

Back Pass Game

Emphasis: To encourage goalkeepers to make correct decisions (technically and tactically) when receiving back-passes from teammates



Set-up:

Field size is the width of the 18-yard box (44 yards) to the half-way line. A second 18-yard box is created on the half-way line as shown. Goalkeepers are in each goal and the field players are arranged in a 5 v 5. A supply of balls is placed around the playing area and next to each goal.

Objective:

Both teams compete for the ball in the middle area of the field. Play must be sharp with accurate passing and constant movement from all players. All play occurs in this middle zone until;

- (a) The ball is back passed to the goalkeeper.
- (b) The team in possession has completed 5 successful passes.
- (c) The ball is played over-the-top from a goalkeeper.

On the 5th pass the team in possession may attack their opponents' goal and enter the 18-yard box. They can shoot from outside the 18-yard box at any time.

If the ball is back-passed to a goalkeeper the opposition can enter the 18-yard box to put the keeper under heavy pressure. In the above diagram player (A) is being put under pressure by player (B). Player (A) decides to back-pass to his goalkeeper. Player (C) is moving into the 18-yard box to put the goalkeeper under pressure. The goalkeeper must then make one of three decisions; to pass the ball to a supporting teammate, to clear the ball to avoid the pressure from the opponent, or to play the ball over-the-top for a runner. Game is continuous for a designated period of time or for a designated number of goals.

Progression:

1. Limit the touches for field players to 2.
2. Goalkeeper must use 1 touch.

Coaching Points:

- Goalkeeper must offer good angles of support to receive back-pass (in the above diagram he has shown at an angle to receive the pass.)
- Quick decisions from goalkeeper are vital to avoid losing possession.
- A good first touch away from pressure is vital.
- Communication to the outfield players must be early and accurate.
- Accuracy of passing and quality of touches for outfield players is imperative if the exercise is to build a rhythm.