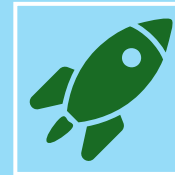




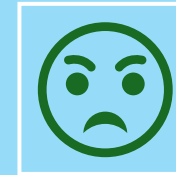
**Soccer then and
now**

**We have come a
long way baby!**

Offensive Tactics: Up Back Through



Exploiting
space



Breaking
defensive lines



Combinations

Teresa DeGeorge
Omaha Marian

Need technical skills before moving to any tactical play

- A combination between speed and skill kills.
- Alyssa Thompson

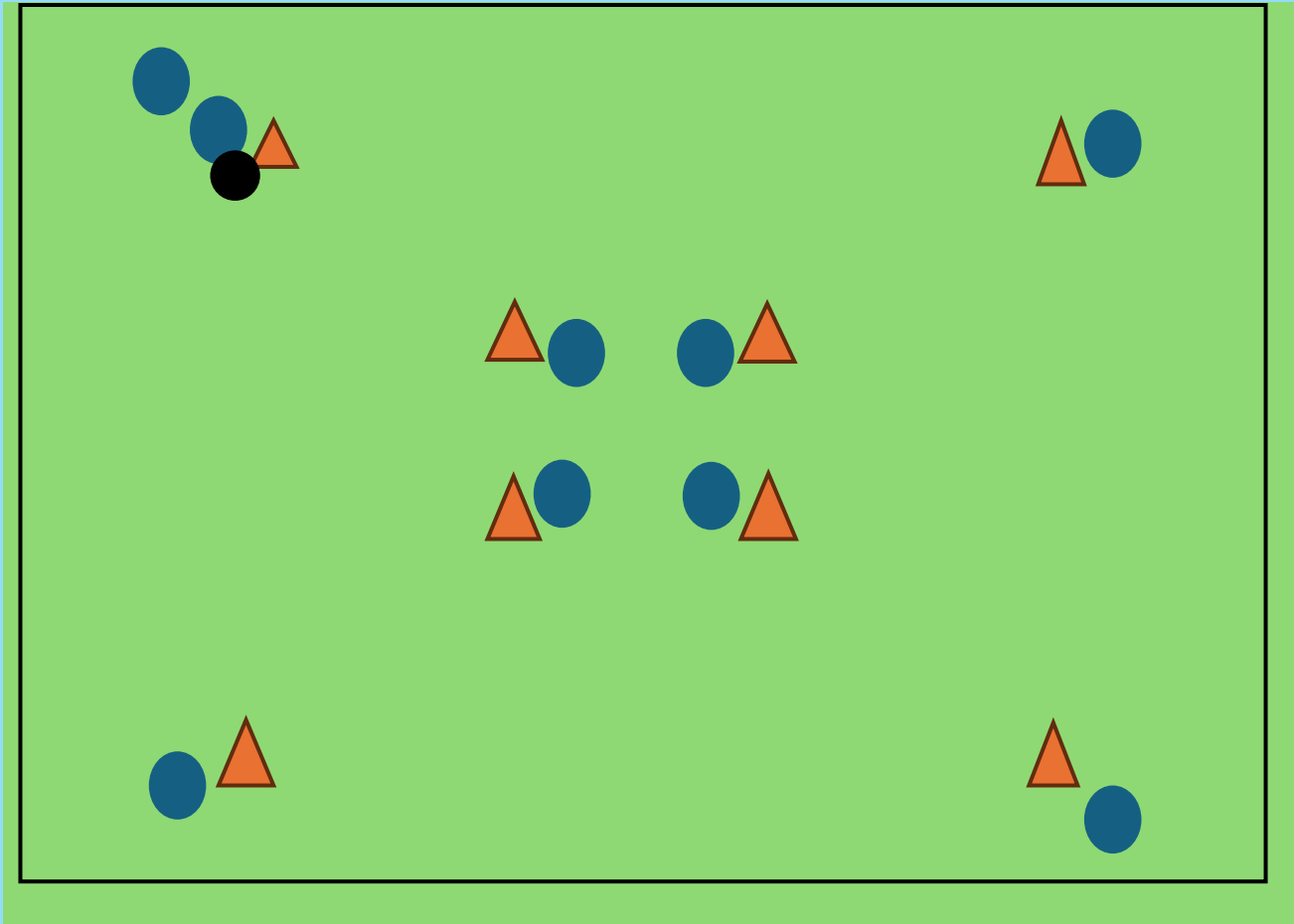


Keys for a successful ***Up-Back-Through*** combination:

- The action starts with a forward pass to an attacking teammate checking into space
- The attacking player then lays the ball off to a supporting player who is facing forward
- The supporting player then plays a through ball into the space created for a runner

