

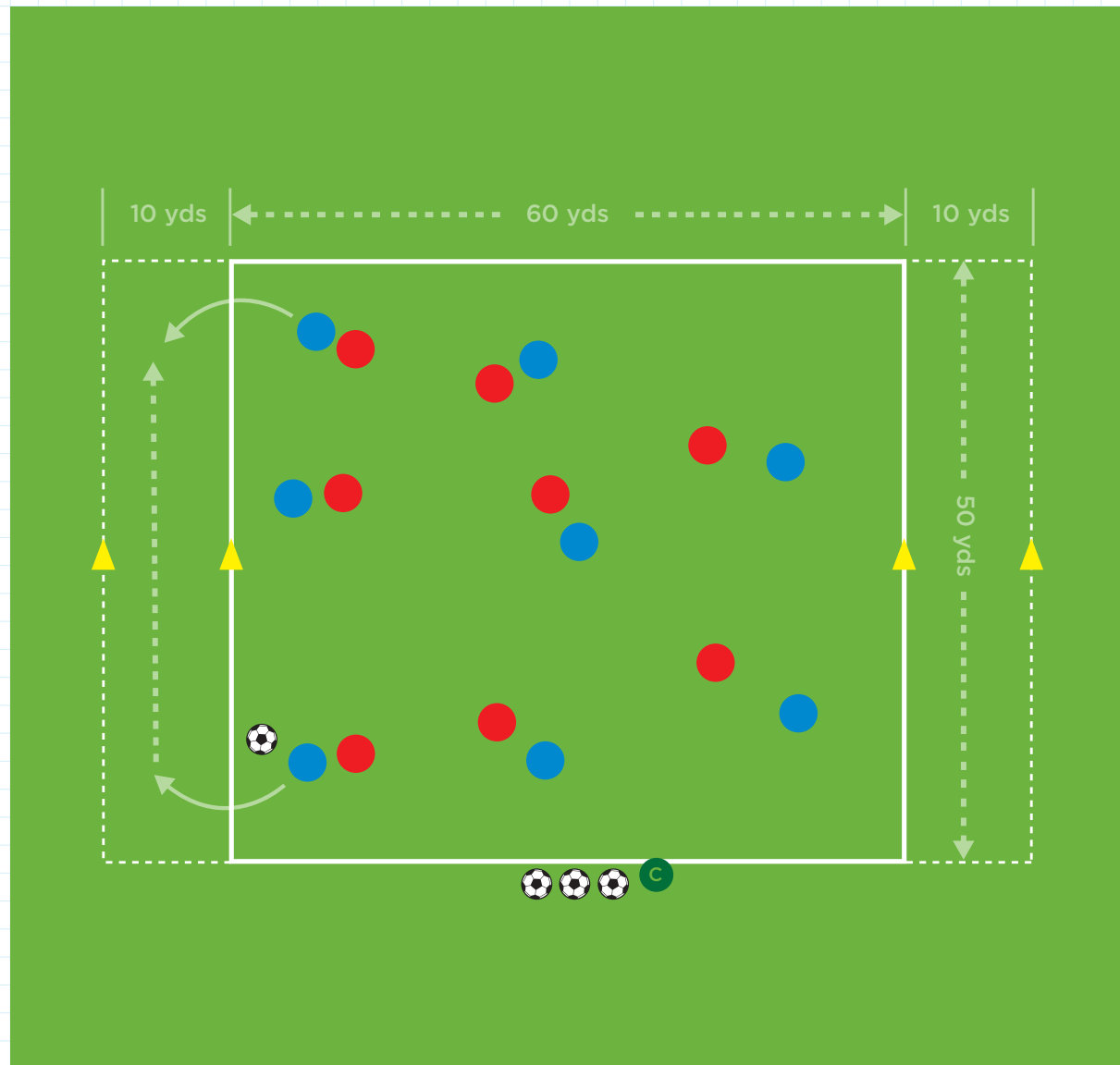
Build-up play 1

Practice organisation

- Area 60x50yds, with 2 additional end zones 10x50yds, as illustrated.
- 16 players, arranged 8v8 in main playing area, 1 ball.
- Practice starts with: Coach feeds into Attacking team who look to feed a through pass into end zone for receiving player to run on to & control.
- If under pressure in possession, a player can drop into the defending end zone to receive ball & cannot be followed by an opponent.
- The player must then transfer ball through cones to another supporting team mate before ball is passed or run into main practice area.
- All passes must be below head height.

Detail

- Receiving player cannot enter the attacking end zone to collect ball before the through pass is delivered.
- Looking for early, accurate & quick passes.
- Concentration, awareness, composure & ball retention.
- One, two touch passing & slower searching possession.
- Controlled & measured through passes ahead of runner delivered with either foot & different surfaces as required.
- Attacking space behind opponents to receive passes.
- Simple progression for this practice is:
 - Add opponent-free safe zones on either side of playing areas, to create attacking flank channels.



Key coaching points

- Team dispersal (spreading-out) in possession.
- Effective passing decisions & quality of passing execution.
- Patient, precise passing with an emphasis on penetration as a priority.
- Support & movement around ball holder.
- Blending quick inter-passing & slower approach play.
- Running with & off the ball to attack spaces available.
- Delivering final pass & timing final run to receive