



# Phase: Build up // Principle: Playing in the Gaps & Between the Lines

**Category:** Academy: Create the attack  
**Skill:** U14

Pro-Club: Nashville Soccer Club  
Kevin Flanagan, Nashville, United States of America

## Description

**Phase:**

**Behaviors:**

**Principle:**

**Session Organization:**

**Desired Outcome:**

**Performance Criteria/Point System:**

**Player Instructions/Constraints:**

**Focal Points:**

**Guided Discovery Questions:**

## Build Up 2 (15 mins)

3v3+2  
4x2.5 mins  
3v3 inside the grid with 2 targets  
8 passes = 1pt  
Get it from 1 target to the other = 1pt  
CP's  
Diagonal support  
Creating +1



## Build Up (25 mins)

8v8+GKs (Neutral player if needed)  
40x51  
3x6 mins  
**Set-up**  
Both teams in a 3-2-3  
No passes in the air to start  
Team in possession must occupy 2 of 3 zones  
If team can get into final third zone (pass or dribble) Shot on target in 5 seconds = double

### Constraints/Rules

- 1- Dribble or pass over half-way line = 2pts
- \*\* Only 1 defender can enter the pressing phase
- 2- Unlimited touches but no dribbling
- 3- once over half, not allowed to go backwards
- 4- Enter the final phase through the same gate you exit the build-up phase = 2pts
- 5- Change the point through opposite gate = 3pts

### Coaching Points

- Big Shape (length, width, depth)
- Diagonal support
- Creating +1 situations / overloads
- Breaking lines off the pass or dribble