Warm Up

Passing Patterns: Up Back Through

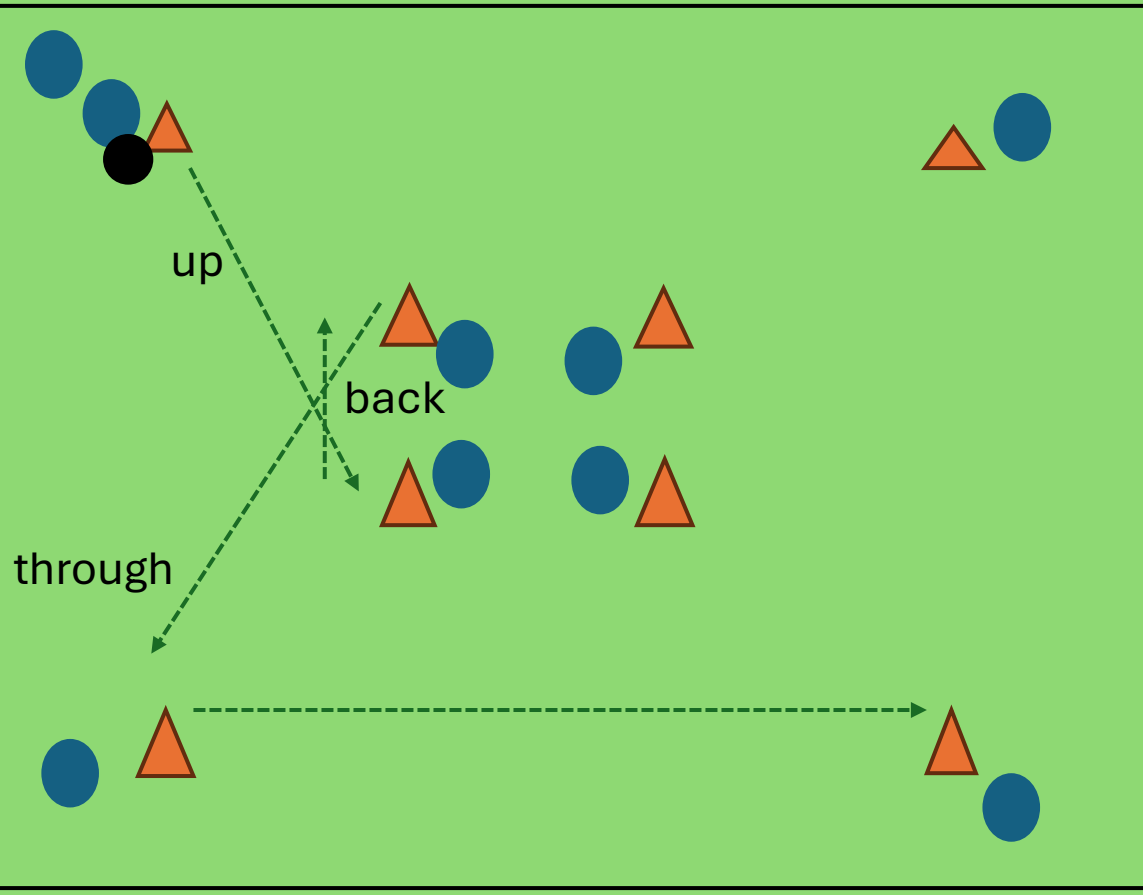


Set up:

- 4 cones in middle 8 yards apart
- 4 cones on outside 20 yards apart
- Adjust bigger or smaller depending on age and skill level

Passing Patterns: Up Back Through

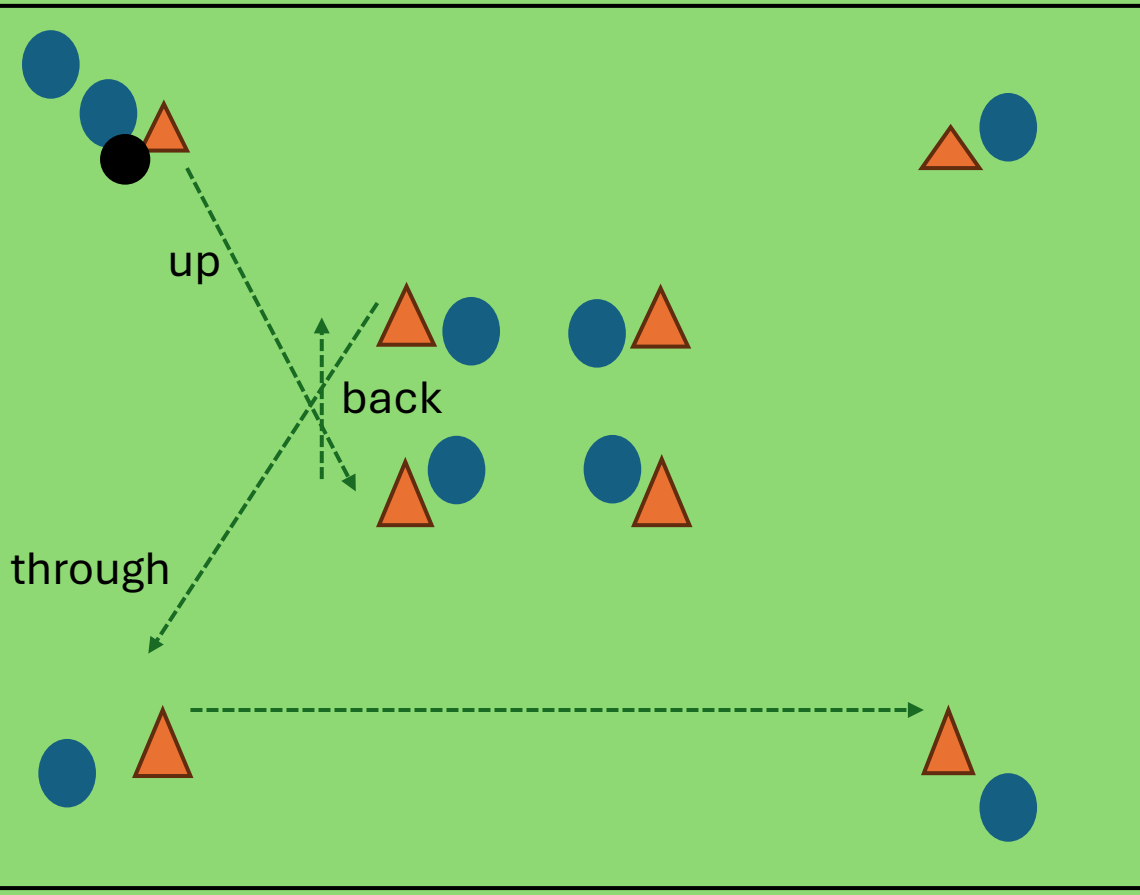
- Start ball with 2 players in line
- Follow pass
- Initially one ball
- 2 touch outside
- 1 touch inside
- Demand right right on the outside only
- Demand left left on the outside only
- Inside players can use whichever foot is quickest and provides the best layoff



