



U10 (7v7) Building Out of the Back

Play 1 (*Build from the Goalkeeper*)

3v3

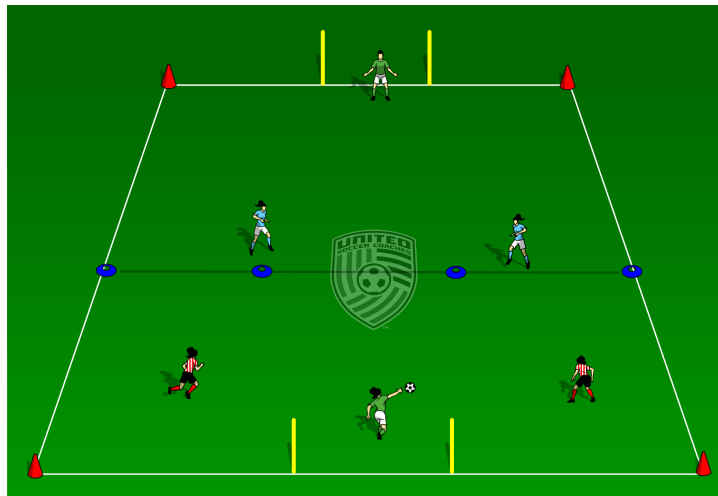
Set up parallel fields up to 24x24-yds with a full-size goal at each end. Play 3v3 (2+GK). Ask questions in breaks. Players play to find the answers and give them in a future break.

Guided questions:

- Where can you go/show for a pass from the goalkeeper?
- Why?
- How can you build the attack?
- What is the advantage of using the goalkeeper?

Answers:

- On the wings/to the side
- Get away from opponent and take ball forward
- Pass or dribble forward
- It gives us an extra player



Game format depending on number of players:
 5 players = 3v2; 6 players = 3v3 (see above); 7 players = 4v3; 8 players = 2 games of 3v1; 9 players = 1 game of 3v2 + 1 game of 3v1; 10 players = 2 games of 3v2

Practice (*Move the ball forward*)

2v1

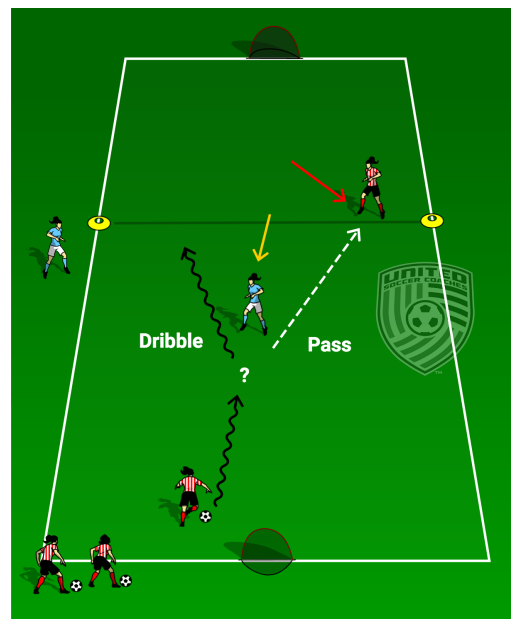
Set-up a field up to half of a regular field with a build-out line (approx. 20-yds from end where attacker starts with ball). One attacker dribbles on with a ball and plays with another attacker to try and score. Defender tries to win ball and score in opposite direction. Play until a goal or ball is out of play. Rotate players through each position.

Guided questions:

- Where is the defender?
- How can the forward attacker help the back attacker?
- What choices does the dribbler have?
- What does the dribbler need to do before passing?

Answers:

- Between the attackers
- Move left/right (to the side) away from the defender
- Dribble or pass
- Look up to see teammate (make eye contact)



Modifications

- Less Challenging: Defender moves along the line between the cones.
- More Challenging: Make the field narrower.



Play 2 (Game)

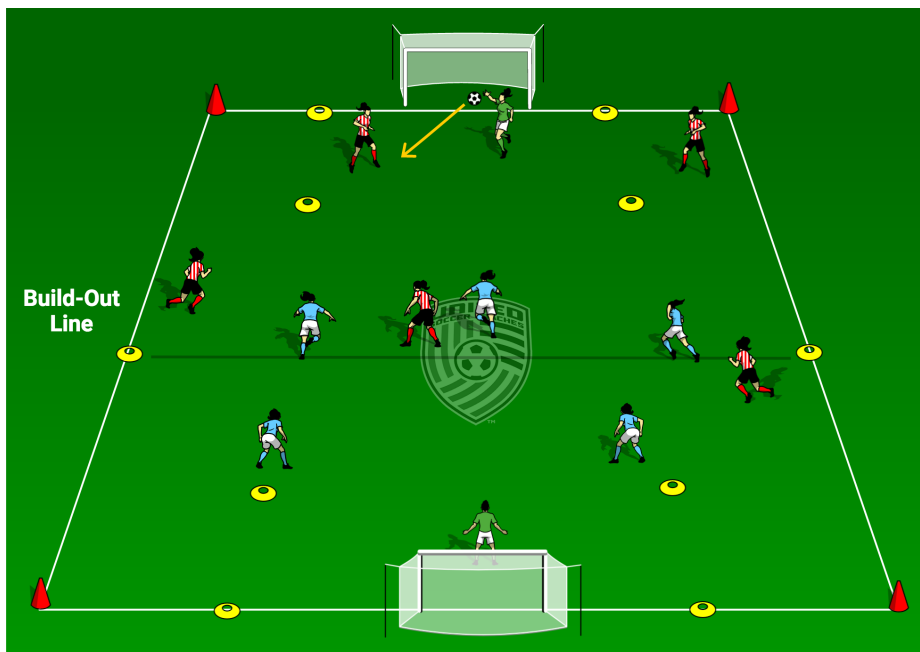
4v4 up to 6v6

Set up a field with a half-way line that acts as the build-out line.

(If playing 6v6, divide field into thirds with two build-out lines.)

Mark out penalty areas (up to 12-yds deep and 24-yds wide) with a 4-yd wide goal at each end.

Divide group in half and play a 4v4 up to a 6v6 game. (Think about game day shape when setting up teams.)



Guided Questions:

- How can the (attacking) team with the ball make the best use of the field?
- When do you need to be open?
- When do you know you're open?
- What's the advantage of involving the goalkeeper?

Answers:

- Spread out evenly using width (across the field) and height/depth (up the field)
- Always try to be open
- When there is no defender between you and the ball
- Gives us an extra player to build the attack

Roadmap Moment

- Attacking - Building out of own half and moving the ball forward

Player Actions:

- Pass
- Dribble
- Spread out/Passing options

Key Qualities:

- Read game/Make decisions

Keywords:

- Pass; dribble; use space; get open; call for the ball