



## 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

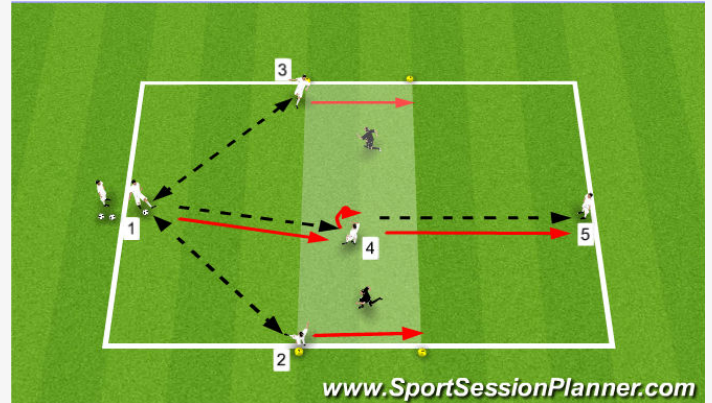
Player 1 starts with the ball and exchanges passes with Players 2 & 3 before playing the ball into 4. Player 4 turns quickly and plays to 5. Player 4 drop out, Player 1 now comes into the middle. Repeat from the other side. Defenders pressure but with no contact.

#### 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

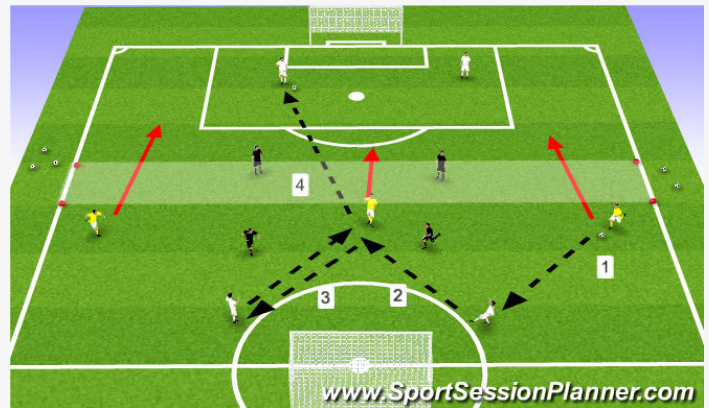
### Coaching Points

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

