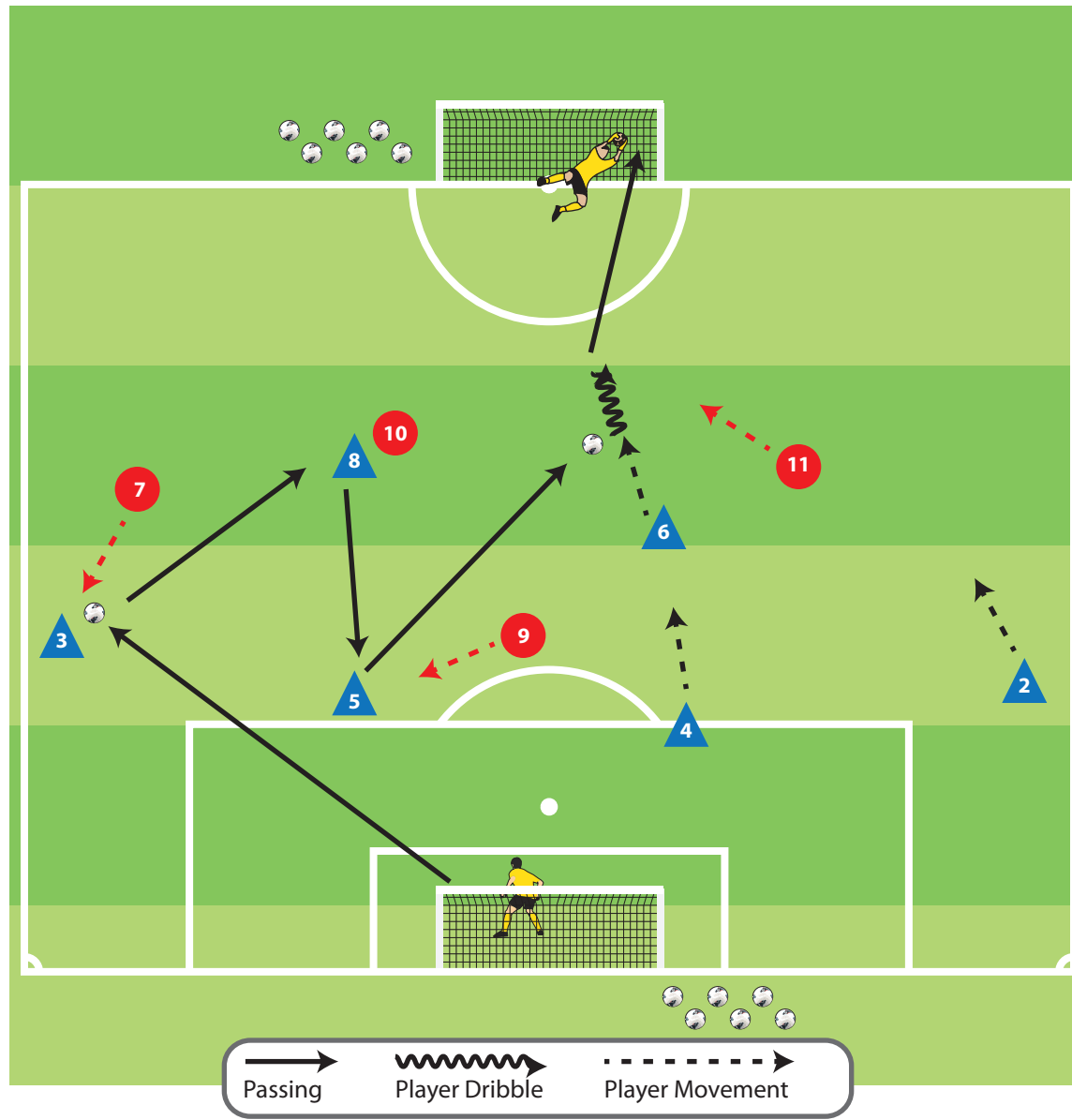


# Attacking: Build up from Defensive Half: Stage III Expanded Activity

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



## Setup

Half of a normal field with 2 full sized goals and 2 goal keepers. Divide players into groups based on their normal positions. Defenders and mid-fielders represented as Blue Triangles below will play numbers up 6 v 4.

## Sequence

- Goalkeepers or a coach will start play by distributing a ball.
- Goalkeeper for the blue team should distribute the ball with an under arm bowl to one of their defenders. Goalkeeper for the red team has no restrictions when distributing the ball.
- Each team will attempt to penetrate forward and score a goal.
- Use substitutes every 1-2 minutes or when a goal is scored.
- First player from the Blue team and Red to score 2 goals get to be captains for Stage IV scrimmage game, and choose players in a school yard-pick.

## Variations

- Add 1 or 2 "Neutral" players who play for the team in possession.
- Play 6v5, 6v6, 5v5 or or other combination.
- Expand or contract the space. Limit touches for blue and or red team.
- Use "bumper" players along the sides

## Coaching Points

- Blue team is building from the back and therefore should penetrate under control with quick passing and use the entire field width.
- Blue team should expand out when they have possession and be compact when they don't.
- Passback to goalkeepers to swing sides and organize the attack.