



Wyoming Youth Soccer Coaching Symposium 2009

Topic: Building out of the Back

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- 1) **Short-short-long---**Three players make short passes to each other, while one player drifts away. When the ball is played long, the passer stays home and the other two players join the “long” player. (Develop a ‘kite’ type shape)

- 2) **3v3+2 to targets---**Typical target game with 2 neutral players giving team in possession and advantage. Teams score by playing to target. Target serves the team that got scored upon.

- 3) **6 v 6 two zone game to goals---**4 players from each team start in their defensive half. 2 players from each team start in their offensive half. Play starts from GK who plays to her defense. They must build out of their half by playing to one of their forwards. The opposing team has only 2 players in this half to prevent the building. Once the defensive team builds forward they may send 3 players in to join the attack.

- 4) **Half Field Game to Big Goal---** Coming out from a regulation size goal a team plays a 4-3 formation and scores by passing through one of three small goals on the half-way line. The team attacking the big goal plays a 3-3. Plays starts when coach serves ball in from half way line to the defensive team building out of the back. (Could also have a 4-4 build out versus a 4-3 attacking).

- 5) **Scrimmage Game**

- 6) **Cool Down**

