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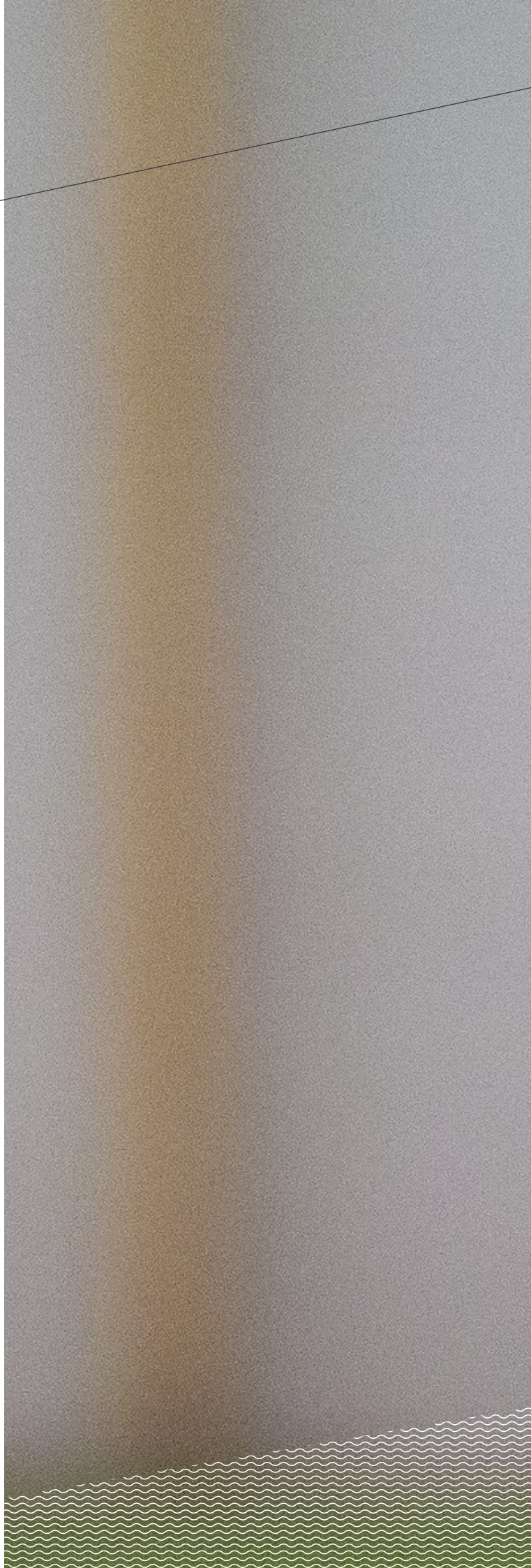
PLAYING FOOTBALL IN AN ELEVEN A SIDE FORMATION

BUILDING FROM THE BACK

LITHUANIAN FOOTBALL FEDERATION | THE CENTRAL CIRCLE

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A. THE GAME INTENT "BUILDING FROM THE BACK"

1. WHY BUILDING FROM THE BACK?

Building up is the preparation for the attack: the players try to get the ball to the front in a targeted and efficient way. Building up backwards is situated on one's own half and around the centre circle. The aim of the construction is to find the free man by playing the ball in and around and to find depth in the game. The main protagonists in the construction are:

1. the goalkeeper (in cooperation with defenders, midfielders and strikers)
2. the defenders (in cooperation with other defenders, goalkeepers, midfielders and strikers)

