

Teaching Possession Soccer

Out of the Back

(Basic)



Training
Snapshots & Notes

3FOUR3

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Setup

- Full width of field
- Total of 5 players
- Back line of 4 plus the defensive midfielder

Action

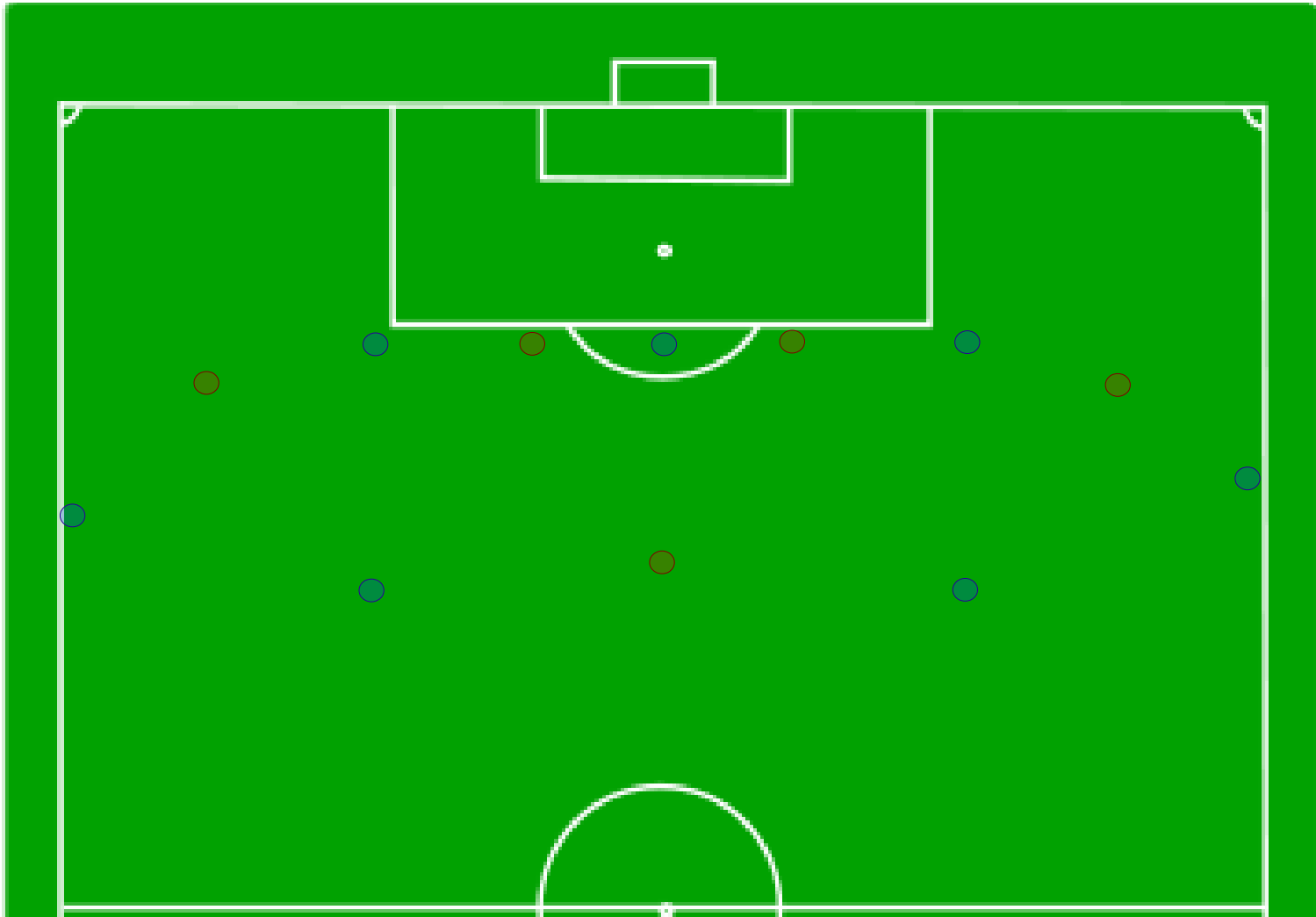
- Swinging the ball side to side, through back four and using the D-mid
- Rarely 'skip' a player
- Defensive mid always showing himself
- When action starts coming to an outside back, that outside back should be moving all the way to the sideline. OB should be receiving on the sideline.
- When an outside back, say the RB, is receiving, the LB should be well shifted to the middle. (Good defensive positioning)

- When D-mid, or outside backs receive and go forward, all players step forward
- When the line is high and D-mid or outside backs face their own goal in possession, the center backs backpedal fast and deep.

- When outside back takes throw-in, center back provides super deep option.

Notes

- Ensure proper spacing at all times.
- Ensure proper shifting at all times.
- Start slow, so players understand the tactical (space and timing).
- When understood, maximize speed of play.
- Have players communicating.



- Approximate player positions when ball is central.
- Approximate player positions when ball is wide.















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When D-mid faces centerbacks, centerbacks backpedal.





Are You Ready to Take Your Coaching Even Further?

3four3 has put together the core of its successful training methodology for building possession-based teams ...

... in the American soccer environment.

[Click Here to Find Out More](#)

The Activity you've just gone through contains a tremendous amount of soccer ... but it must be integrated into a bigger coherent context.

And proper execution is key!

We've been coaching and refining our possession-based methodology for over 10 years. We've been fortunate to enjoy a lot of success in that time, but it took a lot of work ... and we've made our share of mistakes along the way.

What if you could directly benefit from those years of experience – and avoid those mistakes?

What if you could short-circuit the long trial and error cycles?

What if you could collaborate & network with coaches, all working towards that desired possession-based game?