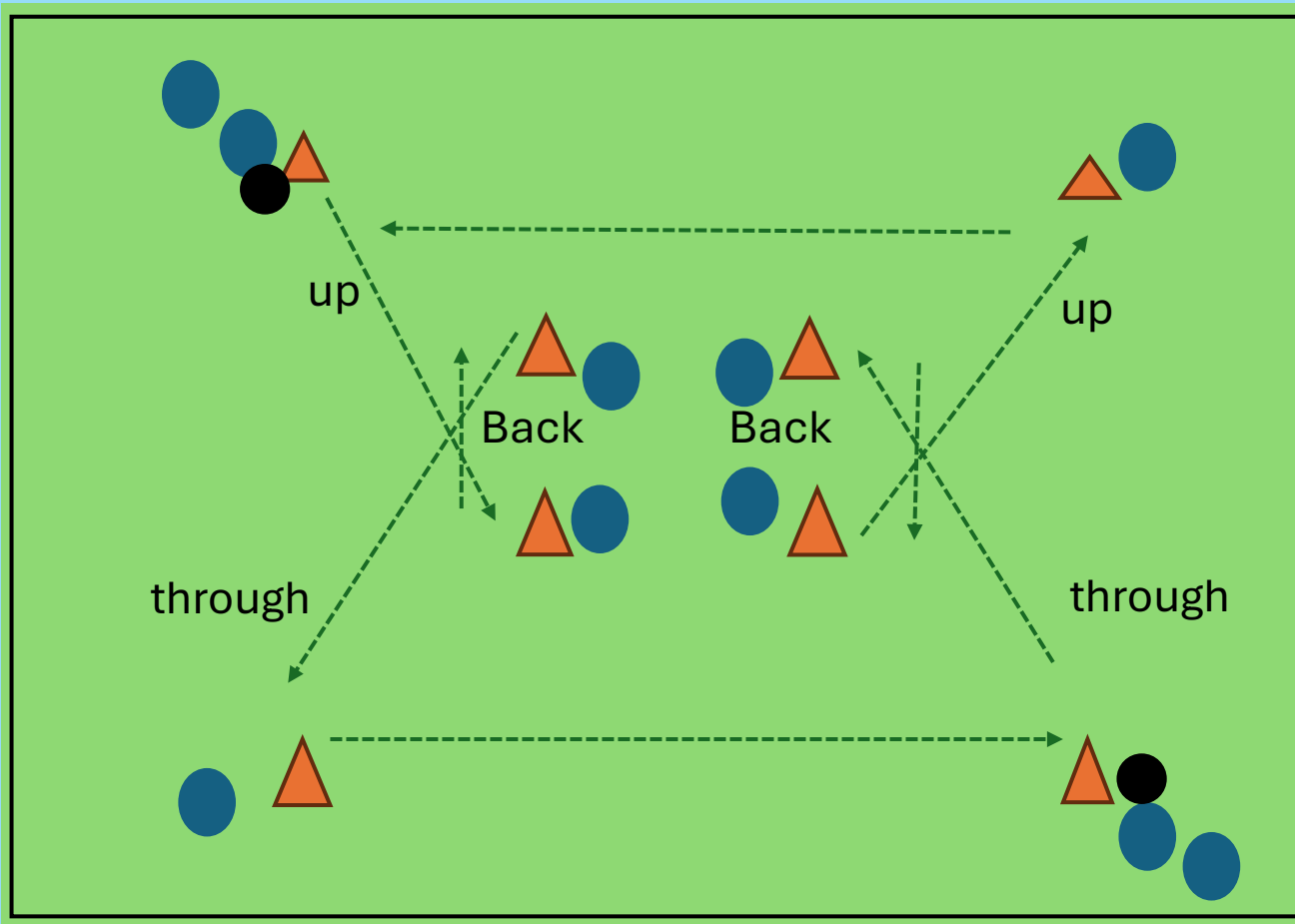
Passing Patterns: Up Back Through

Coaching Points:

- Middle players check shoulder
- Middle players lay off the ball in front of the player setting them up for success
- Mindful of angles and body shape
- Check hard off the cone
- Quick movements
- Outside players open up, self pass, push ball in direction you want to go
- Communicate off ball
- Plan ahead, light on feet
- TOUCH, LOOK UP, PLAY



