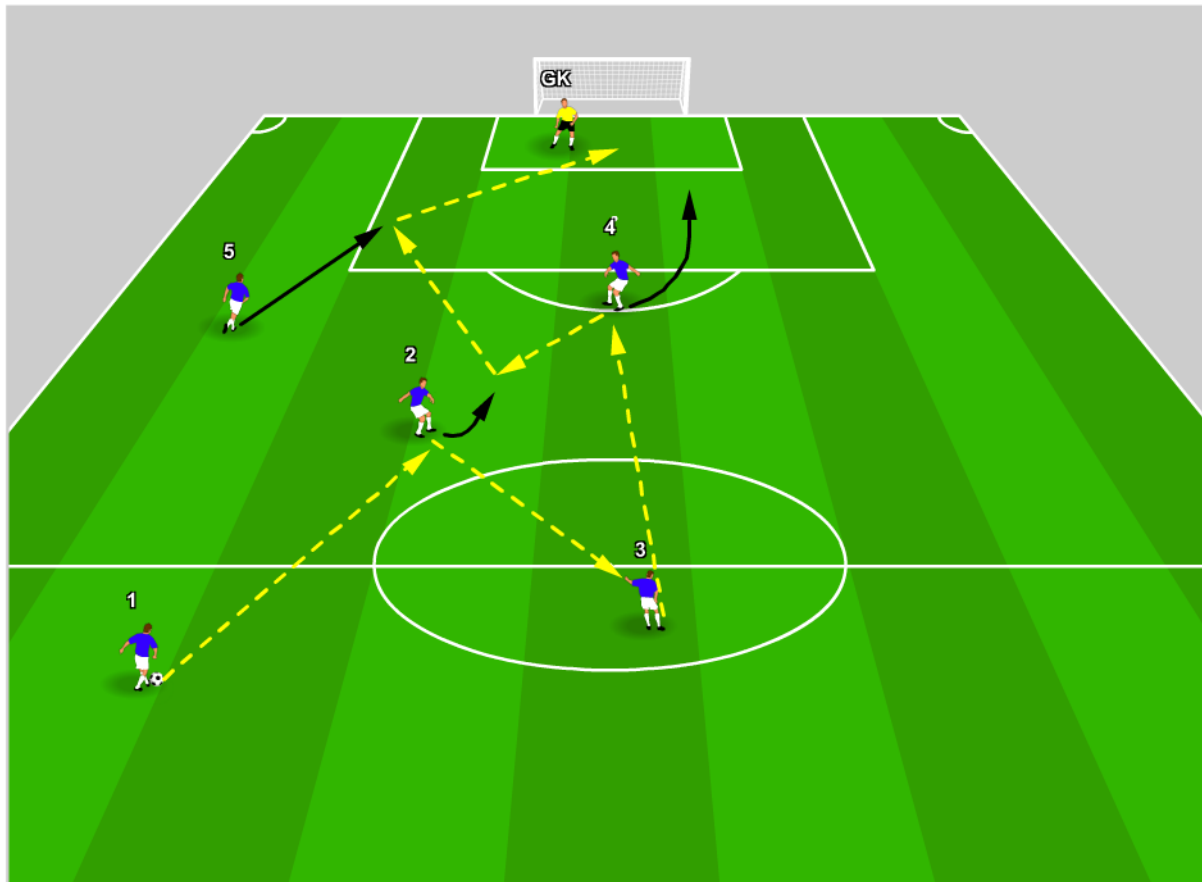


3 Zone Attacking Build up Play from the Back Pattern



| | | | |
|------------------|-------------|-------------------------|-------------------|
| Date: | 17 Nov 2010 | Measurement: | 2 Thirds of Pitch |
| Time: | . | Players: | 6+ |
| Duration: | 15 | Level/Age Group: | 12+ |

Description: There are 5 progressions to this pattern which are available in the FULL SEASON TRAINING PROGRAM U15+ BOOK. This pattern starts with 2 defenders, 1 midfielder and 2 forwards. Defender 1 plays out to midfielder who shows for the ball and then lays it off to defender 2. D2 plays up to the striker, the midfielder will turn to support the forward, and the striker will play back to the midfielder, who will play through to the winger for a shot on goal. The strikers should follow the shot to goal.

Objective: To develop build up from the back and attacking patterns

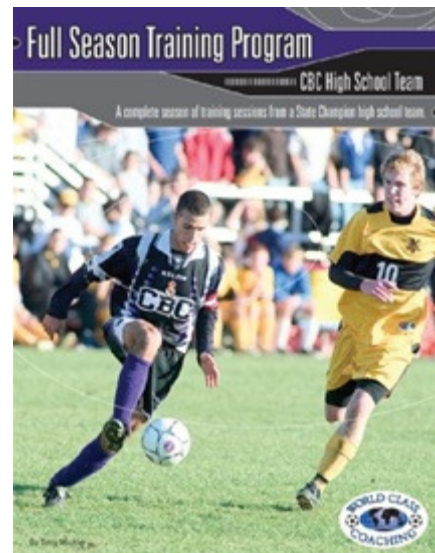
Coaching Points:

1. All players should create space before receiving the ball
2. Player body shape is crucial, should be in a position to see as much as the field as possible. This promotes good player awareness.
3. Winger should mostly look to shoot inside the far post
4. Striker should always be in a position for a rebound opportunity.

Progression: See the book for more progressions.

This Practice was taken from Full Season Training Program - Elite Team U15+

Inside you'll find a full season of the actual sessions that Michler used with his team. The practice sessions revolve around **decision-making, repetition, 4 v 4 small-sided games, pattern play and attacking schemes** that will allow for a fast-paced, free flowing style of play. Michler also shares his insight on how he put the training schedule together and notes from each of the games they played. This information will give the reader a comprehensive look at how Michler developed a high school powerhouse over the course of the year.



Purchase the book

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