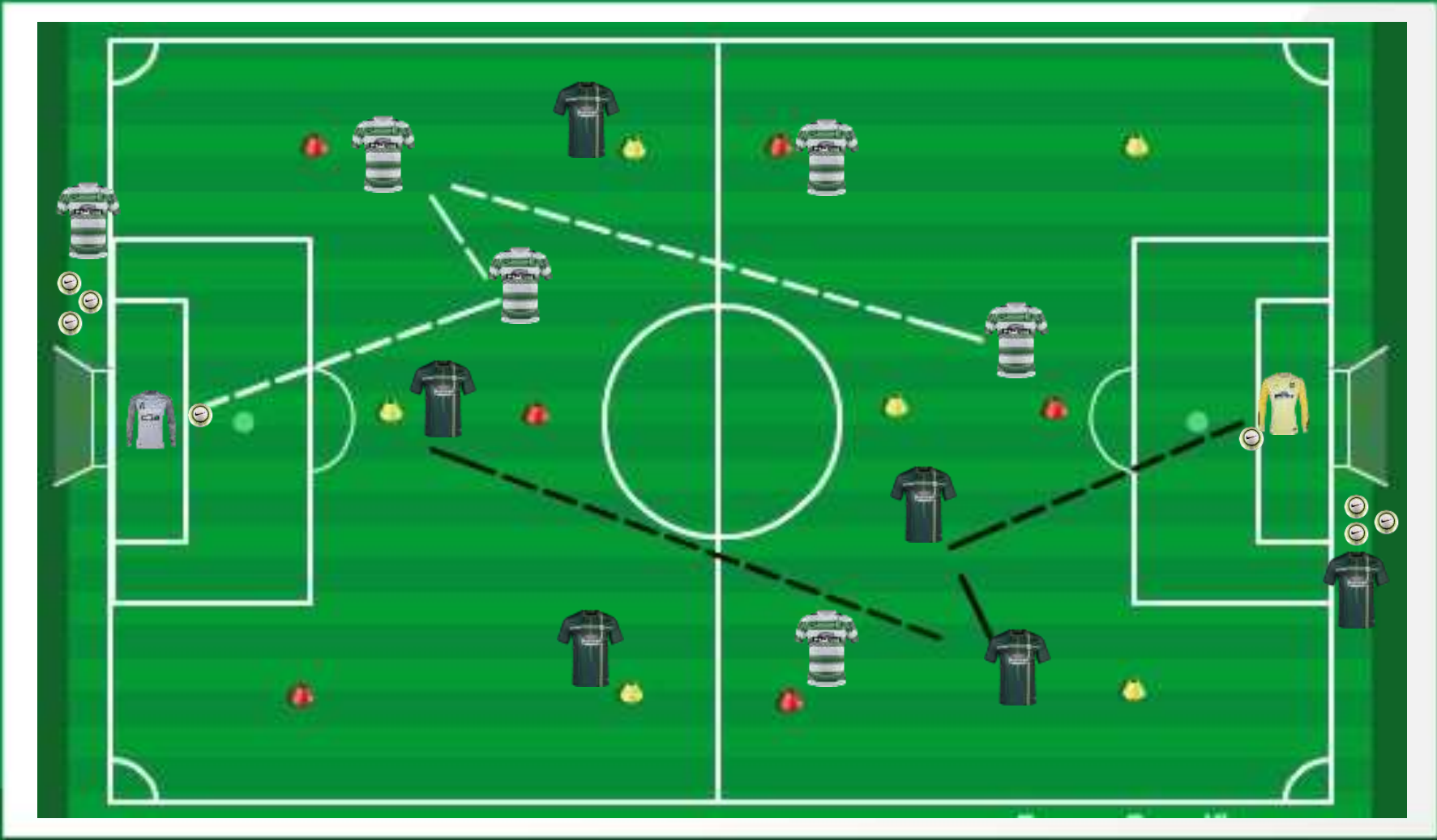
Playing Out From The Back

Option 2 – Wide, Change The Point of Attack



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Playing Out From The Back

Option 3 - Central



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Set up: Exactly the same process as Option one and two.