Passing Patterns: Up Back Through



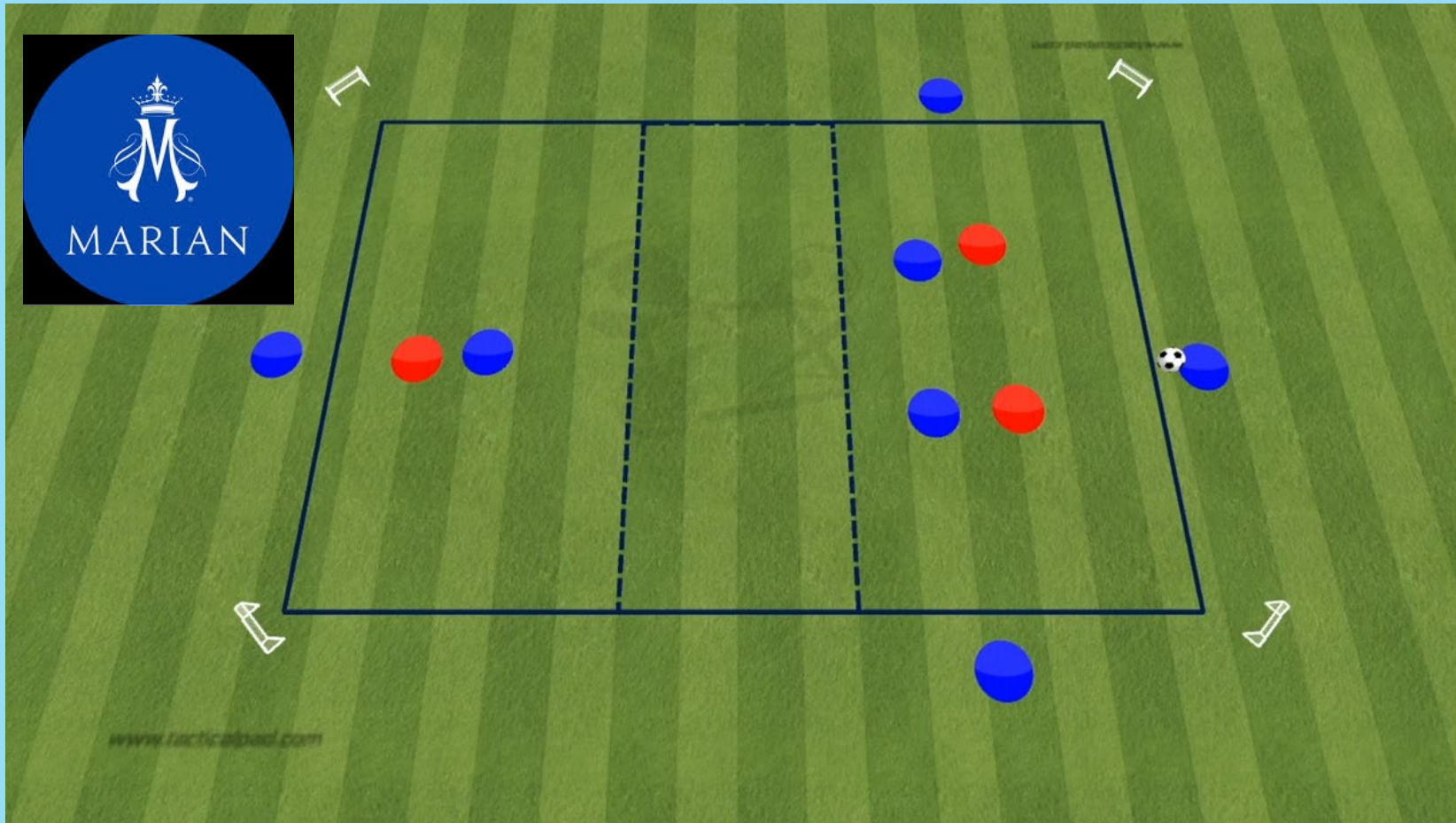
Progression/layers

- 2 balls
 - 2nd ball starts on the opposite corner
 - 2nd ball adds chaos making it game like
 - Continue with communication with more distractions
 - Sprint to next cone
 - Increase speed of play (if one error occurs everyone stops and resets which slows play)
 - **COMPETITION:** Set up 2 teams with each passing pattern
 - Count how many consecutive successful passes occur in 30 seconds with the exact instructions given, no errors
 - Losing team runs sprints
- ie. Right right-inside inside prep, left left inside inside prep

Activity 1: Up Back Through 7 vs 3

Set up:
35x15 yard zone with
5 yard central area

- 10 players total
- 7 offensive players
- 3 defensive players



Up Back Through 7 vs 3

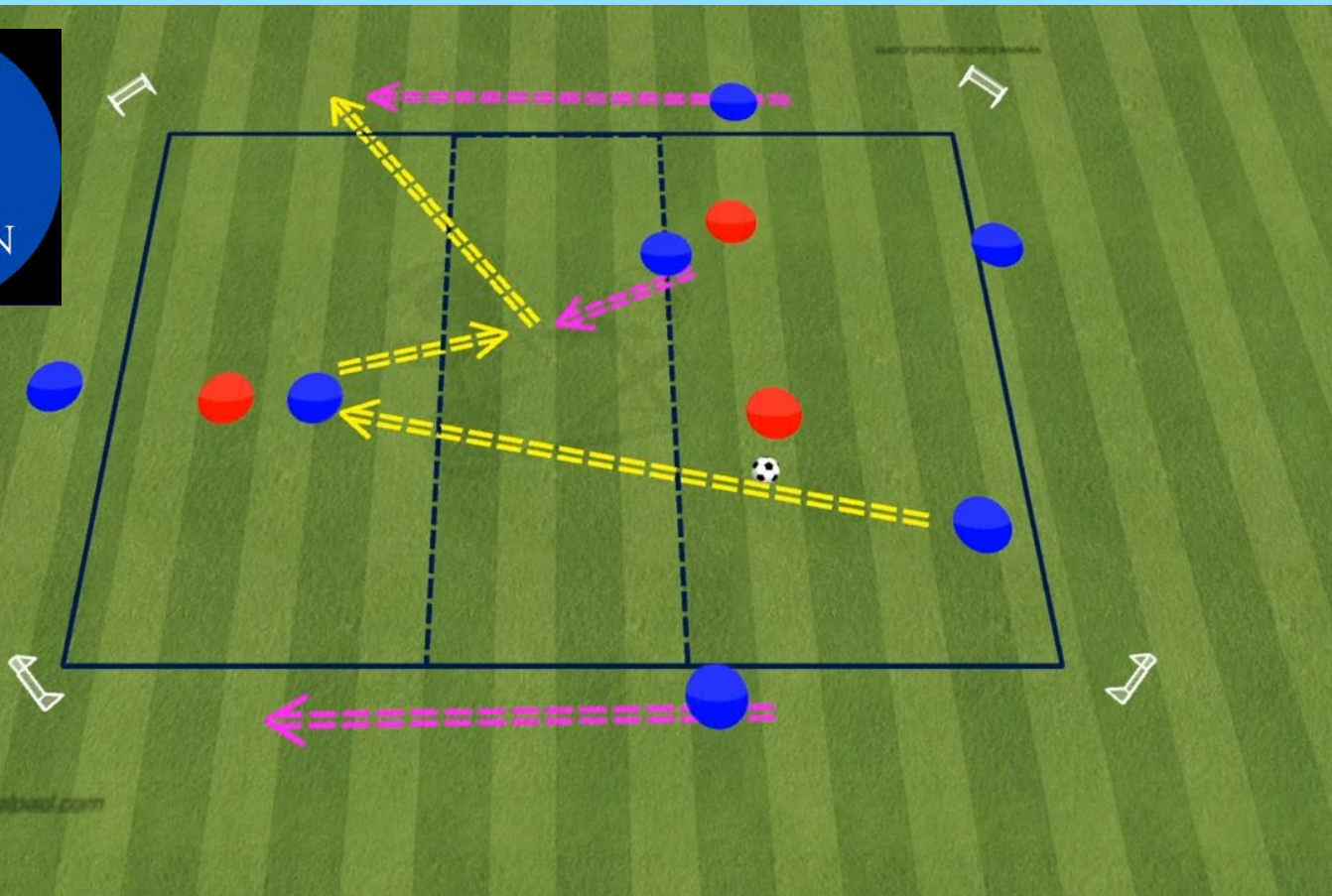
- Play starts in one zone where two wide players, one target player and two central possession players play a 5v2

- After completing 3 passes, the possession team are looking to play into the highest central player and then find a supporting midfielder in the space for the layoff

- When that is happening, the wide players are moving forward to provide an option (3rd player) for the through ball and receive on the outside

