

BUILDING OUT FROM GOAL KICK



Players:
+12



Time:
20-30 min



Focus:
Possession



Age:
U13+



Intensity:
6/10

SETUP

- Place three small goals a few meters from the middle of the field, spread across the width of the pitch.
- Form a backline of 3-4 defenders with a goalkeeper and a couple of midfielders in support.
- Add 4-5 attacking players to press, and adjust the numbers based on your team's tactical vision and the players' age and skill level.

KEY POINTS

The ball starts with the goalkeeper playing a goal kick, and the building team has to pass through the press and get the ball into one of the three small goals up the pitch.

If the pressing team wins possession, they attack the goalkeeper and defenders. The small goals represent a successful build-up and the transition into the next phase of the possession game.

