



The Goalkeeper Starts the Attack

Session 17 • Building from the back • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

The Back-Pass Warm-Up

0:10 – 0:25 • 15 MIN

Playing Out

0:25 – 0:40 • 15 MIN

Out of the Box

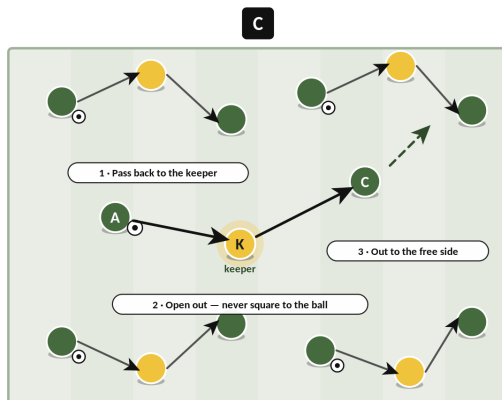
0:40 – 0:55 • 15 MIN

The Build-Out Match

0:55 – 1:00 • 5 MIN

Player-led review**17.1 THE BACK-PASS WARM-UP**

Warm-up • 10 min



THE KEEPER IS A FOOTBALLER WHO IS ALLOWED TO USE HIS HANDS

SET UP

- 28 × 20 m grid marked with flat markers.
- Groups of three, one ball each. The middle player wears a yellow bib and plays as the goalkeeper — feet only, no hands.

RULES

- The keeper uses feet only.
- The keeper must be rotated every 45 seconds — everybody plays the role.
- Two touches for the keeper from minute 7.

COACH IT

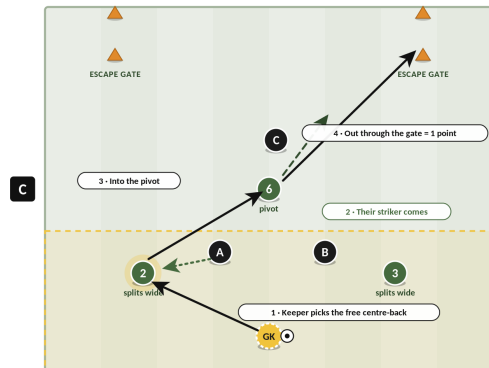
- Technical: Keeper: open the hips before the ball arrives, receive with the foot furthest from the pressure, first touch out of the feet and towards ...

SAY

- The most important correction of the night: That's how goals get conceded. Firm, and to the side away ...

17.2 PLAYING OUT

Technical practice • 15 min



SPLIT WIDE • PIVOT SHOWS • KEEPER PICKS THE FREE ONE

SET UP

- One station at each full goal: 32 × 26 m in front of the goal, with a 10 m build zone marked across the width.
- Two 3 m escape gates on the far line, wide left and ...

RULES

- 2 points for getting the ball out through a gate along the ground. 1 point for the long option over the top. 2 points to the pressers for winning the ball inside the build zone.

COACH IT

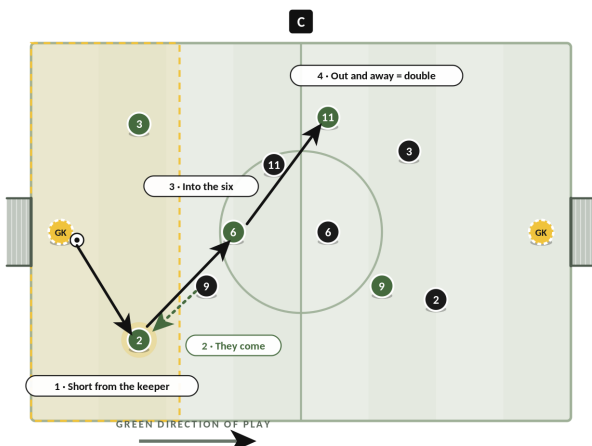
- Technical: Goalkeeper: receive side-on, look across the pitch before the first touch, pass firmly along the ground. Centre-backs: open body, receive on the ...

SAY

- Get outside the posts. If you're both in the middle, one of them marks both of you.

17.3 OUT OF THE BOX (5 v 5 + GKs)

Skill game • 15 min

**SET UP**

- One pitch, 40 × 28 m, using both full goals with a goalkeeper in each.
- An 11 m build zone marked in front of each goal. The opposition may not press inside it until the ...

RULES

- Every restart is from the goalkeeper and must be played short — no punts.
- Goal = 1. Goal from a possession that started with a short build = 2. Goal scored by the opposition ...

COACH IT

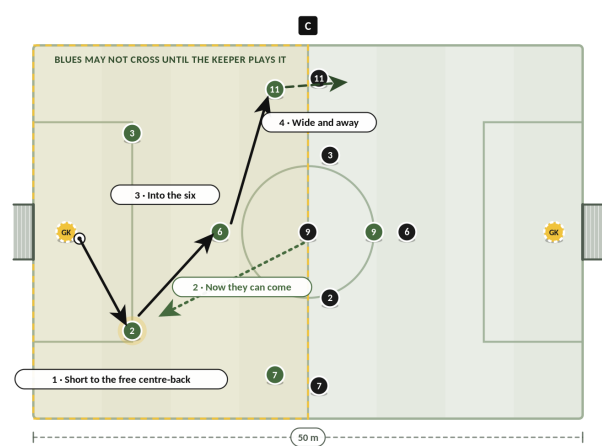
- Technical: First touch out of the feet under pressure, firm passing, the goalkeeper's distribution along the ground.

SAY

- Enforce it once, then ask: what were you afraid of?
- You've got a free second. Use it to get in ...

17.4 THE BUILD-OUT MATCH (7 v 7)

Conditioned match • 15 min

**SET UP**

- 50 × 34 m with full-size goals. A retreat line at the halfway line, marked or simply named.
- Four spare balls in the back of each goal.
- 7 v 7 including goalkeepers (14). With 15–16, play ...

RULES

- Every goal kick is played short. No punts, no exceptions.
- The opposition retreat to the halfway line and may not cross it until the goalkeeper's pass is played.

COACH IT

- Technical: Everything from the block so far, at match size and match speed.
- Tactical: The first pass is free; the second one is ...

SAY

- The first one was free. What did you plan to do with it?