

## Building out of the Back (Team Mini Camp)

Date : 14/Aug/2014

Duration : 2:00 hour

Time : N/A

Age/Level : U11 - U18

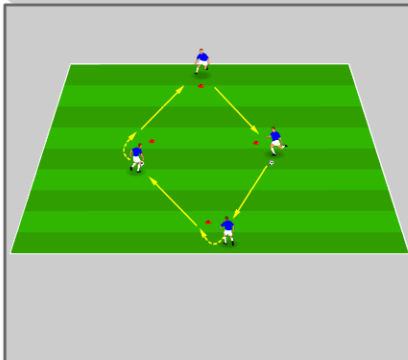
Session

Increase Teams Ability To Start The

Objective:

Attack From The Back

### Changing The Point of Attack - Warm-up



**Description :**

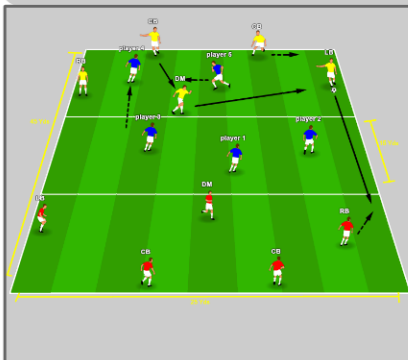
Four players per group with two players on the outside cones and two players on the center cones. The two players in the center work at the same time. They check to the opposite outside players and perform various technical activities. Then they check to the other side and the action repeats.

-1 touch - 2 touch -receive with back foot and change point of attack -receive and turn with outside of the foot and change the point of attack.

**Coaching Points :**

- Strike through the ball with your body weight.
- Limit the time between your touch and your strike.
- Bad touch equals quick body movement to get to it and strike.
- Good first touch equals quick feet to strike.
- Receive with body facing up field.

### 3 Zone Possession (Building out of the Back)



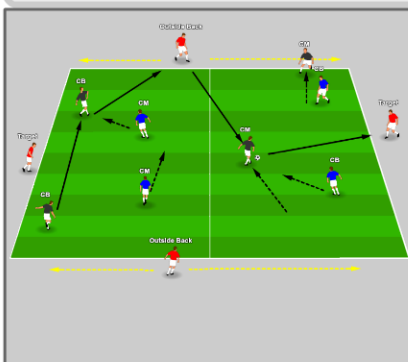
**Description :**

Split the group into 3 teams of 5 with different colors. Set up two of the teams on the outside zones with 4 in the back and a holding midfielder. Team in the center zone is defending. Defending team sends 2 defenders to try and win the ball from the Attacking team while attacking team tries to maintain possession and shape to score by playing a penetrating ball into the far zones. If defending team wins the ball they play to opposite zone and become the attacking team in the zone in which they won the ball. Attacking team becomes defenders.

**Coaching Points :**

- DM find the gaps between CB's to provide support.
- Circulate the ball quickly to offset defense.
- Outside backs stay high to provide space to CB's
- CB's split wide to allow ball to move quicker

### 4v4+4 (Building out of the Back)



**Description :**

2 Teams of 4 with 4 neutrals. Set with the team with 2 CB's and 2 CM's. 2 CB's in one half and 2 CM's in the other. They can not level their respective halves. To score a goal the team must maintain possession and try to play the ball to their target player. Once the ball has been played to the target, the target gives the ball to the team that was defending and they attack the other way. The attacking team can use any of the targets and outside backs (neutrals) to help maintain possession. Neutrals can not play the ball to another neutral player

**Coaching Points :**

- Eliminate as many defenders as you can with one pass.
- CM's recognition of how and when to create space.
- Recognition of where pressure is and how to beat it.
- Body position to receive the ball facing up field.
- CM's recognition of when to check and receive the ball and maximize space.

### Building Out of the Back (8v6 to counter goals)



**Description :**

The team building out of the back defends the large goal and sets up in a 4-2-1 system. The team defending the counter goals sets up in a 3-2-1 system. The ball starts with the GK and play begins when the ball is played from either his feet or hands. The team defending the large goal must successfully work the ball through the lines and try to score on the 3 counter goals. If the team defending the counter goals wins the ball they go directly to goal.

**Coaching Points :**

- See the field as we open up to create space.
- Sharp, firm balls to change the point of attack.
- DM drag defenders away to create space.
- DM sharp, quick movement into space to receive the ball.
- Outside Backs wide and high to create space of Center Backs.