



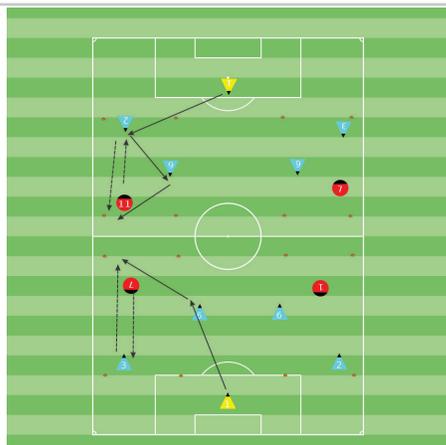
Topic: Building out of the back I

Objective: To keep possession and move the ball forward in our defensive third

Player Actions: Dribble, Receive, Pass, Defend, Support

Initial Play Phase - Play as the players arrive

In a 20x30 area, play 1v1, 2v1, 2v2 - up to 3v3 or 4v4 depending on numbers. Set up area prior to player arrival



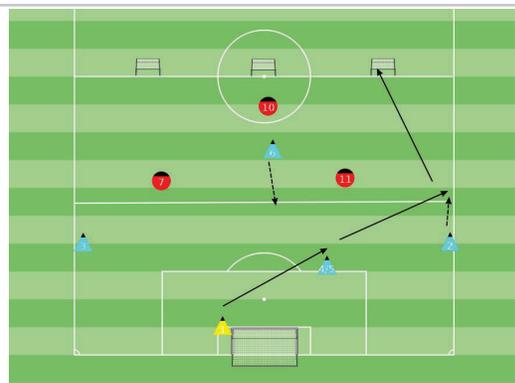
Objective: Building on the flanks with OB and CB or CM from GK

Organization:

Create two 12 x 18 yard grids in the defensive third  
Ball starts with GK playing the ball out to either a wide OB or a central CM/CB  
Once ball is in grid, play to endlines - once done, ball is played to other wide area

Coaching Points/Guided Questions

Shape and positioning - Where should we be, when? How to check and when.  
One pattern that is useful in building out of the back is GK to CB to GK then to OB  
Pace of pass and quality of first touch



Objective: In larger numbers continue repetition of building out of the back in more realistic environment

Organization:

Width of field - length of half field

4+1 vs 3

Start with GK 75% of the time

Coaching Points/Guided Questions

When the ball is played central or back to GK - what does our shape look like? How, when (cues like GK, save, passback), where.

How can we possess to manipulate defense to open other areas? Can we go in to pressure to get out?

How and when does the 6 get involved to bring defenders into the area and open space forward?



Objective: Building out of the back with larger numbers

Organization:

Width of field - length of 3/4 of field

6+1 vs 6

Start with GK 50% of the time

Coaching Points/Guided Questions

When the ball is played central or back to GK - what does our shape look like? How, when (cues like GK, save, passback), where.

Can we go backwards if we can't go forward?

Can we use our CM to get our OB forward?

Final Play Phase - Scrimmage in a larger setting to bring out the topic.

Play 11v11 with midfielders in central areas (1-4-3-3 or 1-4-4-2-diamond) to encourage outside backs to go forward into the space while building.

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next



4v4  7v7  9v9  11v11

Moment: Possession in our own third

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