



Building Under Real Pressure — No Help At All

Session 20 • Building from the back • 14–16 players • 60 minutes

0:00 – 0:10 • 10 MIN

The Hunted Build

0:10 – 0:25 • 15 MIN

No Help

0:25 – 0:40 • 15 MIN

Two Minutes of It

0:40 – 0:55 • 15 MIN

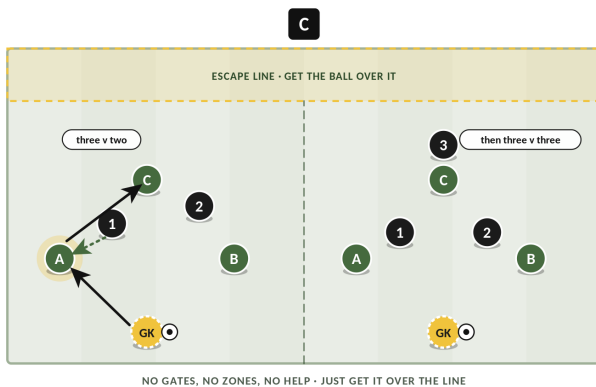
The Build-Up Exam

0:55 – 1:00 • 5 MIN

Review, with the players

20.1 THE HUNTED BUILD

Warm-up • 10 min



SET UP

- Two areas, each 15 × 16 m, side by side, with an escape line across the far end of each.
- Goalkeeper plus three against two to start; against three from minute 6.

RULES

- Ninety-second rounds, rotating the pressers every round.
- 1 point for crossing the escape line with the ball under control; 1 point to the pressers for winning ...

COACH IT

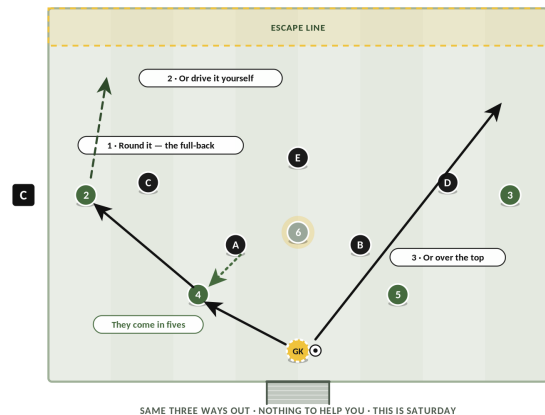
- Technical: First touch away from pressure; firm, accurate passing at 10–15 m.
- Tactical: With no spare player, you have to make ...

SAY

- Ninety seconds, lots of goes. Take your time on this one.

20.2 NO HELP

Technical practice • 15 min



SET UP

- One station at each full goal: 40 × 30 m with an escape line across the far end.
- Building team: goalkeeper, two centre-backs, the six, two full-backs. Pressing team: five.

RULES

- 2 points for crossing the escape line with the ball under control. 1 point for a controlled long ball over it. 2 points to the pressers for winning it in the building half.

COACH IT

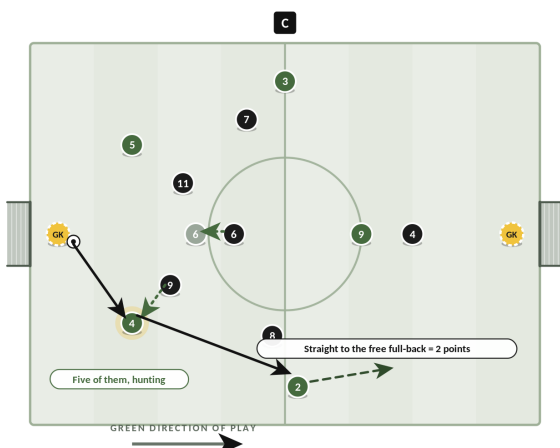
- Technical: Everything under real duress. The first touch and the 25 m pass are the two techniques that decide this practice.

SAY

- Where should you be? Get back there and start again. Once, then let them find it.

20.3 TWO MINUTES OF IT (6 v 6 + GKs)

Skill game • 15 min



SET UP

- One pitch, 40 × 30 m, using both full goals with a goalkeeper in each.
- 6 v 6 outfield plus two goalkeepers (14). With 15–16, roll substitutes between spells.

RULES

- Building out into the opposition half = 2 points. Winning the ball in the opposition's build third = 2 points. A goal is 2.
- Two-minute spells with fifteen seconds between; the ...

COACH IT

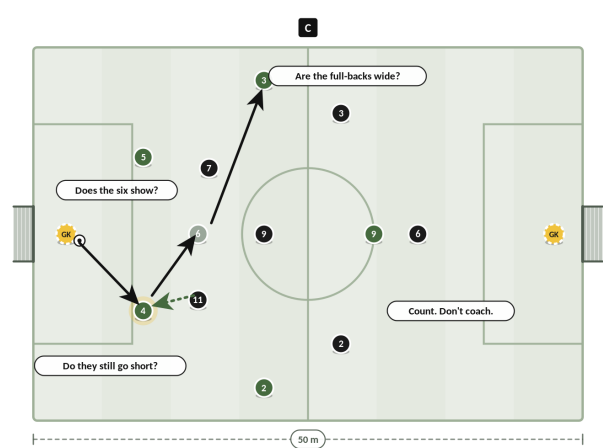
- Technical: Composure. The first touch under a five-player press is the whole game.
- Tactical: Watch the press get tired. After ninety ...

SAY

- One goes, four cut the passes. Otherwise you're just running.

20.4 THE BUILD-UP EXAM (7 v 7)

Conditioned match • 15 min



SET UP

- 50 × 34 m with full-size goals. No markings, no conditions, no retreat line.
- Four spare balls in the back of each goal.
- 7 v 7 including goalkeepers (14). With 15–16, play ...

RULES

- No conditions. Goals are goals.
- Goal kicks may be short or long — the choice is entirely the players'.
- Keepers restart within ten seconds.

COACH IT

- Technical: Whatever survives. Note it rather than fixing it.
- Tactical: The four this theme markers: short goal ...

SAY

- The single number that summarises this theme.