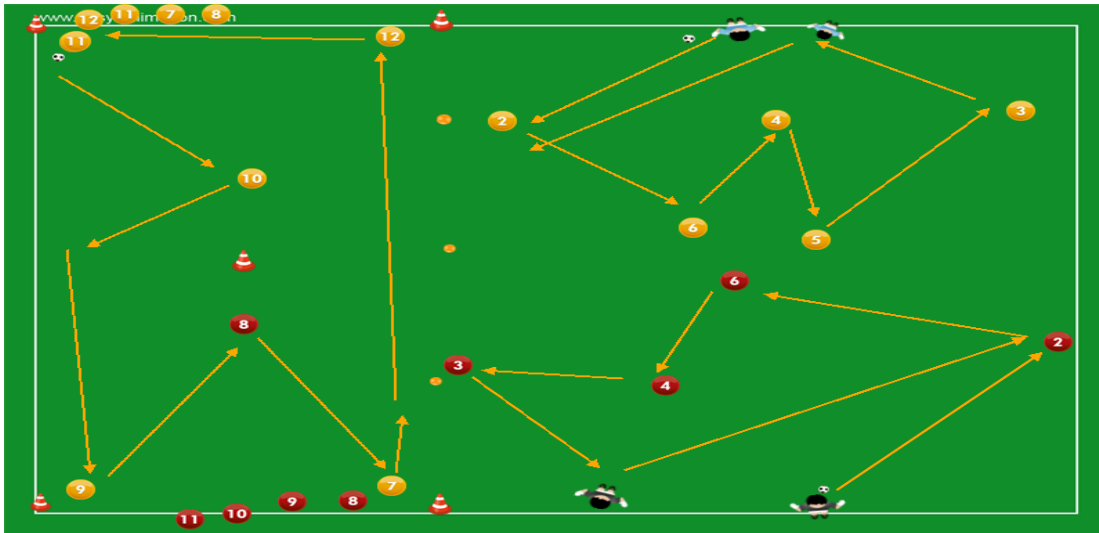


# Build Out from the Back

Warm Up: Use Functional Patterned passing for A. GKs, Backs, Deep-MF and (B.) other MFs & Fs (see diagram)

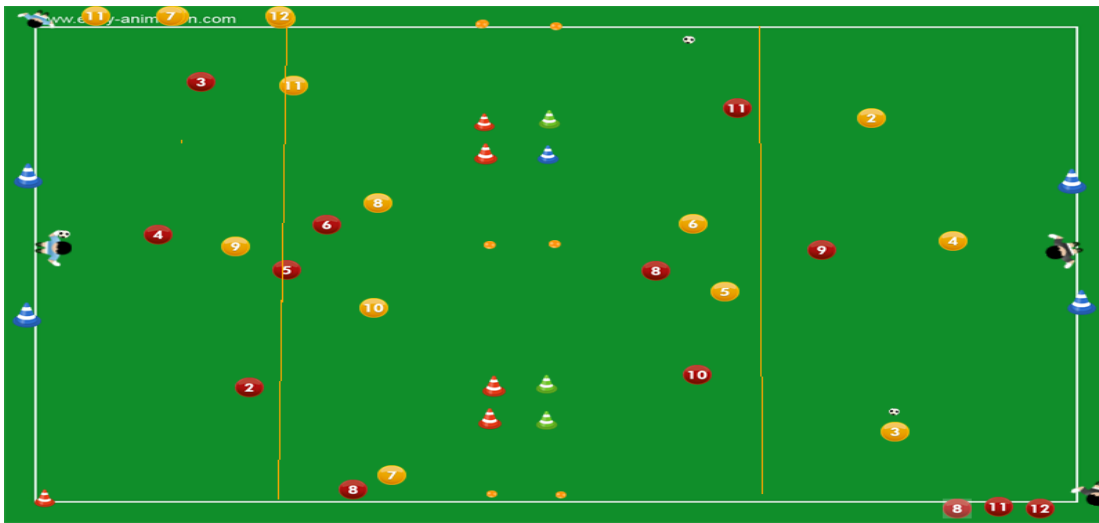
Use fast pace repetitions to set the detailed objective in place. Change direction. Time/sets.



72x48 total space

*Coaching Points:* pace and accuracy of pass, body position to receive or play, speed of play decisions.

