

Build up play principles

Category: Tactical: Playing out from the back
Difficulty: Beginner

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Description

This is meant to be a lighter session, great for just before games. The goal is giving players clear ideas of their options on the field and a large change of successful repetitions.

Diamond Run (15 mins)

Setup:

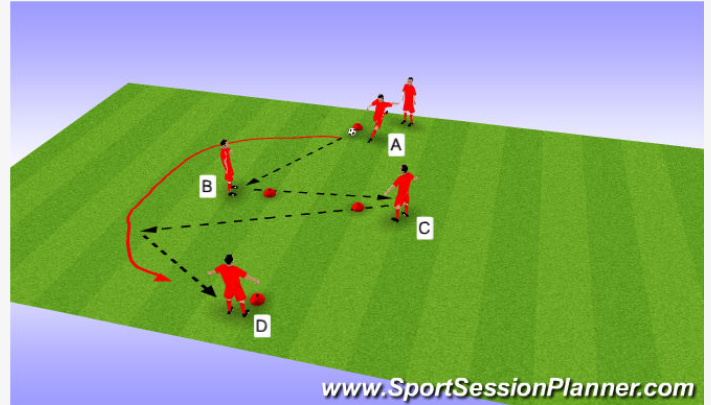
With 4 cones in a diamond pattern (the center two are 10 yards apart). The diamond is 30 yards long (longer if you'd like to incorporate some fitness).

Activity:

Player A passes the ball to B. A then begins a hard run *around* player B. B passes to C and C plays the ball into A's run. A then plays the ball to D who begins the process again. For added movement, have player B and C switch places.

Coaching:

A's run should be hard, near sprint. B should receive the ball across the body and play 1 or 2 touch to player C. C should try to disguise their pass. If you have the option, put point D at a net and player A end in a one or two touch shot. They would then retrieve their ball and go back to point A.



Positional Play (10 mins)

Setup:

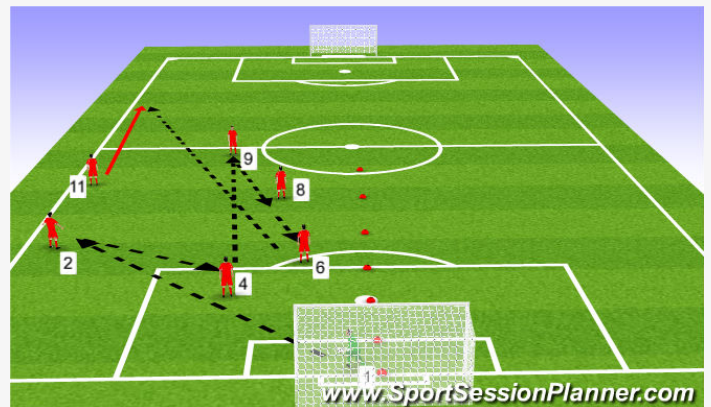
Divide the field in half vertically. Setup a mirror image with the rest of your team (so there would be two #6's, two #8's, and two #9's. I show half here to simplify).

Activity:

The GK begins play by playing the ball out to the 2, 4 or 6. From there, the goal is to play 1 to 2 touch until every player has touched the ball with the final pass being an ON THE GROUND through ball.

Coaching:

With positional play, it is difficult to keep the intensity up. Players should try to play balls with pace and to angle their body to receive the pass. Players decide who to pass to but need to keep track of who is left to play to and if their pass will be the final one. If that's the case, they need to get into a position to play the required through ball. A final ball could also be the #2 making an overlapping run around the 11.



Positional Rondo (20 mins)

Setup:

Now, 2 defenders start up near the 8.

Activity:

This is now nearly a rondo. Still, all players must touch the ball and the final ball must still be an on the ground through ball. Here though, players may touch the ball more than once. Switch the defenders every 3-5 repetitions.

Coaching:

The goal here is to develop the fundamentals of what build up play should look like in games. If you have the option, have the final ball end in a shot.

Next Activity: As usual end in a scrimmage.