- Once they receive in the opposite zone, play simply resets as a 5v2 and the possession team are awarded one point

- If the defenders win possession they can score in any of the mini-goals for two points



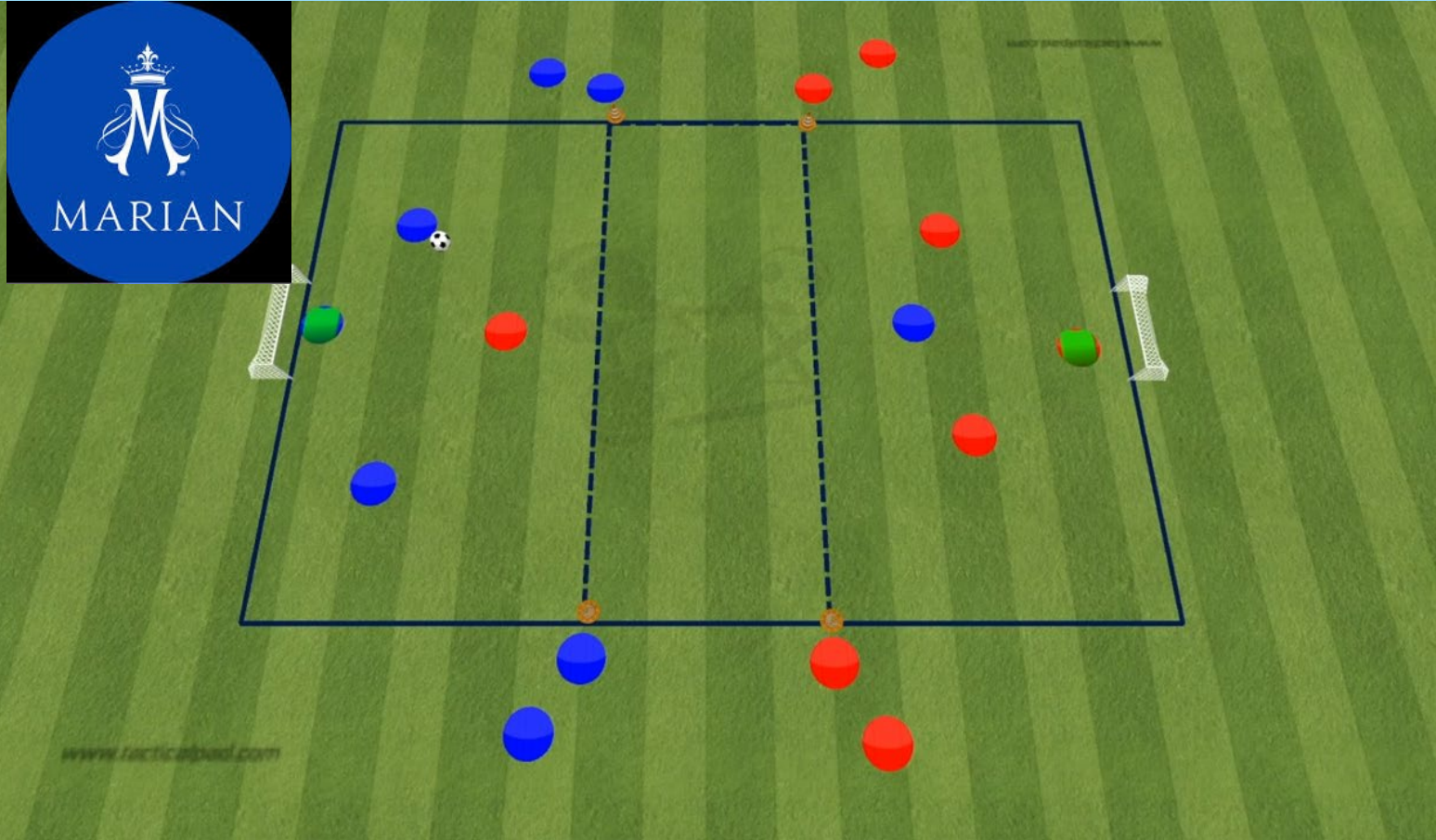
Activity 2: Up Back Through 2 vs 1 into 3 v 2

Set up:

45 x 15 yard zone

5-yard central area

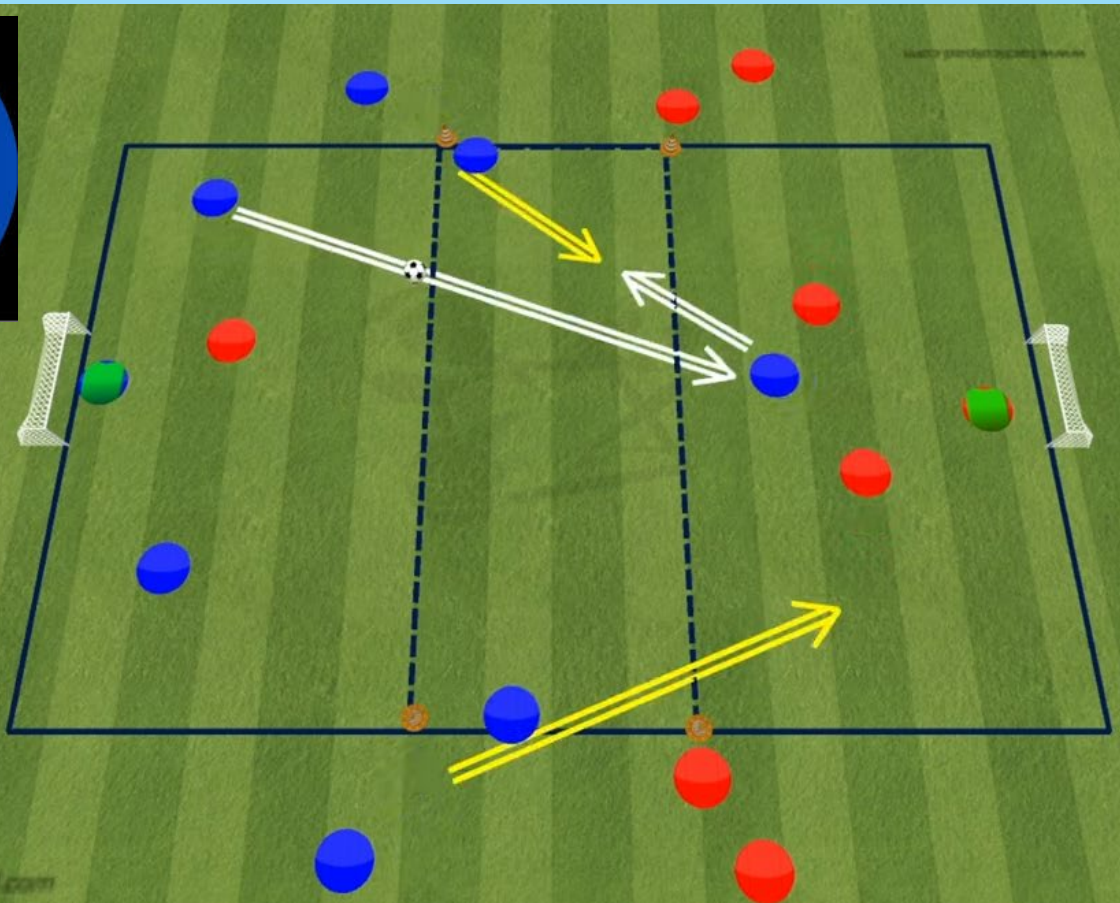
- two teams of 7 inside a
- In each end zone there are two defenders and one goalkeeper against one forward, with the midfield players organized in lines for supporting runs