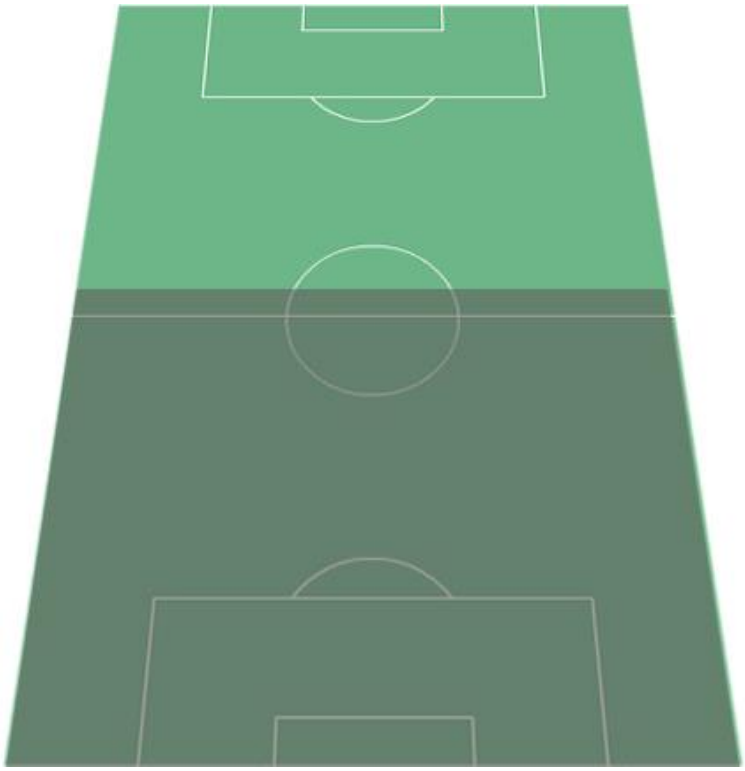
2. GAME PURPOSE WHEN BUILDING FROM THE BACK

Game intentions in the construction:

- ☞ Finding the free man by playing the ball and playing the ball around.
- ☞ First option is to play deep, but given the age this is the least achievable if you want to do it in a good way.

Via:

- ☞ Good positional play
- ☞ Fast ball circulation



The “building from the back” can be divided into 2 situations:

1. When building up against an unorganised (or not yet organised) opponent, the trick is to search for depth as quickly as possible.

2. When building up against an organised opponent, more patience should be exercised, and the moment to play deeply should be chosen more carefully

3. THE POSSIBILITIES FOR BUILDING FROM THE BACK BY THE GOALKEEPER

When the goalkeeper is in possession of the ball, the rule "think deep, look deep and play deep if possible" applies. The goalkeeper can choose from the following options

1. deep in the space behind the attackers
2. deep to attackers
3. deep to midfielders
4. deep to defenders
5. open wide to flank defenders

The order of these possibilities is determined by the own players and the opponents. In youth football, however, keeping possession of the ball is one of the most important learning moments. Seeking depth too hasty offers too little development. During our training process, we often opt for a careful shorter build-up via defenders or midfielders. Goalkeepers are stimulated to put the ball at the foot and resume the game this way. The opportunities for goalkeepers to buil- up are further explored in theory and practice by our goalkeeper trainers.

4. THE POSSIBILITIES FOR BUILDING FROM THE BACK BY THE DEFENDERS

Again, the general rule is "think deep, look deep and if possible play deep". Especially the speed of the action determines the return. However, playing the deep ball should not be based on coincidence!

A defender has the following options in terms of build-up (in order of desirability):

1. deep to the attackers in free space
2. deep to the attackers in the foot
3. deep to the midfielders
4. passing to another defender
5. passing to the goalkeeper

A lot of players are "connected" to each other in the build-up. In a 1:4:3:3 game system you can easily show this structurally by means of triangles. Thinking in triangles makes the game a lot easier: it can be a simple tool to give a player more insight when he is directly involved in a game situation of a certain fellow player.



