



Building Out of The Back

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

Shane Coyne Continental FC, Philadelphia, United States of America
Individual-Adult Member

Ajax Variation Exercise (15 mins)

SetUp

25x15 area with central zone

Organization

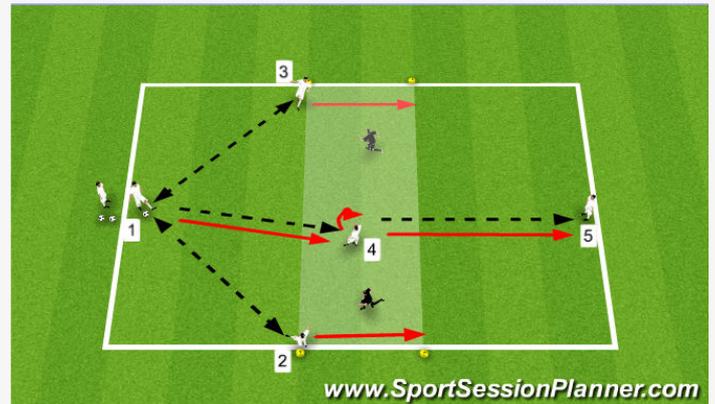
Player 1 starts with the ball and exchanges passes with Players 2 & 3 before playing the ball into 4. Player 4 turns quickly and plays to 5. Player 4 drop out, Player 1 now comes into the middle. Repeat from the other side. Defenders pressure but with no contact.

Progressions

- 1) Change players 2 & 3 and defenders
- 2) Set up a 'give and go' with outside players and central player
- 3) Full pressure defending in the central zone - unrestricted combinations

Coaching Points

Speed of play - 1/2 touch
Firm accurate passing
Body shape when showing for and receiving the ball
"Move the ball to move the defenders"



Building Out Positional Possession Game - 3 Defenders (25 mins)

SetUp

30x50 field split into two zones, 10x30 neutral zone, two goals

Organization

Yellow team is the possession team, black team are defenders. Yellow attackers play positional possession in the area vs 2 black defenders (5v2). Must make 5 passes before switching zones. Inactive defenders must stay in neutral zone until the ball is played into the other side. Can screen and cutout passes.

Progressions

- 1) Change attacking team roles
- 2) Transition - If defending team wins the ball they attack to goals

Coaching Points

Shape - Building out shape of 1-3-1 using GK, center back, def mid and wide players
Look to take a positive touch at all times
Body shape when showing for and receiving the ball
Angles of support off the ball



Building Out Game - 3 Defenders (25 mins)

SetUp

Half field area with neutral zone (A), two mini goals, one full size goal

Organization

White team is the possession team, black team are defenders. White team attacks the two mini goals. Zone A is the 'Building Out' zone, white team must play 3 passes in this zone before attacking up field, black team are only allowed to send 2 players in Zone A during the build up.

Progressions

- 1) Change attacking team
- 2) Add additional defender
- 3) Remove restrictions

Coaching Points

Shape - Building out shape of 1-3-1 using center back, center mids and wide players
Look to take a positive touch at all times
Body shape when showing for and receiving the ball
Angles of support off the ball



Building Out Positional Possession - 2 Defenders (25 mins)

SetUp

30x50 field split into two zones, 10x30 neutral zone, two goals

Organization

White team is the possession team, black team are defenders, yellows are neutral players. Two white attackers play possession with 3 yellow neutral players in the area vs 2 black defenders (5v2). Must make **5 passes** before switching zones. Inactive defenders must stay in neutral zone until the ball is played into the other side.

Progressions

- 1) Change attacking team.
- 2) Transition - If defending team wins the ball they attack to goals

Coaching Points

Shape - Building out shape of 2-3-2 using center backs, def mid and wide players

Look to take a positive touch at all times

Body shape when showing for and receiving the ball

Angles of support off the ball



Building Out Game - 2 Defenders (25 mins)

SetUp

Half field area with neutral zone (A), two mini goals, one full size goal

Organization

White team is the possession team, black team are defenders, yellow player is neutral and plays for both teams. White team attacks the two mini goals. Zone A is the 'Building Out' zone, white team must play 3 passes in this zone before attacking up field, black team are only allowed to send 2 players in Zone A during the build up.

Progressions

- 1) Change attacking team.
- 2) Remove restrictions

Coaching Points

Shape - Building out shape of 2-3 using center backs, center mid and wide players

Look to take a positive touch at all times

Body shape when showing for and receiving the ball

Angles of support off the ball

