BUILDING OUT FROM GOAL KICK

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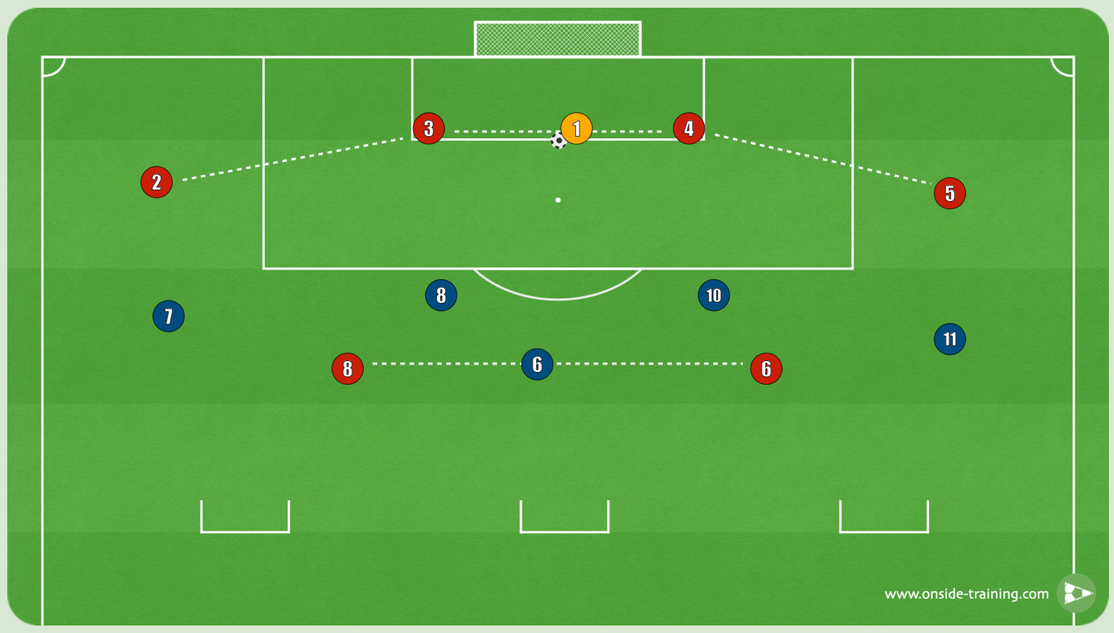
Setup:

- Set up three small goals a few meters from the middle of the field.
- Form a defensive backline with 3 or 4 players, with a couple of midfielders for support.
- Put out 4-5 attacking players to put pressure on during goal kicks.
- Adjust the number of players depending on your team's tactical vision.



How It Works

The ball begins with the goalkeeper (or one of the defenders) making a pass like a goal kick. The players then need to pass through the pressure from the attacking players and aim to get the ball into one of the three goals up the pitch.

If the attacking team wins the ball, their goal is to score on the defenders and goalkeeper.

The small goals represent the successful play through the pressure, marking the transition to the attacking players and the next phase of the game. This is the core objective of the drill.