4.1 Building from the back by defenders towards our attacking players

A quick build-up from the defense to the attack is the starting point. When the defenders have possession of the ball, skipping a line is the first thought. Wingbacks prefer to pass the ball to the deep central axis, central defenders prefer to play in the wingers. The ball from outside to outside (from wingbacks 2 and 5 to wingers 7 and 11) should be avoided. This ball can be collectively and individually easily defended by the opponent. Only when there is enough space this ball is an option.

a) passing the ball to the central attack (9 or 10) by wingbacks (2 and 5)
   - The wingback (2) has the ball. The involved flank midfielder (6) allows himself to drop a little (he tries to take cover from the opponent) and thus makes depth and space. After playing the deep striker (9), this midfielder immediately joins in. Many midfielders do not leave until the striker is in possession of the ball. However, the good inclusion not only increases the chances of a good continuation, but also makes it easier to recover the ball if the central striker loses the ball.

b) passing the ball to the wingers (7 or 11) by the central defender (3 and 4).
   - The central defender (3 or 4) has the ball. The right midfielder (6) tries to take up the opponent's cover, he tries to take his direct opponent into a deep (more central) running action. This creates space for the central defender to play the right winger (7) from the center. After the outside player has passed the ball, the right midfielder comes back to support the right winger.

4.2 Building from the back by defenders towards midfieldplayers

A midfielder should develop positionally in relation to the players in front of him (the attackers), the players beside him (the flank players) and the players behind him (the defenders). These players should therefore have an eye for 360° playing field!

B. TACTICAL WORKING POINTS

- There's no build-up from the back at all
    - The players have no intention of achieving a targeted build-up

- There's too much unnecessary running with the ball
    - A defender who dribbles with the ball too often is vulnerable and more likely to lose the ball
    - Running with the ball at the foot for a long time significantly increases the chance that this defender is out of position
    - Attention: a defender must also be able to develop to his full potential! The right dribble at the right moment (freeing the ball) is also important here. See also: working points such as too stereotypical and building up without any risk.

- The buildup is too stereotypical
    - The choice must be made according to the situation!

- The speed of execution is too low
    - Creating depth is a matter of speed of execution. In the process of the build-u, there are only a few moments where there are possibilities to play in depth. By playing the ball around quickly, one creates situations in which the organisation of the opponent is not optimal. This creates possibilities in depth! The speed of execution (communication with the ball, fast ball circulation, the tight way of passing, controlling the ball well, playing in one go) will determine how often these moments occur!

- The goalkeeper is sought too often
    - It is important for the development of youth players that they learn to look for depth, even if there is a loss of ball. The pass back to the goalkeeper should not be a means to avoid the limitations of the football ability of a defender, but should be a means to stimulate the goalkeeper's footballing and constructive ability.

- There is too little depth
    - The defenders and midfielders come to the ball, but the continuation has no depth. The ball is played too wide and backwards.

- The players do not take any risk
    - If the coach puts too much emphasis on avoiding losing the ball, this will undoubtedly undermine the much-needed sense of initiative. Youth players who don't dare to take a risk, exclude an important part of their development. The younger the players, the more risks MUST be taken.

- There is no communication in the build-up
    - No coaching by the players among themselves occurs in every youth team. Short coaching words can make the build-up a lot easier (see coaching terminology).

- There is no communication with the ball
    - There is "no message" send with the ball. The ball speed, the ball track and the direction of play are not adjusted to the situation. In reality, the ball is usually played stereotypically in the foot.

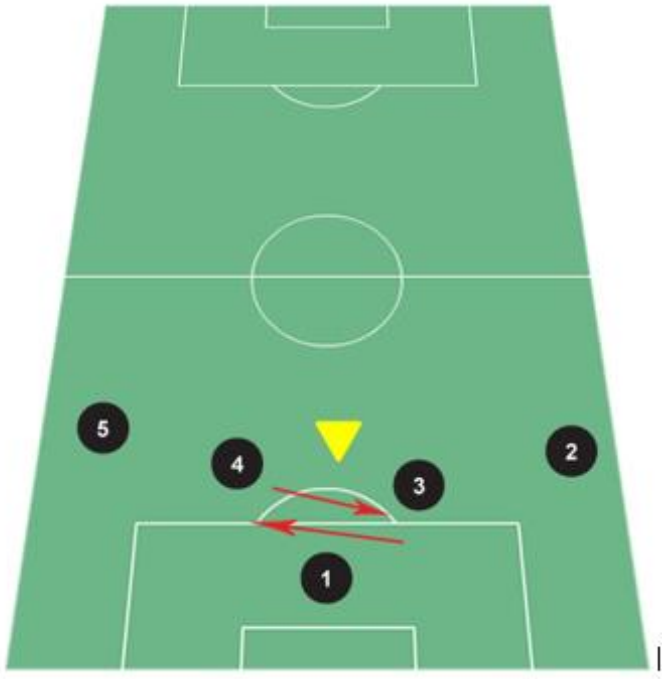
- The ball is often played from outside to outside (straight forward passing)
    - Passing from outside to outside from wingback (2 or 5) to the winger (7 or 11) is very easy to defend by the opponent.