Up Back Through

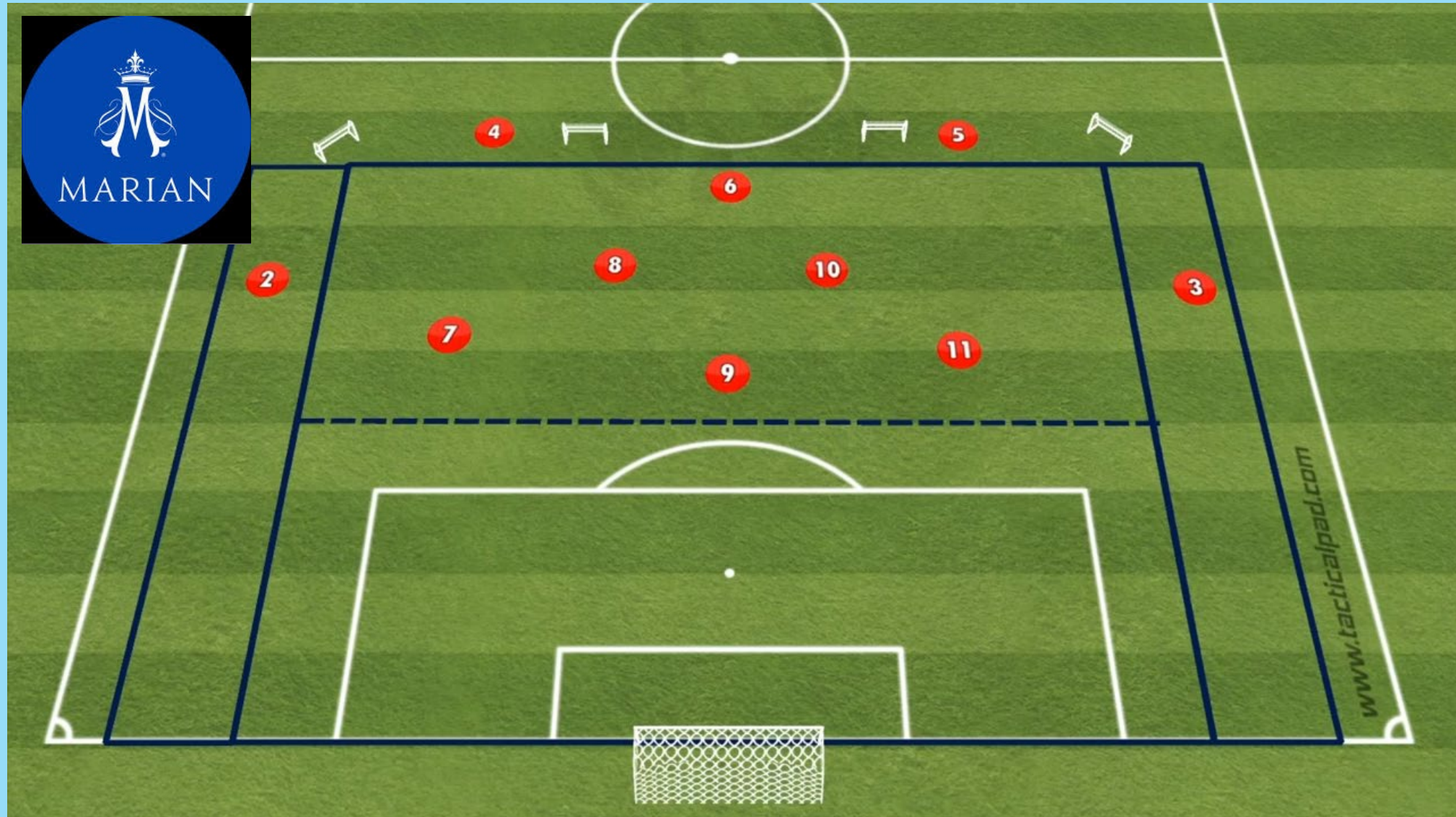
2 vs 1

3 vs 2



- Play starts with the goalkeeper
- possession team looks to build in a 3v1
- play into the highest supporting player in the third zone
- As soon as the ball is played into the next zone, the runs arrive from the supporting players (one underneath for the layoff and one beyond for the run)
- Depending on the options available, the attacking team now arrive in a 3v2 situation to goal
- After the attack the ball starts with the other goalkeeper and teams simply change roles

