



# Build Up Play Possession Practice

**ORGANISATION:** 6v6 + 4 neutrals (2 GKs on the ends, 2 playing freely in the middle).

Possession game where both teams aim to play the ball end to end from one target player to the other. The team must play through the thirds to achieve this.

Once this happens, the game flips from the target player and the team tries to play back the other way.

**EQUIPMENT:** Footballs, cones.

**CORE TOPIC:** Build up principles.

**COACHING POINTS / PROGRESSIONS:**

**General Points:**

- Creating the structure of 2 CBs splitting and 2 #6s showing centrally when the ball goes to the GK (target players).
- Other players looking to occupy higher lines further away from the ball – providing balance.
- Positioning off the shoulder of the defender.

