



**Kentucky Youth Soccer Association**  
**Olympic Development Program**  
**Adrian Parrish: Technical Director**



**Topic: Developing Buildup Play using the Midfielders**

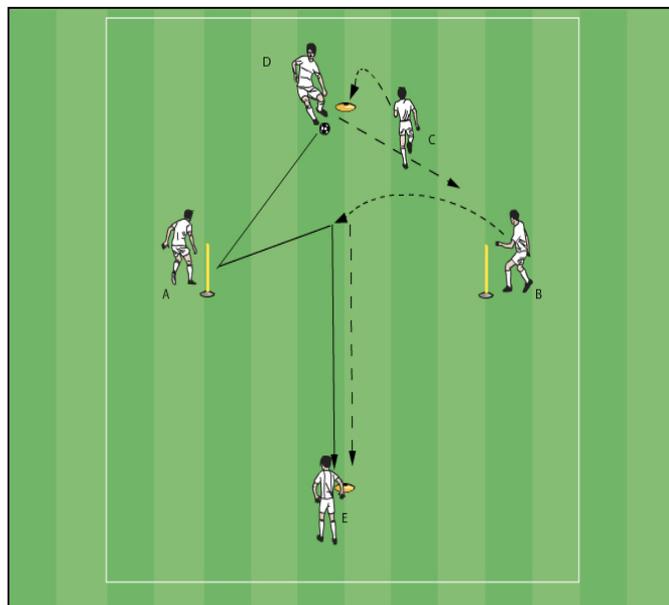
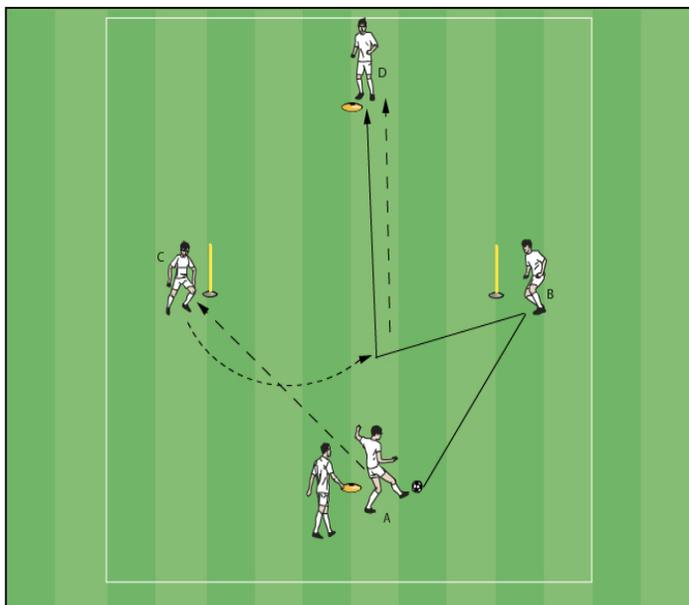
Who: Primary Player - #6, #8, #4, #5 Secondary Players - #1, #10, #9

When: Upon gaining possession in the defensive third and the team is looking to build out of the back

Where: In the defensive third and building through the middle third in central areas

What: Improving the players ability to pass and receive and create space for themselves so the team can possess the ball to eventually penetrate into the attacking half of the field.

Why: To help the players possess and be patient as they play out of the back into the attacking half of the field.