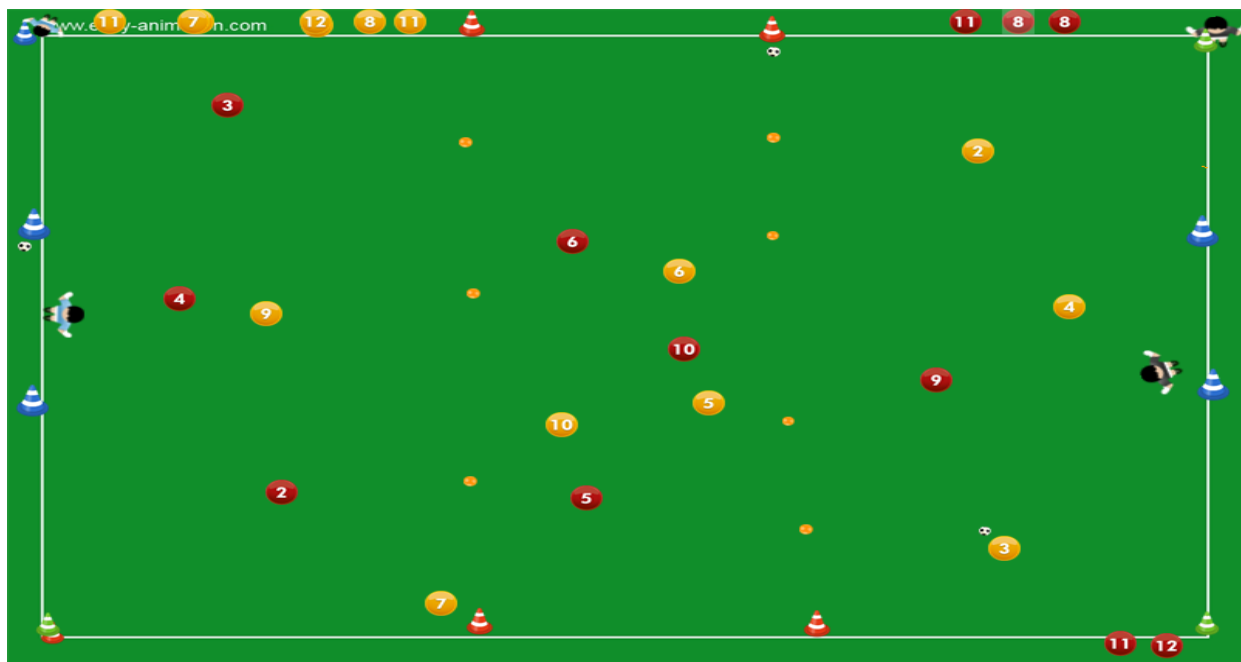
SSA: Play GK & 5 as shown out of the back (1<sup>st</sup> and 2<sup>nd</sup> group). Ball can be played in by coach or started by reserve. Attacking team tries to score on goal while defensive unit scores by passing thru targets or carrying into central zone. Only 1 attacker allowed in "deep zone" at first, then allow two or more,



Same

*Coaching Points:* Above plus, positioning to enable playing forward safely, when to switch pt. of attack // when to play forward, where/ when to move to support. Safety vs. Risk!

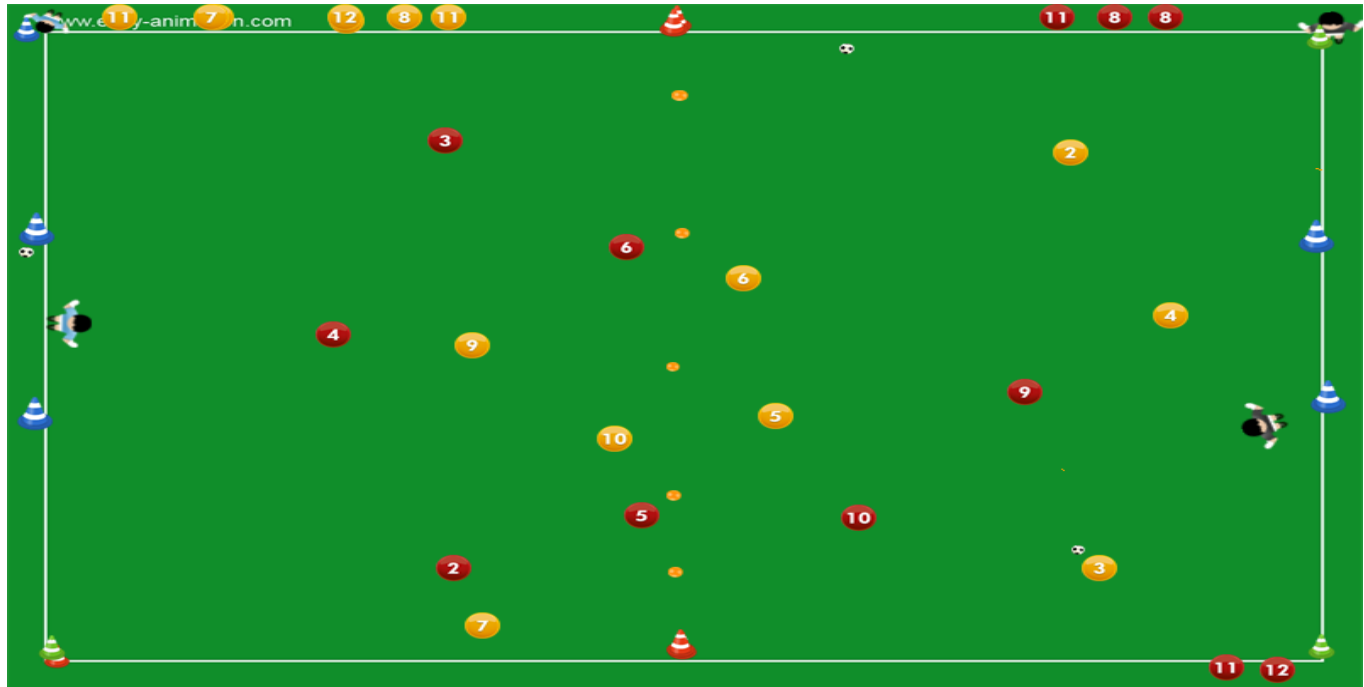
ESSA: Play in Zones as shown total 8v8 (or 9v9 if space and #s allow). Offensively players can move into next forward zone when ball is played in while on defense you must stay in (or return when disposed) to starting zone. Ball starts with GK or coaches call.



Same

*Coaching Points*: Above plus, when /where to advance forward, when to hold the ball in back (securely) vs. playing out quickly, timing and angles of MFs and forwards moments to support or create space.

Game: Play 8v8 as shown .



*Coaching Points*: Above plus, Moving forward as a team when playing out, when/how to play back to reset the attack.

Presented by Jim Launder (WYSA DOC)