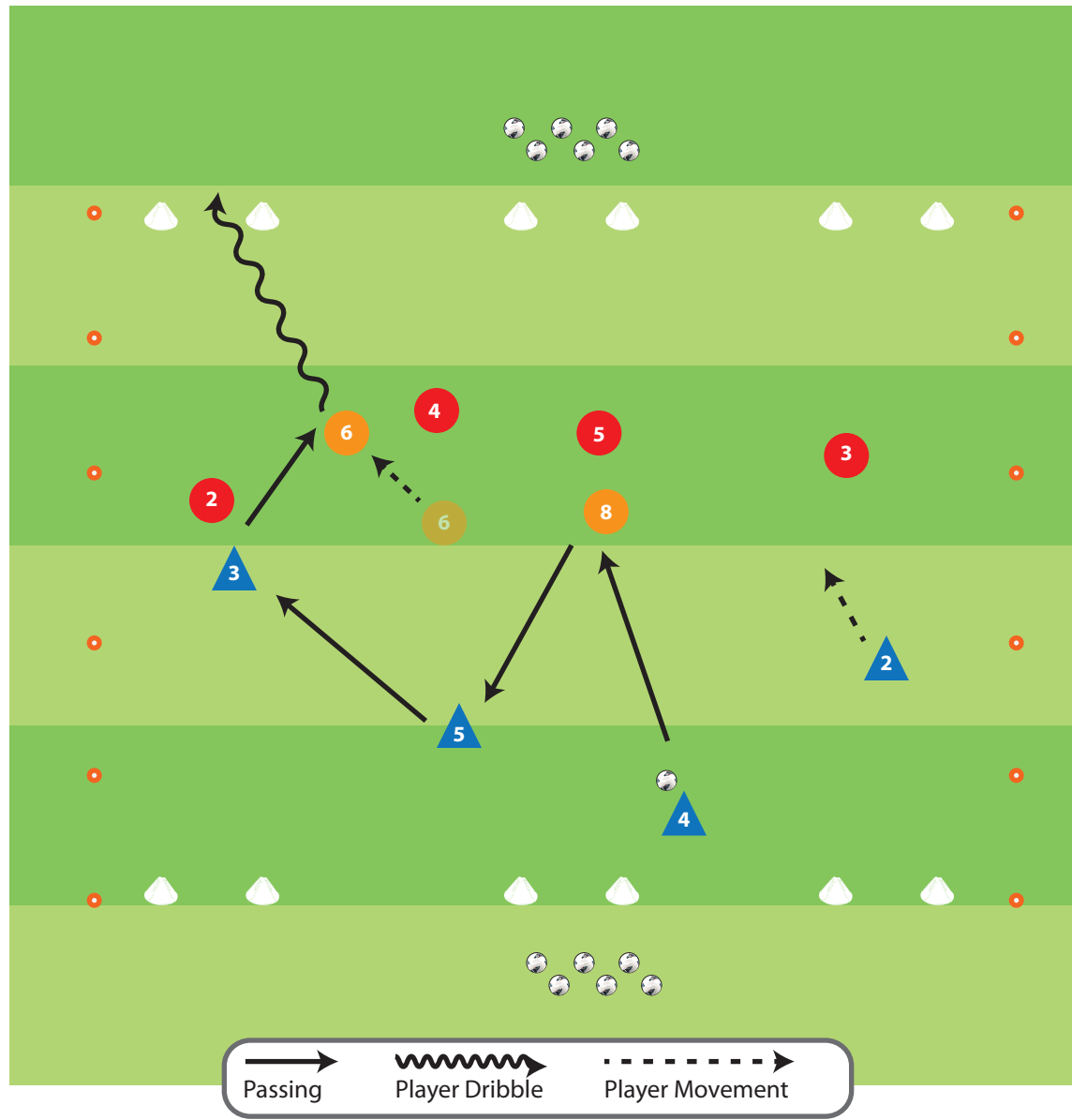


# Attacking: Build up from Defensive Half: Stage II Small Sided Activity

Topic: Improve your team's ability to build up from the defensive half.



## Setup

30 x 30 yd. area and 10 players (4 red, 4 blue and 2 orange neutral players).  
8-12 regular size cones and 12 large cones used for goals or use PUGG goals.  
Objective: penetrate under control and then dribble or pass through goals.

## Sequence

- Divide into 2 equal teams of 4 v 4 (or 3 v 3 or 5 v 5) with 2 neutrals.
- Blue or Red starts with a ball behind their goal line.
- Team in possession plays with the 2 neutral players on their team.
- Possession team penetrates forward while keeping control of the ball and attempts to dribble through cones to score 1 point.
- No offsides because the possession team is trying to penetrate forward from their own defensive half.

## Variations

- Possession team can score by passing the ball thru the cones rather than having to dribble thru a cone goal (shown in white).
- Expand the playing area, restrict players to 2 or 3 touches.
- Condition: require 4 passes are completed before attempting to dribble or pass thru a goal.
- Use "bumper" players along the sides instead of neutral players

## Coaching Points

- Penetrate forward under control, don't rush it.
- Keep passes on the ground, strong paced passes that are accurate to a specific foot.
- Play from the "spot" sometimes, don't close down space between you and your opponent
- Players should use overlapping runs and combination play to beat an opponent rather than trying to beat them 1v1.