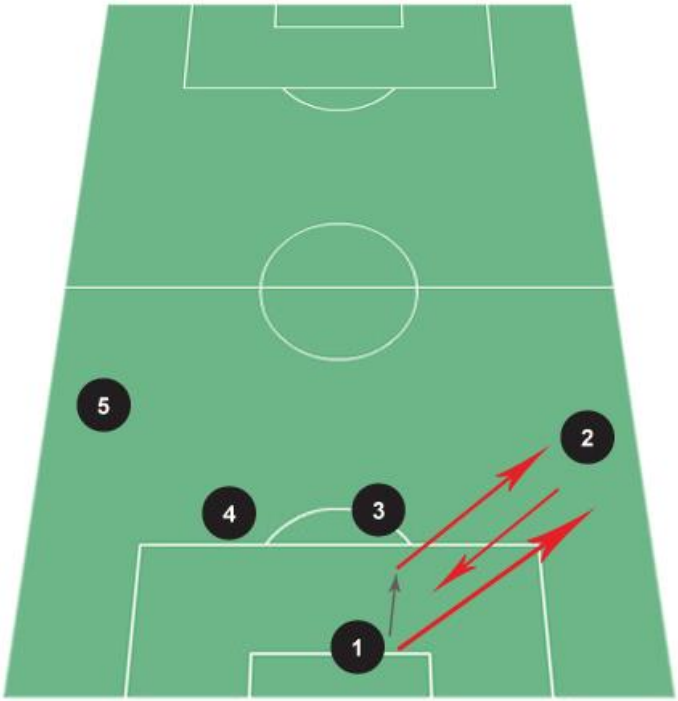
- There is no space to run free, the players are too close to the 16m box
    - The players are too close to the goalkeeper, even the direct opponents are nearby. There is no space for a build-up, no one is available

- The midfielders are not involved in the build-up
    - The first intention when building from the back is to play the ball to the attackers. In reality this is not always possible. The next option is to pass the ball to the midfielders. In youth games this option is often skipped. Because of this a number of developments for defenders and midfielders are not practiced.

- The strikers of the opponent are not eliminated
    - The defenders pass the ball to each other, but never have the intention of eliminating the opponent's strikers. The attacker therefore always gets a chance to get back in front of the player in possession of the ball.



- We don't let the ball change from one flank to the other enough during build-up
    - The goalkeeper (1) opens through the flank, the ball is played back to the central defender (3 or 4) and then the ball is passed to the same side. So there is no change of playing side.