Start play from goalkeeper. Play out to central player, drop short pass back at an angle to defensive wide player, longer pass to striker, top three players must make own decision on how final chance is created. All three must combine to create chance.



Player rotation – Defender becomes central player, central player goes wide, that wide player switches sides and other wide player goes up top. Highest player moves out (GK or spare player). New player always comes into defensive wide position from off the field.



Switch so that first pass from GK goes to both the right side and left. Reiterate importance of realistic movement. Don't be static waiting for pass – be proactively looking to get on the ball. Central player movement is key. Multiple runs to shake opponent and timing to create opportunity for GK to play ball forward quickly at an angle.



Speed, accuracy and weight of pass crucial. Pass from central player (cushioned angled pass into defensive player's path) should allow longer pass to be struck first time (probably with the laces, low and hard). Other passes should be purposeful, firm to feet at an angle, or weighted in front moving players.



Top three players creativity and speed of decision-making will determine outcome of a fast, free-flowing move. They have freedom of movement to run across the lines and play with imagination.



Communicate verbally, and/or visually (use of hands), to indicate where you want the ball to go. Particularly important for combination play in attacking third as decision is now the players'.

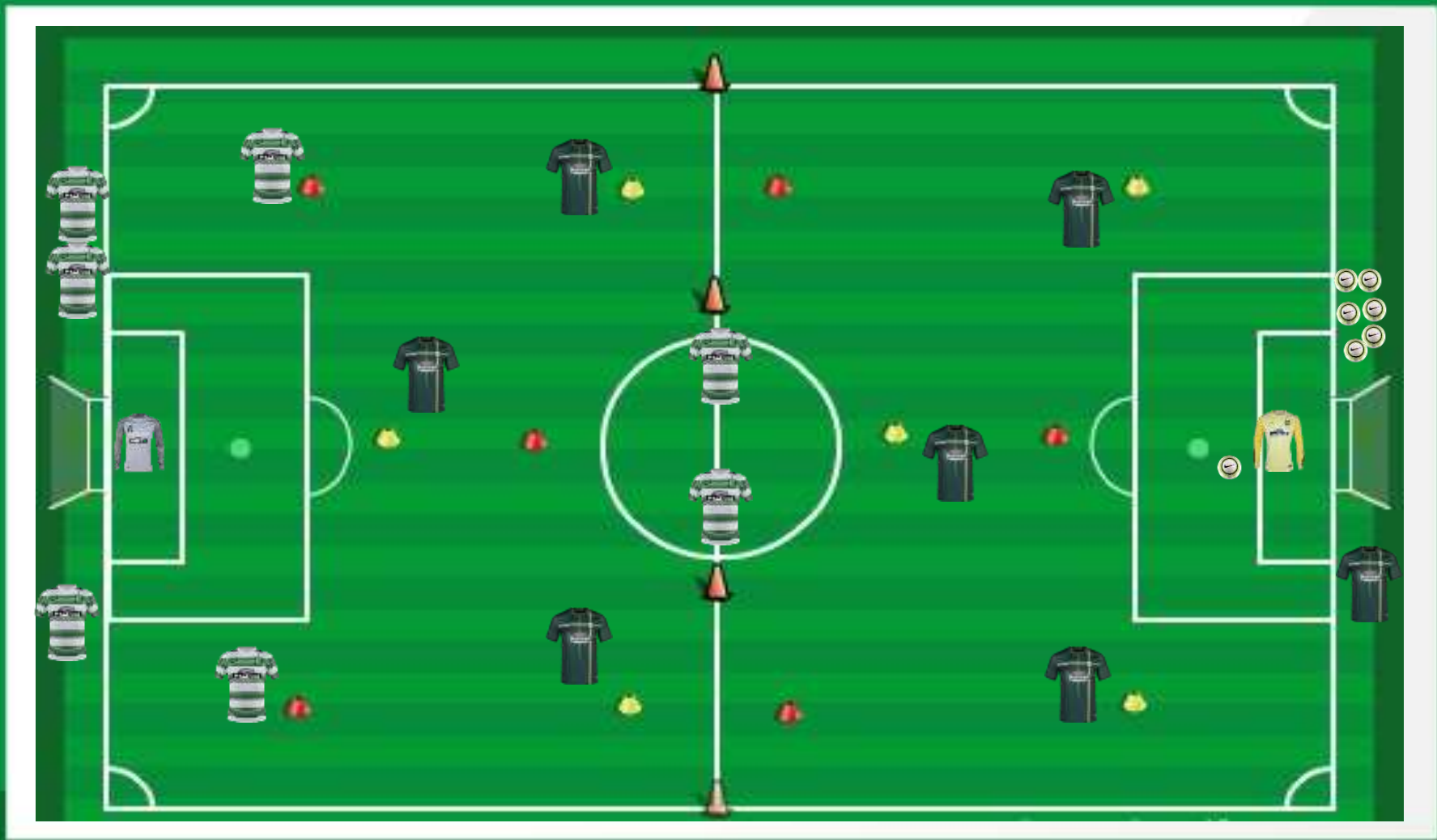
Playing Out From The Back

Option 3 – Central



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Playing Out From The Back

TwoDirectional Game



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Set up: Exactly the same field layout as Options 1,2 and 3. Add in four cones marking central line across field, evenly spaced from touchline to touchline. Team in possession – all relevant markers to your attacking formation must have a player positioned on it. Team out of possession, two on the wide defensive markers and two on the central halfway markers. Any spare players must stay off until transition and then rotate in for a team mate. Make sure players rotate so it isn't always the same players defending and attacking.



Start play from goalkeeper. Decision making is theirs. Can go to either wide player, or centrally. As soon as initial pass is played, this triggers two halfway defenders to press to win ball back. This also triggers one attacking player from the team in possession to drop back into the half to make it 4v2.



