



# The Back Three and the Pivot

Session 19 • Building from the back • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

**The First Line**

0:10 – 0:25 • 15 MIN

**The First Line of Five**

0:25 – 0:40 • 15 MIN

**Build and Break**

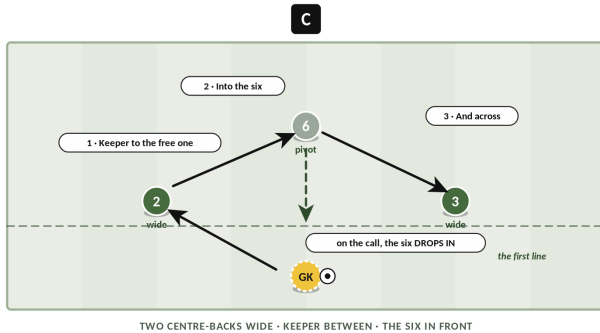
0:40 – 0:55 • 15 MIN

**The Structure Match**

0:55 – 1:00 • 5 MIN

**Player-led review****19.1 THE FIRST LINE**

Warm-up • 10 min

**SET UP**

- 36 × 16 m area — deliberately wide and shallow, because that is the shape of a build-up.
- A dashed line 5 m from the back marks the first line.

**RULES**

- Centre-backs stay wide — outside the width of a goal, if there were one.
- The six is never in a straight line between the goalkeeper and either centre-back.

**COACH IT**

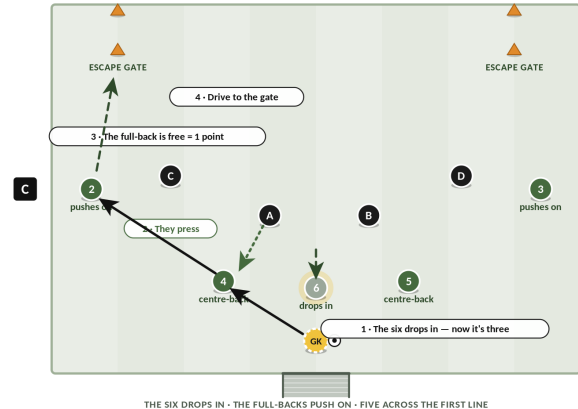
- Technical: Firm passes across 12–18 m. Receive side-on. The six should always be able to see both centre-backs and the goalkeeper without turning ...

**SAY**

- Wider. If you're both in the middle, one player can mark you both.

**19.2 THE FIRST LINE OF FIVE**

Technical practice • 15 min

**SET UP**

- One station at each full goal: 40 × 28 m with a 3 m escape gate in each far corner.
- Building team: goalkeeper, two centre-backs (4 and 5), a six who drops in, two full-backs (2 and 3) ...

**RULES**

- 1 point for escaping through a gate. 2 points if a full-back receives and carries it out. 2 points to the pressers for winning it in the build area.
- The full-backs must stay on the touchline until the ...

**COACH IT**

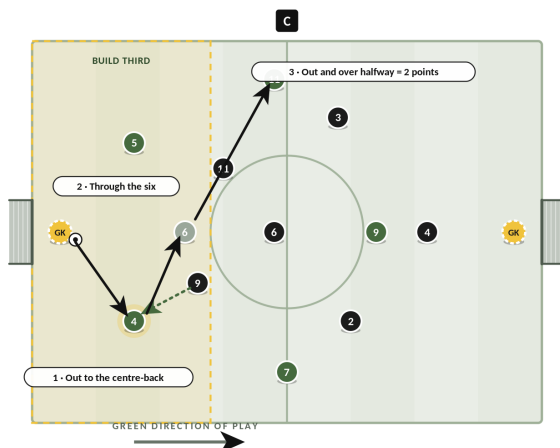
- Technical: Long-range accuracy matters here — the pass from a centre-back to a high full-back is 20–25 m and must be along the ground and firm.

**SAY**

- Stay on the line. You're only the spare player if you're somewhere they can't reach.

**19.3 BUILD AND BREAK (6 v 6 + GKs)**

Skill game • 15 min

**SET UP**

- One pitch, 40 × 30 m, using both full goals with a goalkeeper in each.
- A 14 m build third marked at each end.
- 6 v 6 outfield plus two goalkeepers (14). With ...

**RULES**

- The ball must be touched by at least two of the first line (goalkeeper, centre-backs, six) before crossing halfway.
- Goal = 2. Building out and crossing halfway with ...

**COACH IT**

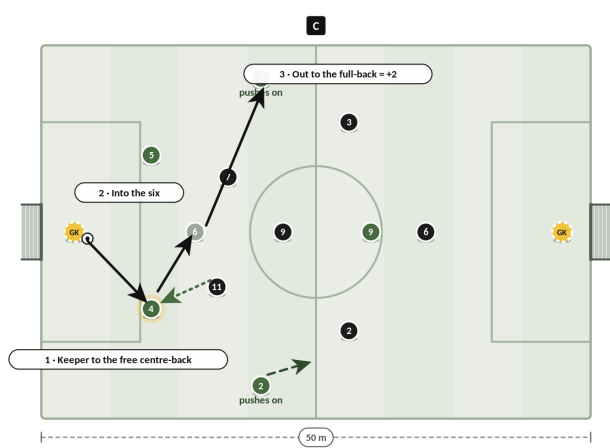
- Technical: Receiving on the half-turn, especially for the six. Firm passing between the lines of the structure.

**SAY**

- The break question exposes it. Then: whose job is it to find him — him, or you? The answer is both.

**19.4 THE STRUCTURE MATCH (7 v 7)**

Conditioned match • 15 min

**SET UP**

- 50 × 34 m with full-size goals.
- Four spare balls in the back of each goal.
- 7 v 7 including goalkeepers (14). With 15–16, play 8v8 or roll subs every 90 seconds.

**RULES**

- Goal = 3. A build-up through the first line reaching the opposition half = +2.
- Players hold their positions while their team is building — free movement once the ball is in the ...

**COACH IT**

- Technical: Everything from the block, at match speed.
- Tactical: Structure first, decisions second. When ...

**SAY**

- Stay wide. That's the whole point of you.
- Come back to the middle. You're the connection.