

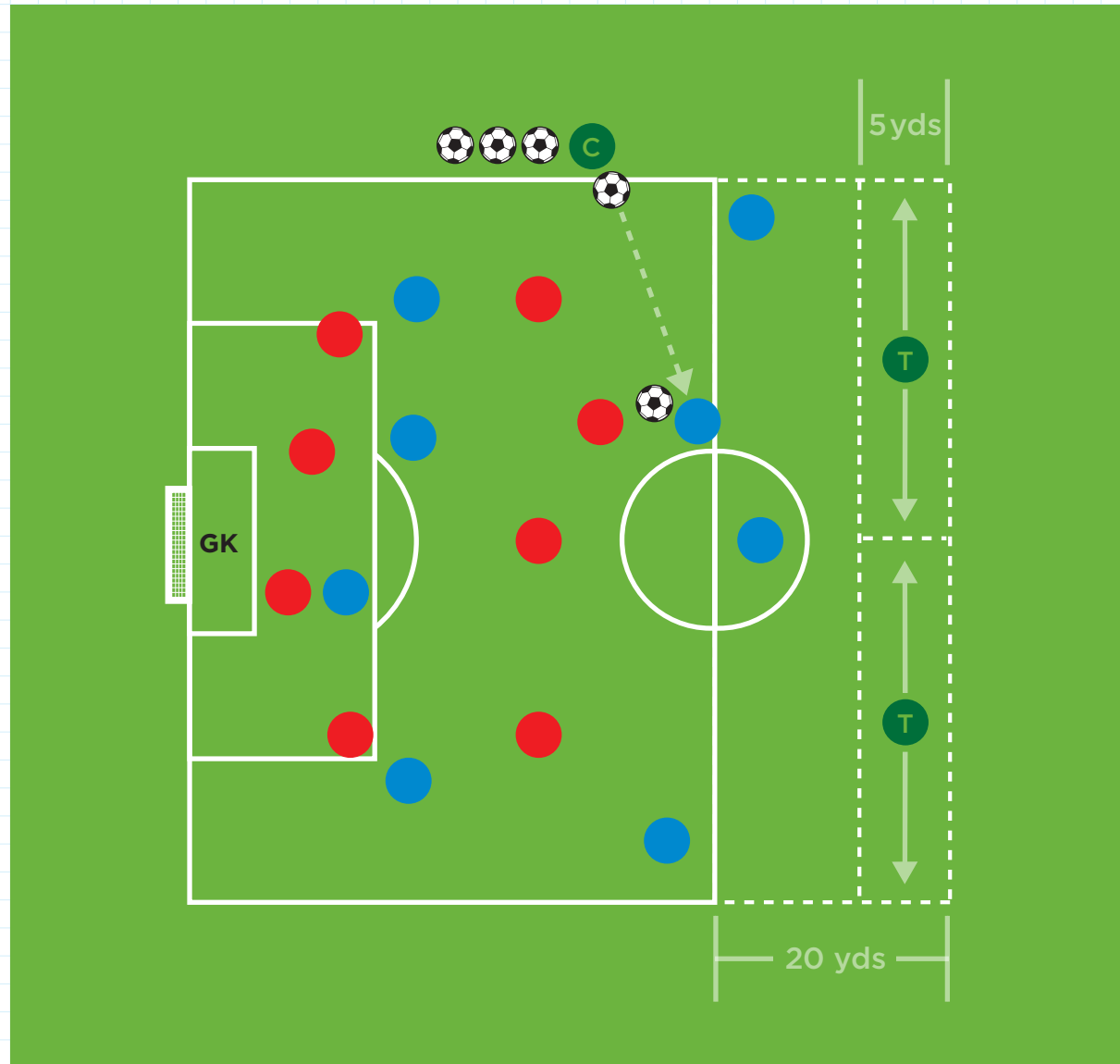
# Build-up play 2

## Practice organisation

- Half pitch extended in length by 20yds, with full width, incorporating 5yrd safe zones as illustrated.
- 19 players (incl. GK) arranged 8v8 in main playing area plus 2 players in safe zones who support MF from behind, 1 ball.
- Supporting players also operate as Targets for D's on gain of possession.
- Defending team line-up with 4D's, 4MF's & GK.
- Practice starts with: coach feeds ball into MF's to initiate attack.
- If pressurised: MF's can play back to supporting players in end zone, to change point-of-attack & retain possession.
- Objective is: create goal-scoring chances in free play to score.
- Off-side rule applies.
- On gaining possession: D's retain ball & attempt to pass to 2T's in end zone.
- Practice restarted by coach with initial team arrangements.

## Detail

- Stretching D team units (& reasons why).
- Passing speeds, direction & distance of first touch to receive ball.
- Interchange of position of A's into space & between D's.
- Taking-up supporting positions, including distance, angles & nature of movement.
- Wall-passes & overlaps.
- Quality of final pass, crosses & passes into & within penalty area.
- Simple progression for this practice is:
  - Build-up play continues, but when a regain of possession takes place; encourage counter-attack to score as directly, accurately & quickly as possible.



## Key coaching points

- Dispersal (spreading-out) as a team & in team units.
- Quality of passing & receiving decisions taken by players.
- Movement & support positions around player in possession.
- Combined & individual play in flank & central positions.
- Precision in & around the penalty area.

Attacking when opponents are 'in balance'

Age group  
17-21 years