



Andrew Olivieri

Entraîneur Cadre – ARS Lac St-Louis

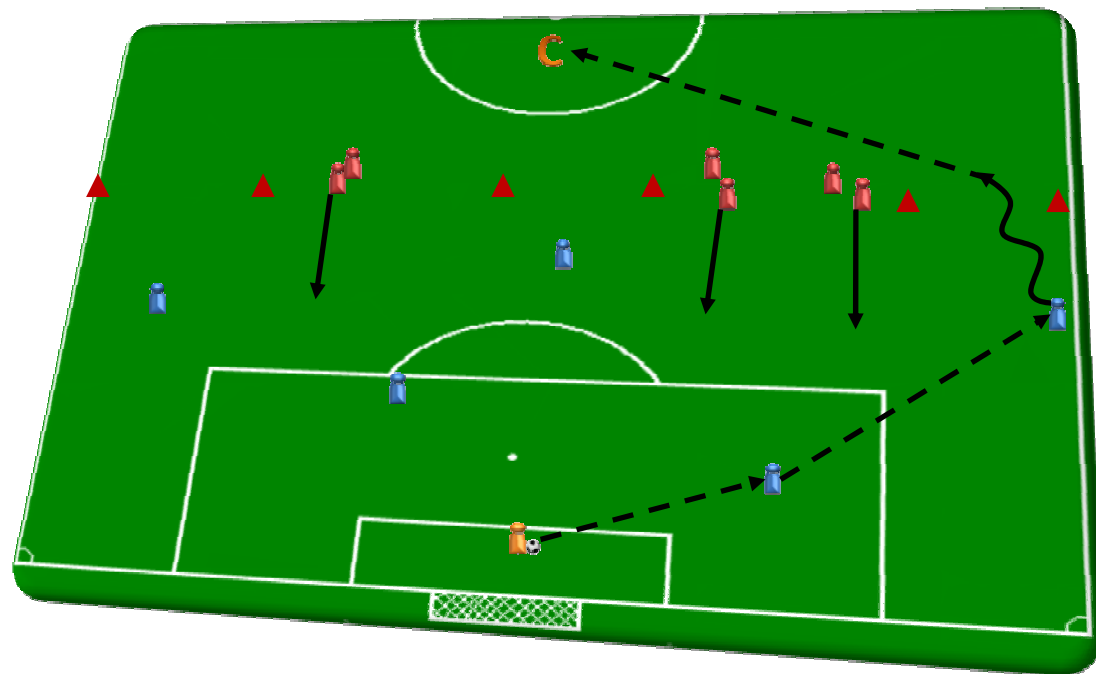
EXERCISE FROM:

Coaches Symposium 2010

BUILDING-OUT FROM THE BACK

PREAMBLE

The ability of a team to maintain possession while trying to build-out from the defensive 1/3 is a task that requires a good organization of the players and proper technical execution. We must encourage our players to do this with speed and simplicity and not discourage them from trying when the execution breaks down.



OBJECTIVES

To teach the positioning and decision making of the goalkeeper and defenders while trying to build-out from the back.

STAGE 4 is the essential time to be introducing these concepts and to be encouraging young players to have the confidence to maintain possession under pressure.

STAGES OF LTPD

5-10 min without interventions to allow the players to explore the options. 15-20 min with interventions. 10 min of freedom allowing players to apply the new solutions provided.

DURATION

PLAYERS

One goalkeeper, one set of defenders and a midfielder organized in your team's shape. (Ex: GK ; LB, CB, CB, RB; CM)
At least 3 opposing players to apply pressure.

EQUIPMENT

A source of balls near the goal, a set of cones to mark-off the 3 gates (at the defensive 1/3 line). Pinnies to identify the two teams.

EXECUTION

The action begins with a goalkeeper playing the ball out to one of the backs. The opposing team must pressure the backs to gain possession and attack the goal. The GK and backs, along with the supporting midfielder, must maintain possession and try to dribble through one of the three gates.

Once through, the ball carrier must pass to the Coach. The **coaching points** must reflect the positioning of the players, the choice of passes, the technical execution of related skills and the speed of play.

Variations: -When the coach receives the ball, he immediately plays the opposition (red), they attack in a 5v5 against an unbalanced team (blue).

-Number of pressuring players.

-Limiting the number of touches for certain players (CB, CM) .