Author: Sam Snow, Technical Director – US Youth Soccer Topic: Using Build-Out Lines Age: 10-U

**Equipment**: 7 balls, 2 goals, 3 counterattack goals, 3 red bibs, 7 blue bibs, 8 tall cones, 8 disc cones

## **Description** Diagram **Coaching Points Activity Name** [1] 3 vs. 3 to targets 20 x 15 yard grids Play 3 vs. 3 with an end zone on each Improve passing & 2 balls per grid end of the grid. Try to get the ball in receiving skills. possession into the end zone. Play 90 Divide players into **Q**.: Why does a triangle groups of 3. second rounds and then switch target shape help your team players. Thirty seconds of dynamic keep the ball? stretching between each round. A.: We can keep the Goalkeepers (GK) play soccer marbles passes going and away by bowling the ball. from opponents. \$ 7 sports-graphics.com [2] 5 vs. 2 directional game Two groups of 7. 1 GK The 5 attackers play purposeful Quality passing, in each group. Designate possession to get into the end zone. receiving & bowling. 2 defenders. Grid is 30 x Once there keep possession for two Body posture – play passes, then restart the activity. GK is 20 yards with a 5 yard mostly on the half turn. end zone. always part of the 5 and plays at the Communication! back of that group. Activity starts **O**.: How does having with a bowl of the ball by the GK, your hips open help after which the GK plays with his feet. you play smarter and faster? Every two rounds switch the two defenders. Play six to eight rounds. A.: I can see the opponent coming at me \* and where I can go to get the ball or where to pass it. sports-graphics.com

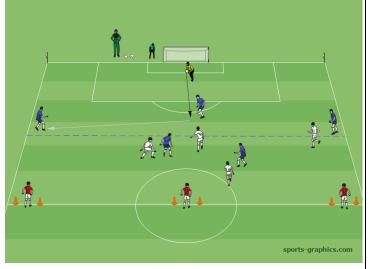


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## [3] 6 vs. 4 half field game

Half field set up. Three counterattack goals on the halfway line, each with a target player.

Six attackers play against four defenders to get the ball to a target player.



Quality of the GK distribution. Decision making on whom to give the ball.

Triangle shape.
Distance and angle of

support.

Diagonal passing, runs and dribbling.

**Q.**: When should you move to show for the ball?

**A**.: Early so that I can be an option for my teammate with the ball.

## [4] 7 vs. 7 match

Play on an appropriate 10-U pitch. Both teams in a 1-3-2-1 formation.

A bonus point is given each time a team can play the ball over the halfway line without losing possession.

Emphasize the large triangle near the goal kick (1 with the 4/5 & 2 or 3) and the smaller triangle (6, 8 & 9) farther up field.



GK as the 1<sup>st</sup> attacker is important to good build up play. Support positioning after distribution.

Field player movement as 2<sup>nd</sup> attacker is of highest importance. Mobility – individually & as a group of 3 or 4 (triangles & diamonds with the ball).

