

CHAPTER 6

BUILDING UP PLAY

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Positional Roles when Building Up Play



Building Up Play

When coaching building up play, we can name a few important aspects for the whole team which are mainly important for players who are just starting to play 11 v 11 football on a full pitch. Depending on the level, as a coach you can continue with the details per line and per position. As a team, we have to keep the pitch as big as possible. There should be a good division of players across the pitch, as shown in the diagram.

Positional Roles

- **The centre backs (4 & 5)** are positioned apart.
- **The full backs (2 & 3)** are in advanced positions.
- **The 3 midfielders (6, 8 & 10)** make sure they are positioned somewhere between the forwards and defenders, because they are the 'link-up players'.
- **The wingers (7 & 11)** move towards the sideline to make the pitch as wide as possible. They don't always do this as they can be more flexible but it will be the most common occurrence - depending on the type of build up.

- **The striker (9)** will be positioned as advanced as possible and try to get the defenders from the opposition to follow him.

Building Up Play from the Back

As a starting point we would like to build up play from the back. It's important to mention this, because it isn't obvious for every club, team or coach. After all, you can also decide to play the long ball quickly and mainly focus on the second ball.

We want to build up play and therefore positional play is necessary. The team aims to play a forward pass from defence, create a numerical advantage in the midfield with a defender pushing forward or create a 1 v 1 situation up front. We will analyse these tactics on the following pages because they can easily be recognised by the coach and players, and they make it clear that we don't build up for the sake of building up, but rather we have a goal in mind.

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Passing Direct from the Centre Back to the Striker when Building Up in a 5 v 4 Practice (1)



Objective: We work on playing forward passes when building up play from the back.

Description

In a 50 x 40 yard area we divide the pitch into two sections and play 5 v 4. There are 2 small goals at one end and an end line (red dashes) at the other end.

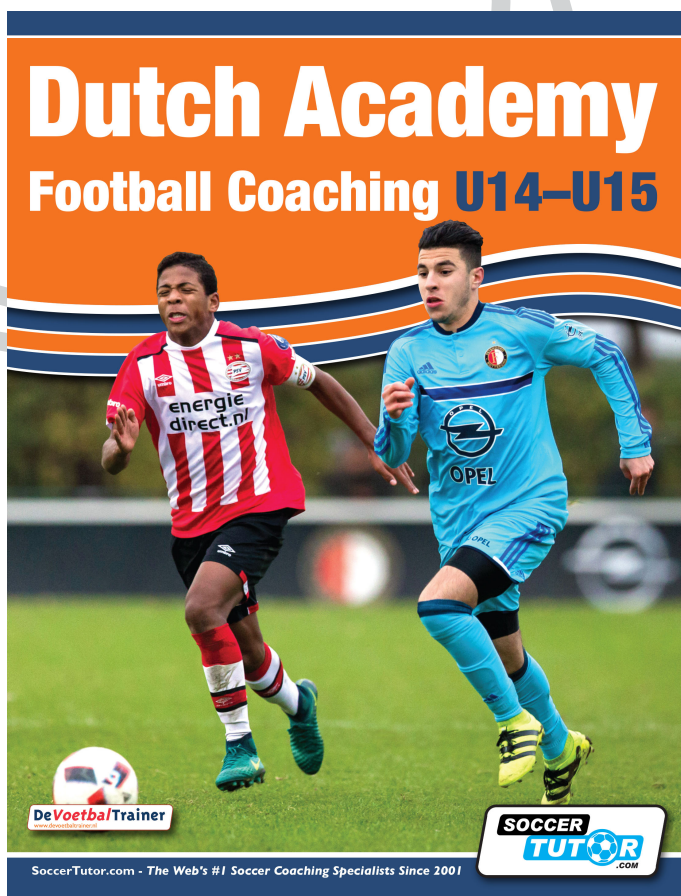
In the first section, the 4 orange defenders play against 3 opposition forwards. In the second section, we have a striker (9) against 1 blue defender. The practice always starts with one of the orange players in between the 2 small goals.

The aim for the orange team is to dribble the ball over the end line. However, they can only do this after they have passed the ball to the striker (9) successfully within his zone. Once the striker receives the ball from a pass, then the game continues without any restrictions of movement across the 2 sections, until the ball goes out of play or a goal is scored. The striker is also allowed to directly dribble across the end line.

The blue team aim to apply pressure on their opponents to win the ball in either section and then attack to score in one of the small goals.

Variations

1. Coach the 3 blue forwards to press collectively, making it harder for the orange defenders to pass to their striker.
2. Increase the distance needed for the pass to the striker.
3. The striker has to receive against 2 blue centre backs.
4. Use a full sized goal and a goalkeeper but change to a 5 v 3 outfield situation for the build-up.
5. You can adjust the amount of players to suit your training e.g. add a central midfielder.



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