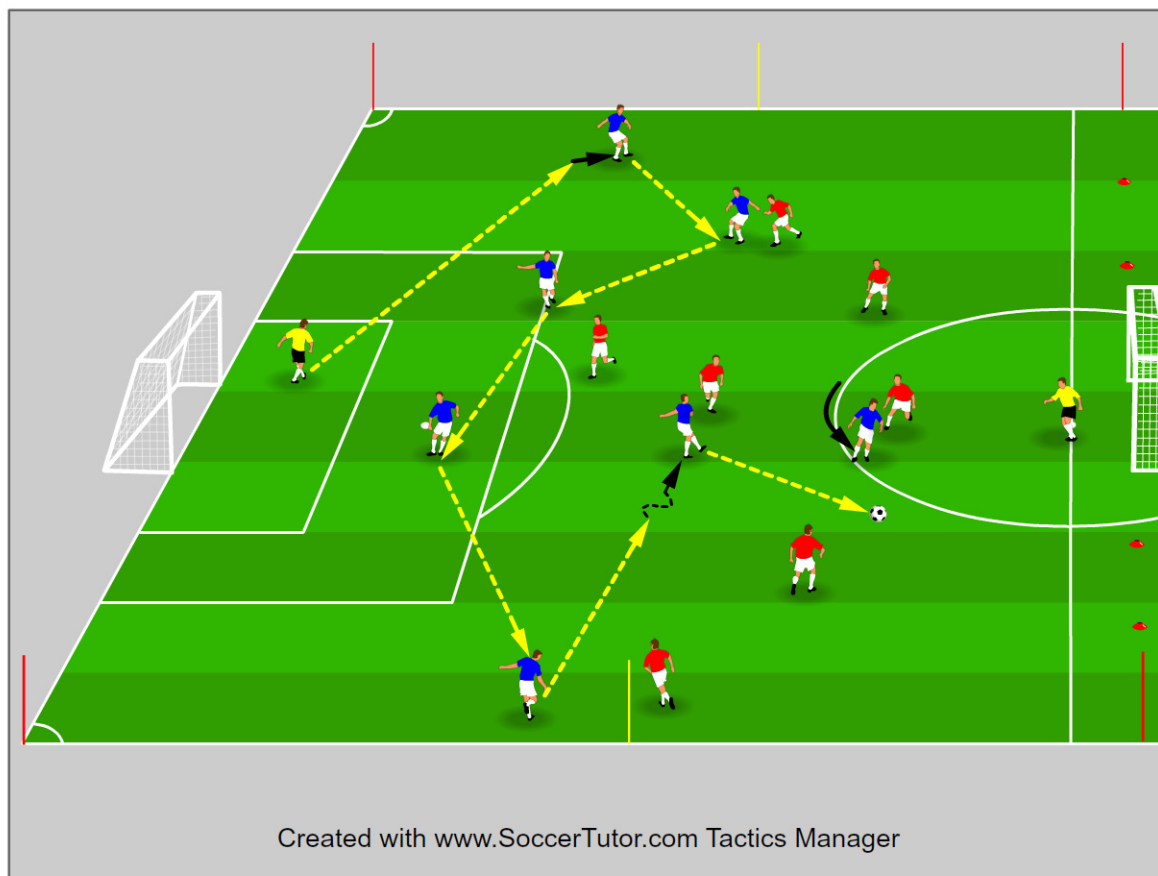


Build-Up Play in a Small Sided Game - Italian Academy Books



Date:	21/Nov/2011	Measurement:	Half a Pitch
Time:	N/A:N/A	Players:	17
Duration:	20	Level/Age Group:	U11 - 18+

Description: Every two minutes, the coach will ask the players to try some combinations. For example, the blue team has the ball; they try to develop a build-up play combination starting from their goalkeeper.
When the ball is inside the blue half, the red team will be passive (not allowed to tackle); as soon as the ball crosses the halfway line, the real game starts. After 2 free game minutes, the red team will start a combination from their goalkeeper.

Objective: To develop team tactics with build up play from the back.

Coaching Points:

1. As soon as the GK receives the ball, the defenders should create space and adopt a good position by spreading out long and wide.
2. Play and think quickly with correct body shape to always be aware of players and the ball.
3. All players must use the back foot when receiving the ball.

TAKEN FROM - ITALIAN ACADEMY TRAINING SESSIONS BOOKS

Progression: Refer to ITALIAN ACADEMY TRAINING SESSIONS BOOKS - <http://shop.soccertutor.com/Italian-Academy-Training-Sessions-Book-Set-Combo-p/st-b004.htm>

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