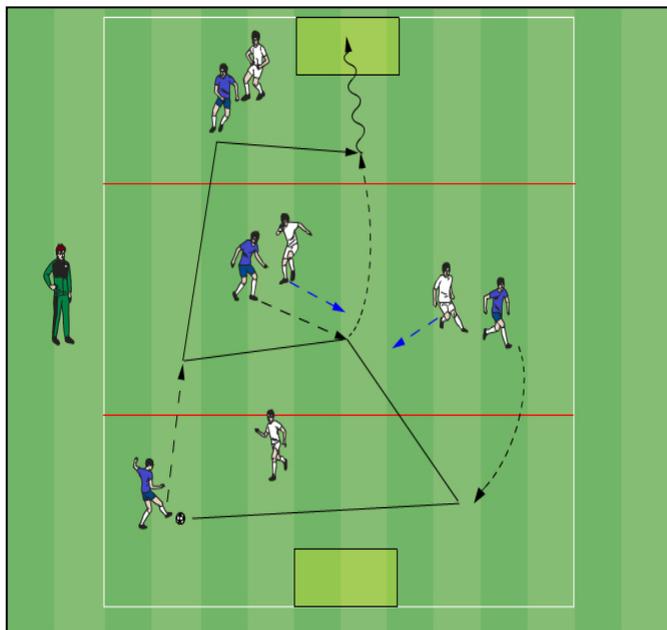


**Duration: 16 Min**      **Activity Intensity: Low**      **Repetitions: 6**      **Activity Time: 2 mins**      **Recovery: 30 sec**

Groups of 5 players playing on a 20 x 35 yard diamond. A passes to B. A then moves where C was standing. C comes off the post to receive a ball dropped back from B. C passes to D and follows the pass.

D passes to A, after the pass, D moves to where B is standing. B comes off the post and receives a dropped pass from A. B plays a pass to E. The pattern continues.

**Coaching Points:** Weight of passing, leading players into their next pass, timing of the runs, open up hips for ball to roll across body



**Duration: 24 Min**      **Activity Intensity: Medium**  
**Repetitions: 4**      **Activity Time: 5 mins**  
**Recovery: 1 min**

**Organization**

40 x 25 yard grid divided in thirds. Place a 6 x 3 yard box at the end of the grid. 1 player from each team is in the end grids and 2 players from each team are in the middle. A middle player can drop into the end grids at any time to create a 2v1 to play out and play into score by dribbling into the zone. Progress to allowing a defender to track with the midfielder.

**Coaching Points**

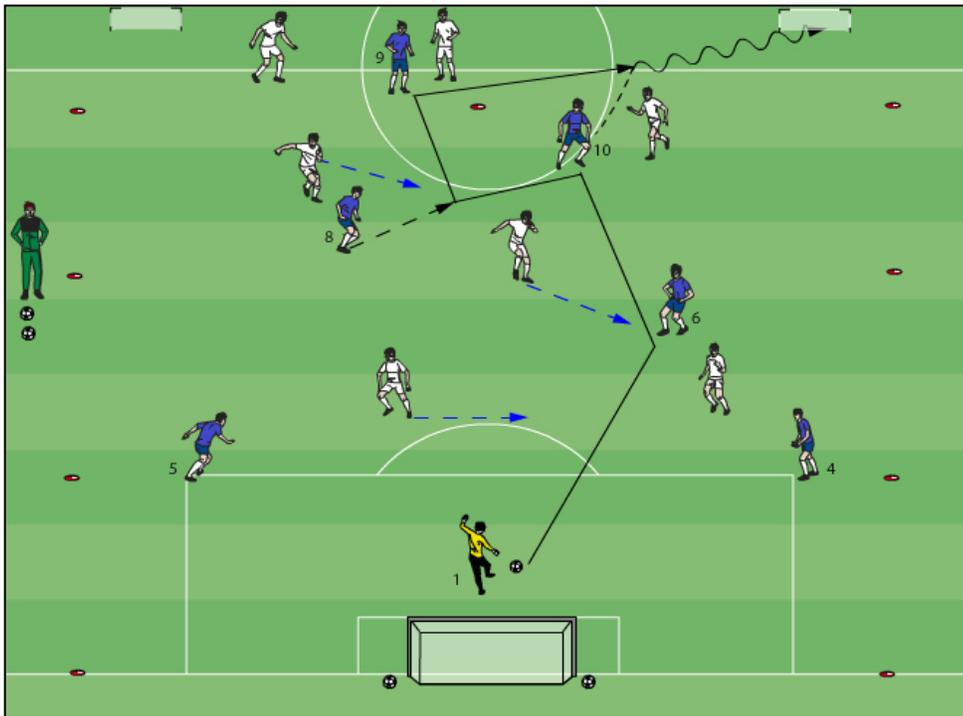
Movement and angle of support (having the midfielders to play/think opposites). Don't force, if the play is not on, the team has to possess. Weight of passing