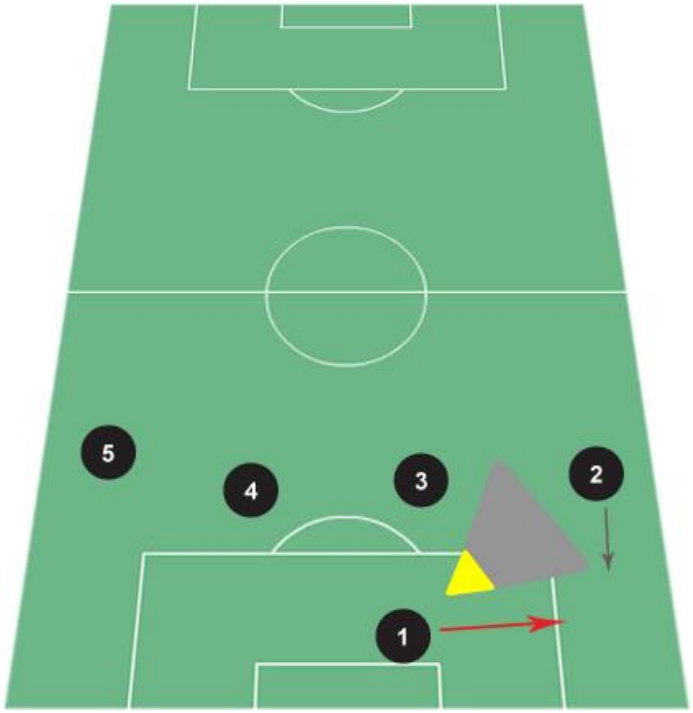


- The open space is not closed enough during a kickout
    - When the ball is kicked out by the goalkeeper, the defenders and midfielders hardly close in. The left and right wingback hardly come in either. This creates space between the defenders and midfielders.

- Too much ball loss in midfield
    - When crossing the centre line, all players walk in a forward motion. The organisation at the back is then quite vulnerable. In this situation, loss of ball should be avoided as much as possible.
    - In the moment just after recovering the ball (switching ball loss to possession), the organisation is often vulnerable because players take up other positions.

- At a goalkeeper's goal kick, the players ask for the ball too early
    - At the moment the goalkeeper puts the ball ready to get it back in play, the players already ask for the ball. As a result, he does not have enough time to pass the ball, resulting in a bad or late pass.

- There is no conviction when the defenders run free
    - We are looking for players with guts and charisma, also among our defenders. It is necessary that the free running of the defenders is done with the right attitude. A short acceleration in the direction of the open space and appropriate dropping out are necessary in order to be able to shake off the opponent's attacker.
    - Players must come out of the shadows of opponents who are blocking the build-up.



C. TECHNICAL WORKING POINTS

1. THE TECHNICAL WORKING POINTS FOR THE GOALKEEPER

- The goalkeeper loses too much time controlling the ball
    - The goalkeeper receives the ball: instead of taking the ball in the motion (oriented), the goalkeeper stops the ball, runs back a few metres and then passes the ball. As a result, the goalkeeper loses valuable time and the opponent has a better chance of putting pressure on the ball.

- The goalkeeper does not adjust his position when passing the ball
    - The goalkeeper passes the ball and then stays in the same position. As a result, the player on the ball has no opportunity to play the ball back in case of sufficient interference from the strikers of the opponent.

- The goalkeeper kicks the ball out without any intention (we just give away our possession of the ball)

- The goalkeeper doesn't indicate he's going to kick a long ball
    - The goalkeeper unexpectedly kicks a long ball. This causes the players to join in later.

- The goalkeeper does not communicate with the ball
    - There is no message send with the ball! For example, the wingback has a lot of space in front of him, but the goalkeeper still plays him in the foot.

2. THE TECHNICAL WORKING POINTS FOR THE OTHER PLAYERS

- The control of the ball
    - When controlling the ball and opening his body, the defender lets the ball roll further. This gives the attacker a chance to conquer the ball.
    - When the ball is controlled by the midfielders or defenders, it is not immediately passed on. The player with the ball makes a circle with the ball. Circling with the ball gives the opponent time to adjust to the new position of the player with the ball.

- The defender presents himself in a straight line to the ball
    - The defender presents himself in a straight line to the goalkeeper. As a result, he has to turn 180 degrees with the ball and has no view of the opponents' and team-mates' positions.

