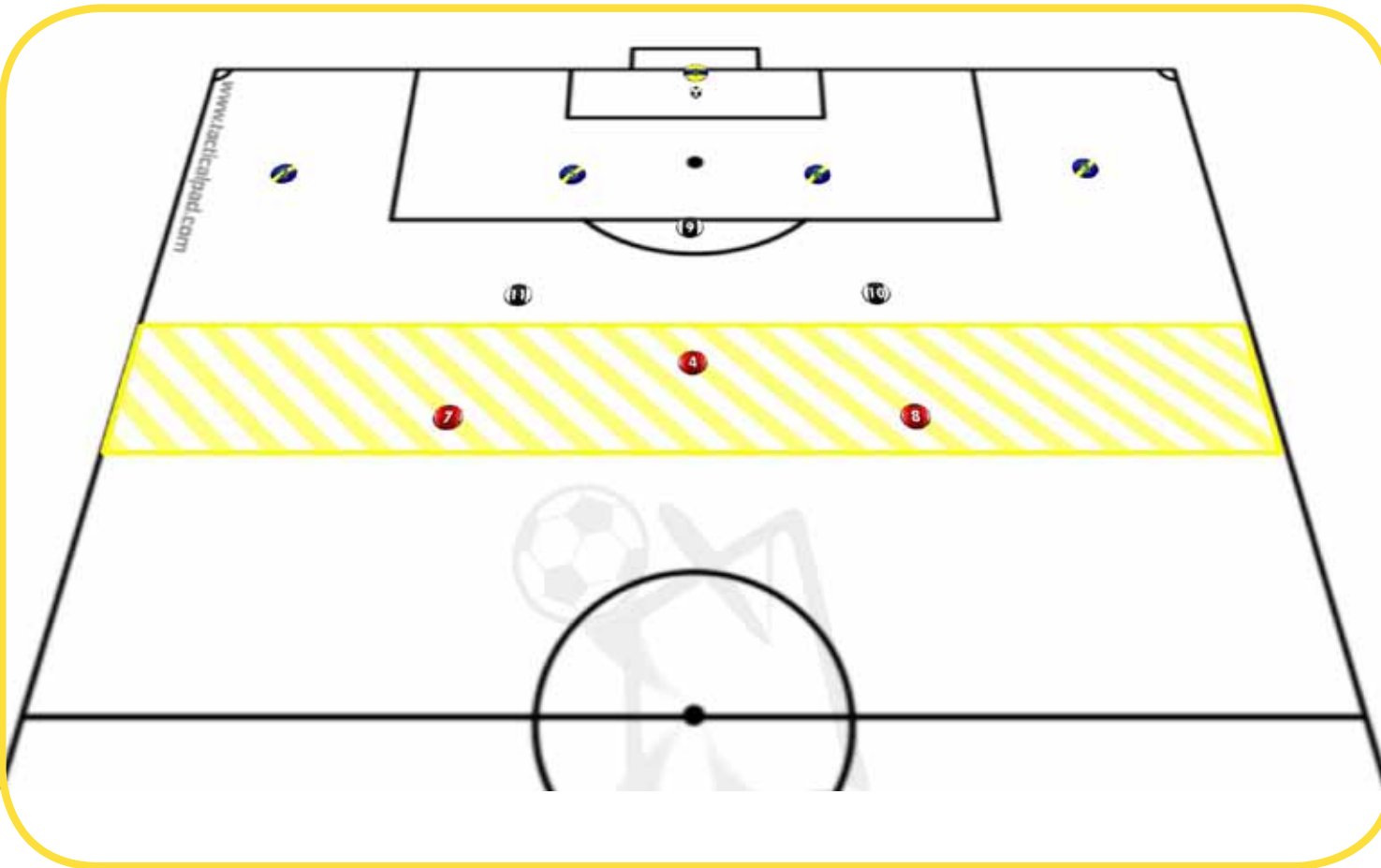


Building up from the back: break through the first pressure line or counterattack as the possession is recovered



PLAYERS AGE:

U15

NUMBERS OF PLAYERS:

11 players

MAIN GOALS

- **TECHNIQUE:**

Passing

- **PLAYER TACTIC:**

Control the ball under pressure

- **TEAM TACTICS:**

Build up from the back, breaking the first pressure line / Pressure

SECONDARY OBJECTIVES:

Overload the ball area

EQUIPMENT:

cones, balls, bibs

11 players are placed inside a 3/4 of an half field, where an “end zone” is marked out with 3 free midfielders inside. The team that has to build up from the back is lined up on the field with 4 defenders and the goalkeeper. The goal is to play to the 3 midfielders and keep the possession 4 + 1 (+3) v 3, trying not to use any dropping back midfielders between the center backs and managing the ball under pressure. The team of three players is pressing high and it must always try to shape defensive triangles near the ball area, pressing the ball carrier and trying to close the nearest passing lines.