Activity 3: 10 vs 7 Tactical Game

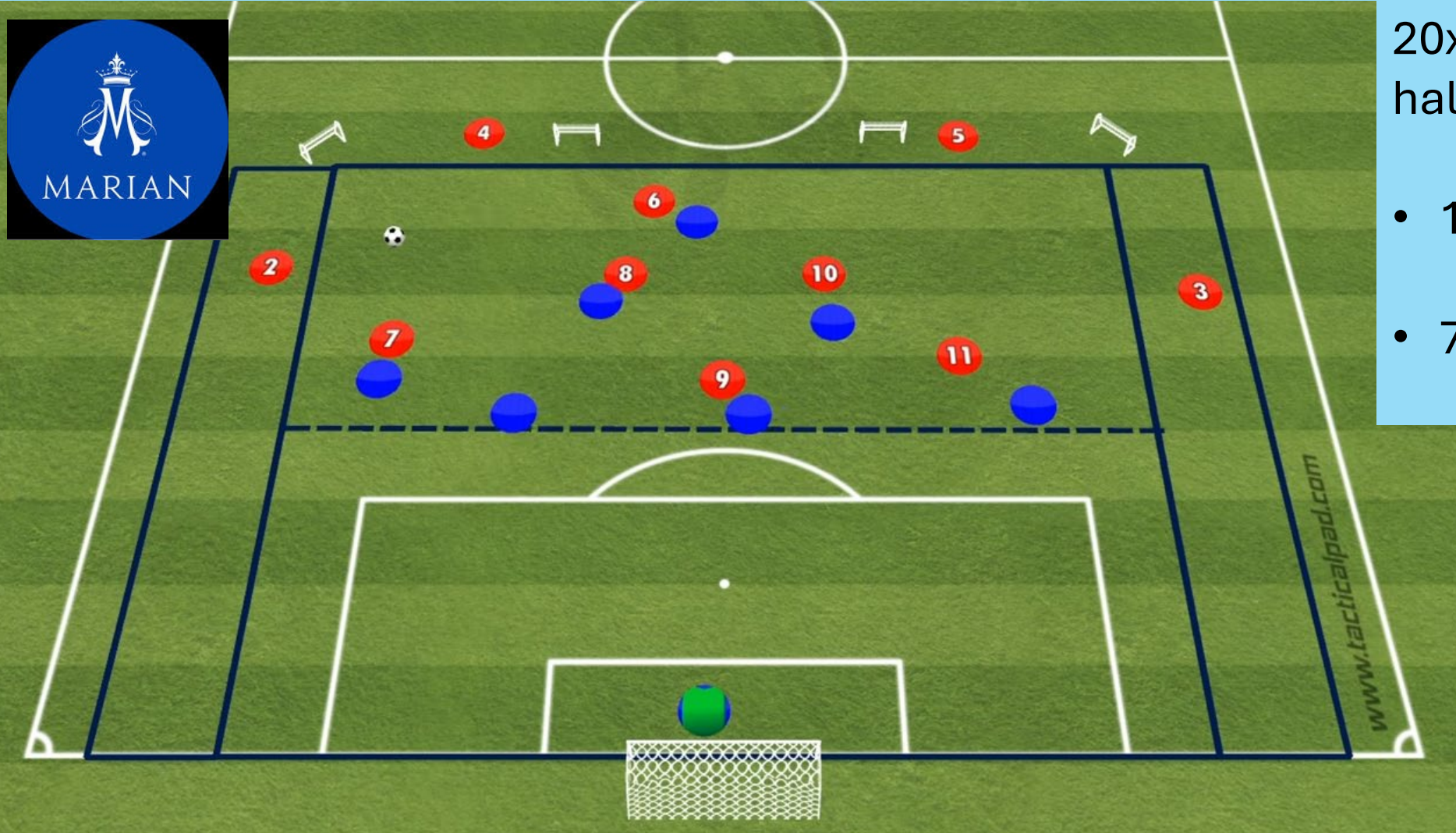


10 vs 7 Tactical Game

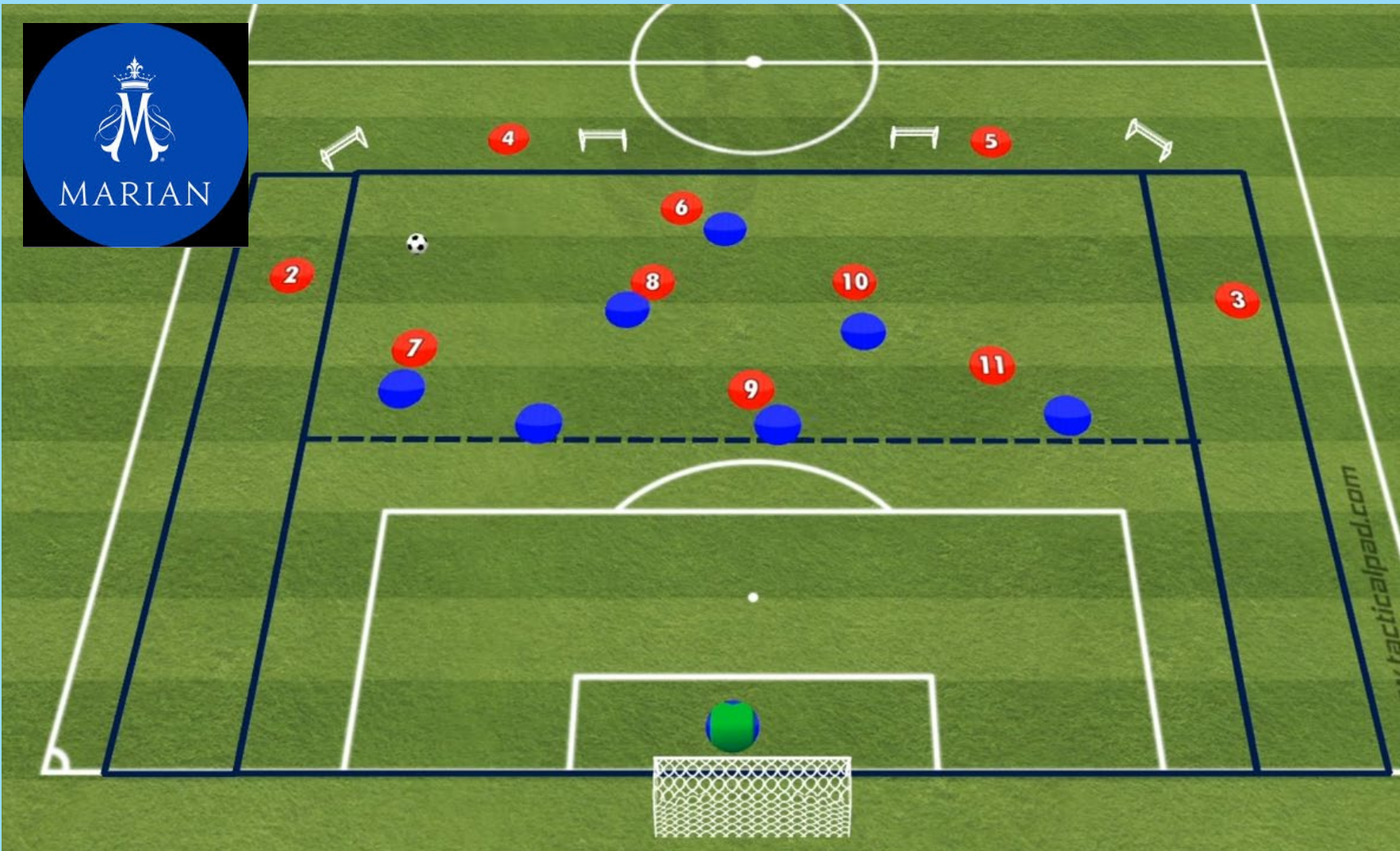
Set Up:

20x30 yard area in one half of the pitch

- 10 offensive players
- 7 defensive players



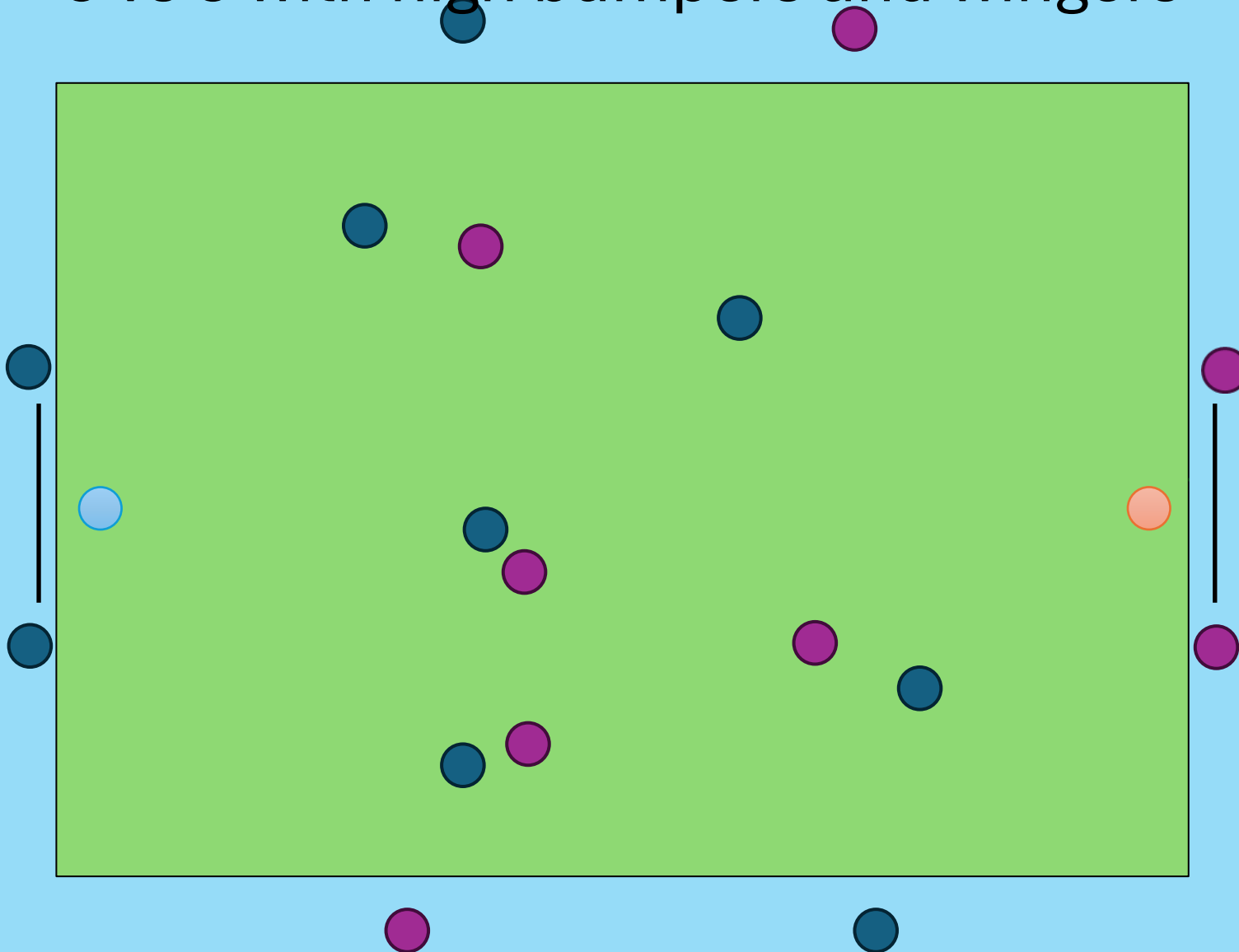
10 vs 7 Tactical Game



- Back four players on the possession team are positioned on the outside but can drift in as the game progresses
- As the attacking team start to circulate possession, they are looking for opportunities to break into the opponent's half via an up-back-through or any other combination (including an individual dribble, give n go, crosses)
- No defenders are allowed in the final third to track runs
- If the defenders win possession they can score in any of the mini-goals for two points

Activity 4:

5 vs 5 with high bumpers and wingers



Set up:

- 35 yards x 40 yards
- Teams are directional
- Playing highest bumper gets the highest point reward
- 1 point-regular goal
- 2 points slot ball goal
- 2 points volley goal from cross
- 3 points header goal from cross
- 4 points play bumper, connect with oncoming teammate with one touch goal-up back shot-3rd player
- Play 3 minute games
- High intensity
- Play 2-3 rounds depending on amount of players
- Losing team does sprints

Thank you for your attention.

Questions???

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Omaha Marian

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References:

You tube: Coach Rory Soccer, Youth Passing Patterns

Modernsoccercoach.com

Up back through combinations to score goals

Also found on you tube