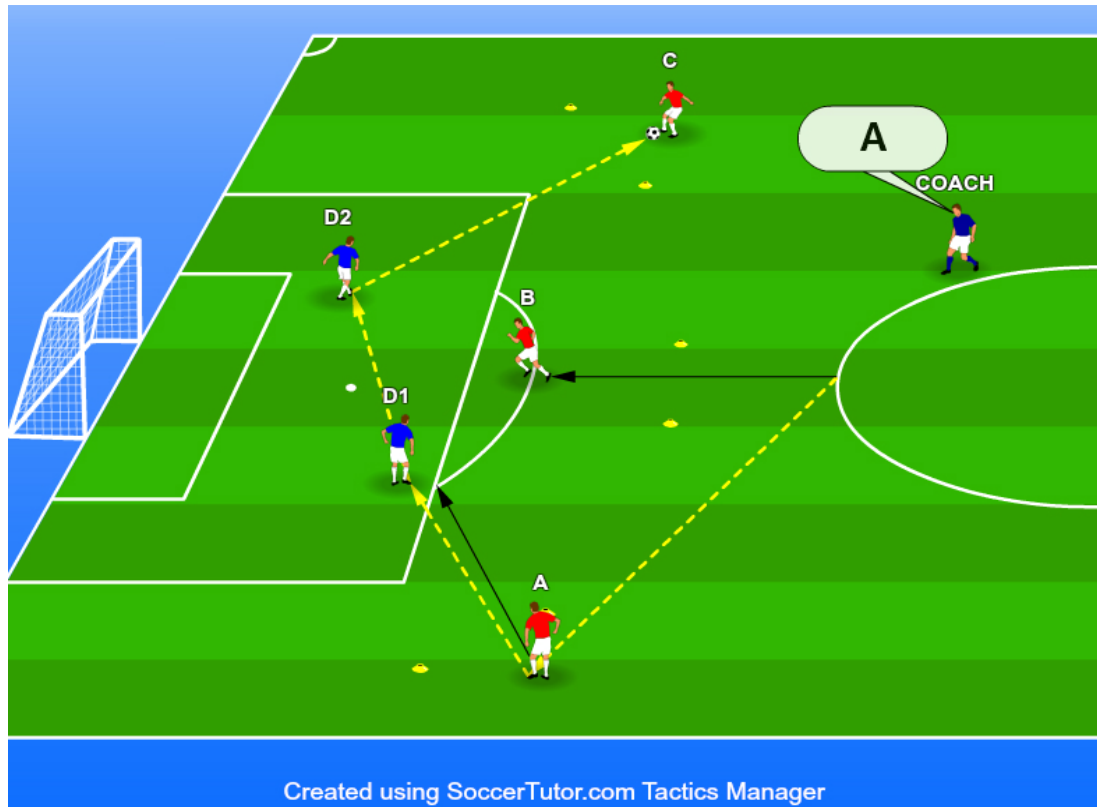


Game Situation – Playing from the Back



**Levels:** U11-14

**Measurement:** Half-Pitch

**Duration:** 20 Mins

**Players:** 4

**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.

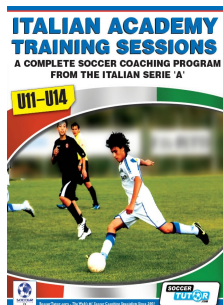
Player D1 who receives the pass is limited to 2 touches and passes to partner D2 who needs to have moved behind the line of the ball and into space.

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

## Game Situation – Playing from the Back

### This Drill is Taken From...

### By Coach



A Complete Coaching Program

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Simone Bombardieri

Empoli FC Academy  
Coach .

### Equipment Needed



#### Space Markers



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#### Rubber Marker Discs



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#### Training Ball



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#### Mini Pro Cones



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