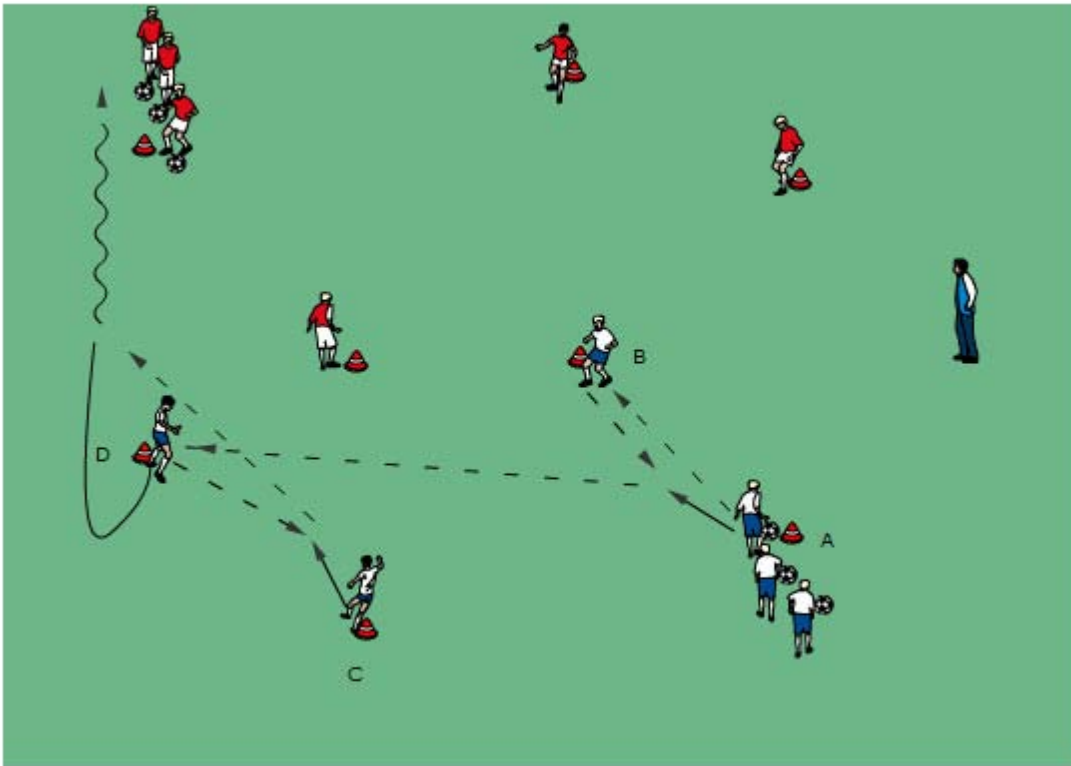


Building out of the Back



The Set-up: (as pictured) Coach should spread the distances between the cones depending on players' abilities. The older/better the players the further the cones should be from one another. It is unnecessary to have players in different colored bibs.

The Exercise:

- The wingback (at cone A) passes to a midfielder, who wall passes back and the player coming from cone A passes to the other wingback (cone D)
- The central defender (free man) joins in, a give and go is executed and the wingback takes the ball and joins the other side. The wing back should dribble at speed to the opposite line.
- Same movement should be occurring from the other side.
- The central defender stays in position (cone C), the rest of the players follow their pass to the next line.

Focus:

- Crisp passing & combination play
- Sharp movement off the ball
- Running with the ball

Coach should change the direction of the exercise after 5 to 7 minutes. This will ensure the team is equally solid building up from left to right as they are right to left.