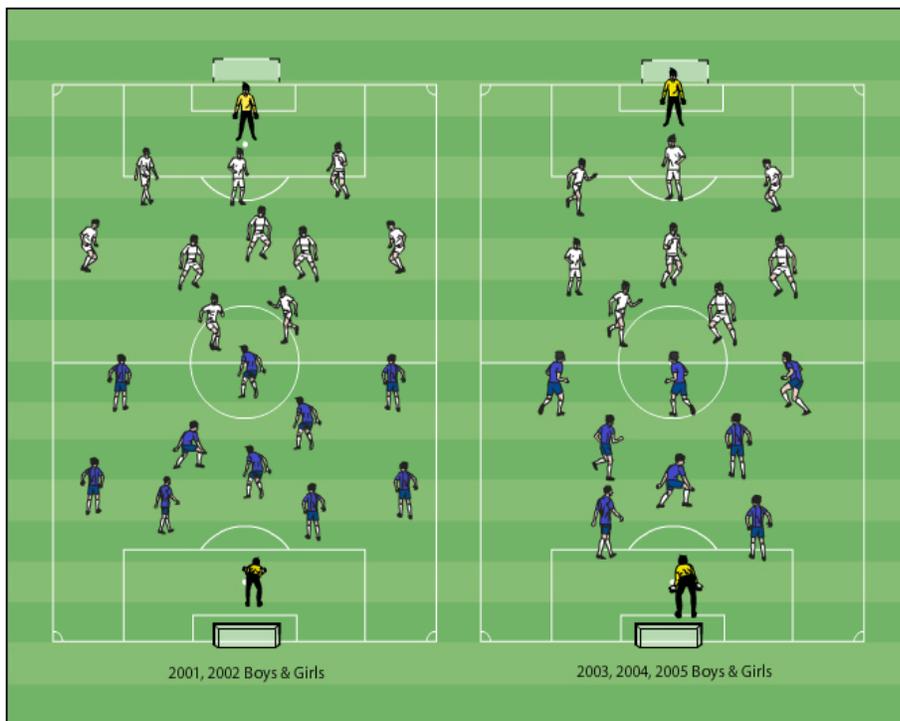
**Kentucky Youth Soccer Association**  
**Olympic Development Program**  
**Adrian Parrish: Technical Director**



**Topic: Developing Buildup Play using the Midfielders**



**Duration: 20 Min**      **Activity Intensity: High**      **Repetitions: 2**      **Activity Time: 8 mins**      **Recovery: 2 min**  
 7v7 on a 48 yard x 60 yards with one big goal and 2 counter goals. Attacking team plays to the counter goals play in a 1-2-3-1 formation versus a 2-3-2 formation. The team attacking the counter goals must keep the target player (#9) past the restraining line. They have to play into this player and join them before scoring on a counter goal. Normal rules apply (inc offside)  
**Coaching Points:** When to possess versus when to penetrate (reading the pressure and opening up passing lanes), movement off the ball, weight of passes, passing decision (short versus long)



**Duration: 20 Min**  
**Activity Intensity: Medium Repetitions: 2**  
**Activity Time: 9 mins**  
**Recovery: 1 min**

Older teams play 11 v11 in a 1-4-3-3 formation versus a 1-3-5-2 formation. Normal rules apply

Younger teams play 9v9 in a 1-2-3-3 formation versus a 1-3-3-2 formation

Work on helping players conceptualize their roles of using the midfield during build-up play out of the build up zone into the preparation zone.