

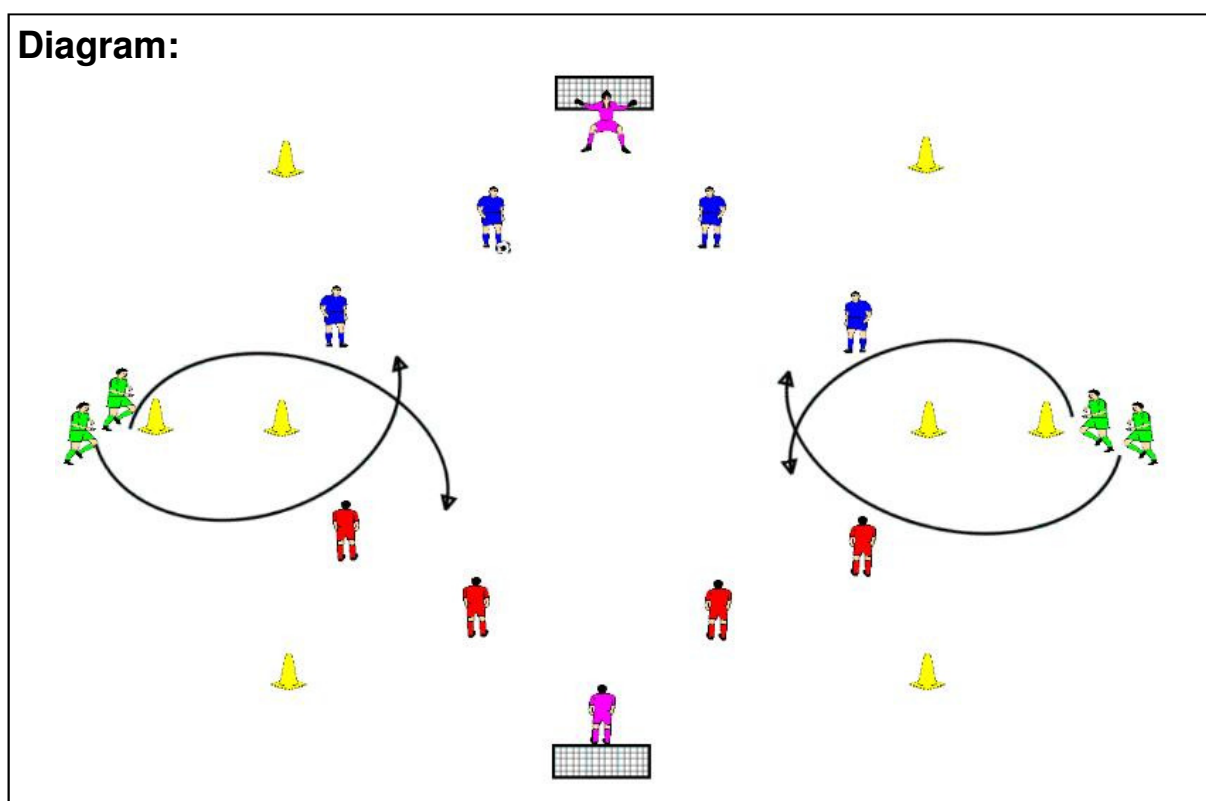
**Drill Name:** 4 v 2 Building up from the back game

**Topic:** Building up from the back & Possession + penetration

**Objectives:**

- Develop understanding on roles and responsibility in building up from the back
- Integrate goal keeper into building up from the back.

**Diagram:**



**Description:** 4 full backs must pass the ball 5 times before they can play into the other area, where there are 4 more full backs. 2 defenders (1 from each side) enter the area when the ball is played.

**Progressions:**

- Add GK to build up. defending team can score when they win the ball

**Coaching Points:**

- Angle of support when building up from the back
- Penetration pass