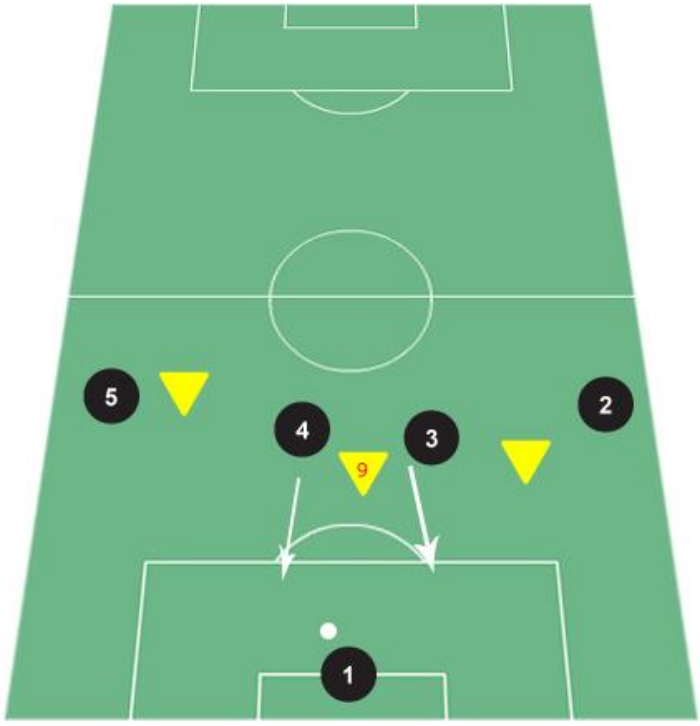
- The ball is not ready to be put in play
    - After controlling the ball, the ball must be ready to play. Often the defender has to touch the ball a second time before it is ready to play. Taking control of the ball “under the body” is to be avoided.

- The ball stays put too often
    - A ball that stays put is an easy target for the opponents.

D. EXTRA: OTHER WORKING POINTS

1. WORKING POINTS WHEN THE OPPONENT IS PLAYING WITH 3 STRIKERS

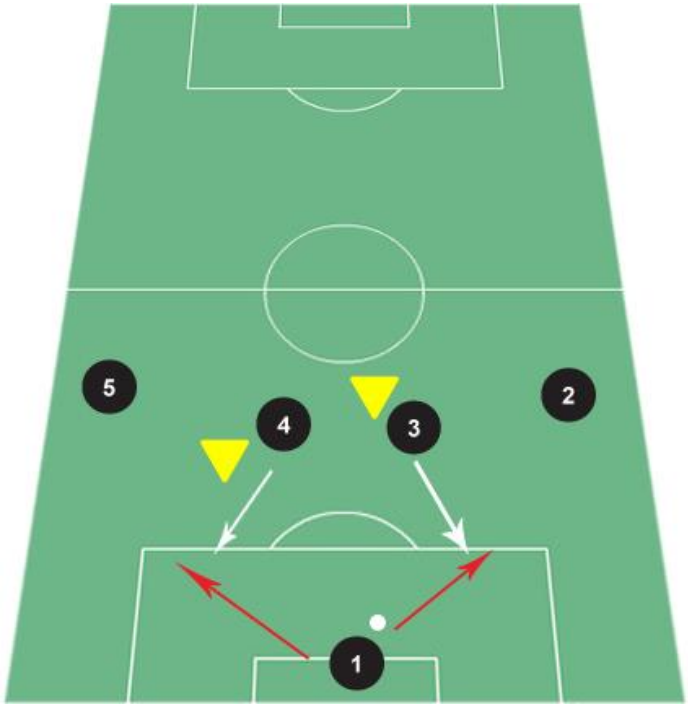
- The central defenders (3) and (4) don't put enough space between them.
    - The central defenders (3) and (4) ask for the ball but are too close together. This gives the opponent’s deep striker (9) a chance to put pressure.



- When one of the two central defenders receives the ball, the other stays on the same line
    - The central defender (3) is on the ball and has no opportunity to play the ball deep. The opposing attacker (9) is putting pressure. The other central defender (4) is at the same height. This makes him difficult to reach.

2. WORKING POINTS WHEN THE OPPONENT PLAYS WITH 2 STRIKERS

- Both central players ask for the ball
    - Both central players (3 / 4) ask for the ball and take their direct opponent with them. This reduces the space on the flank and the goalkeeper has less build-up possibilities.



- The left and/or right wingback (2 or 5) asks for the ball and drops too far back:
    - The left and/or right wingback (2 or 5) asks for the ball in the corner of the field. This makes it easy to put pressure on him.

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