Team in possession are striving to play out, forward and transfer the ball into the attacking half of the field to a team mate. Defensive players from halfway cannot defend in their own half. Once the ball is transferred, the defensive players from their own half, on wide defensive markers, become active to press the ball. Two players from defensive half of the field for the team in possession can then join the attack to create another 4v2 overload.



Attacking objective – To set up with a good shape to play out from the goalkeeper, create 4v2 overloads in both halves of the field, be direct and transfer quickly, to create and score a goal.



Defensive objective – To apply full pressure as a pair against 4 players in possession. If you win the ball back, one player can advance to create a 3v3 (none of the initial attacking team can drop to create an overload defensively). Attempt to score a goal as quickly as possible.



If the team in possession and have the 4v2 advantage do not score, the opposing team get the chance to play out and attack. Looking to transition quickly and understand rules as quickly as possible to retain shape and speed of play/decision making.

Playing Out From The Back

Two-Directional Game



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Playing Out From The Back

Game - Conditioned and Free Play



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Set up: Same field layout as the Two-Directional Game. Two teams even in numbers and two neutrals. Diagram shows 7v7 and 2 neutrals. Keep halfway line markers in for first part of game, remove the rest. Remind players of quick transition to shape when playing out.



Normal game, but start by playing overloads in each half. 5 v 3 (inclusive of neutrals) for team in possession. One extra player for team in possession can move from half to half to create an even greater overload and create more realistic forward movement. Encourage team in possession to rotate positions so they aren't always attacking or defending.



Remove all markers and play full field, freedom of movement 7v7 with two neutrals. Objective is still to play out from the back.



Remove neutrals – put one on either side and play evenly numbered teams. Go and play.



One rule remains constant throughout – get shape quickly organised and try and play out from the back. Any ball played long by the goalkeeper without purpose/direction, or when it was easy to play out, results in a penalty being given to the opposition. Only if there are no obvious options available open, can a longer pass/throw be played (even then, it must be purposeful and not just a hopeful ball forward).

Playing Out From The Back

Game – Conditioned and Free Play



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