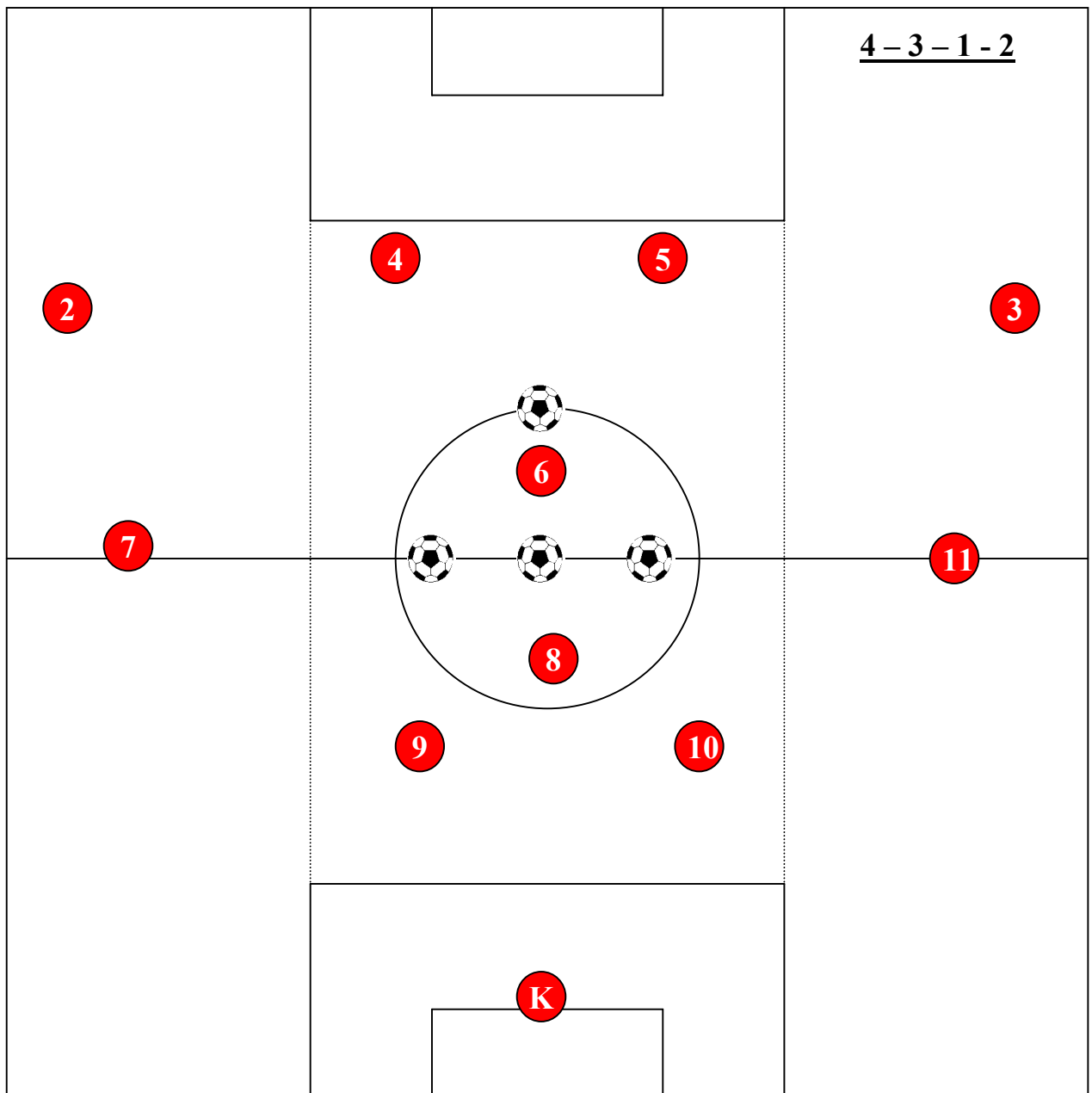


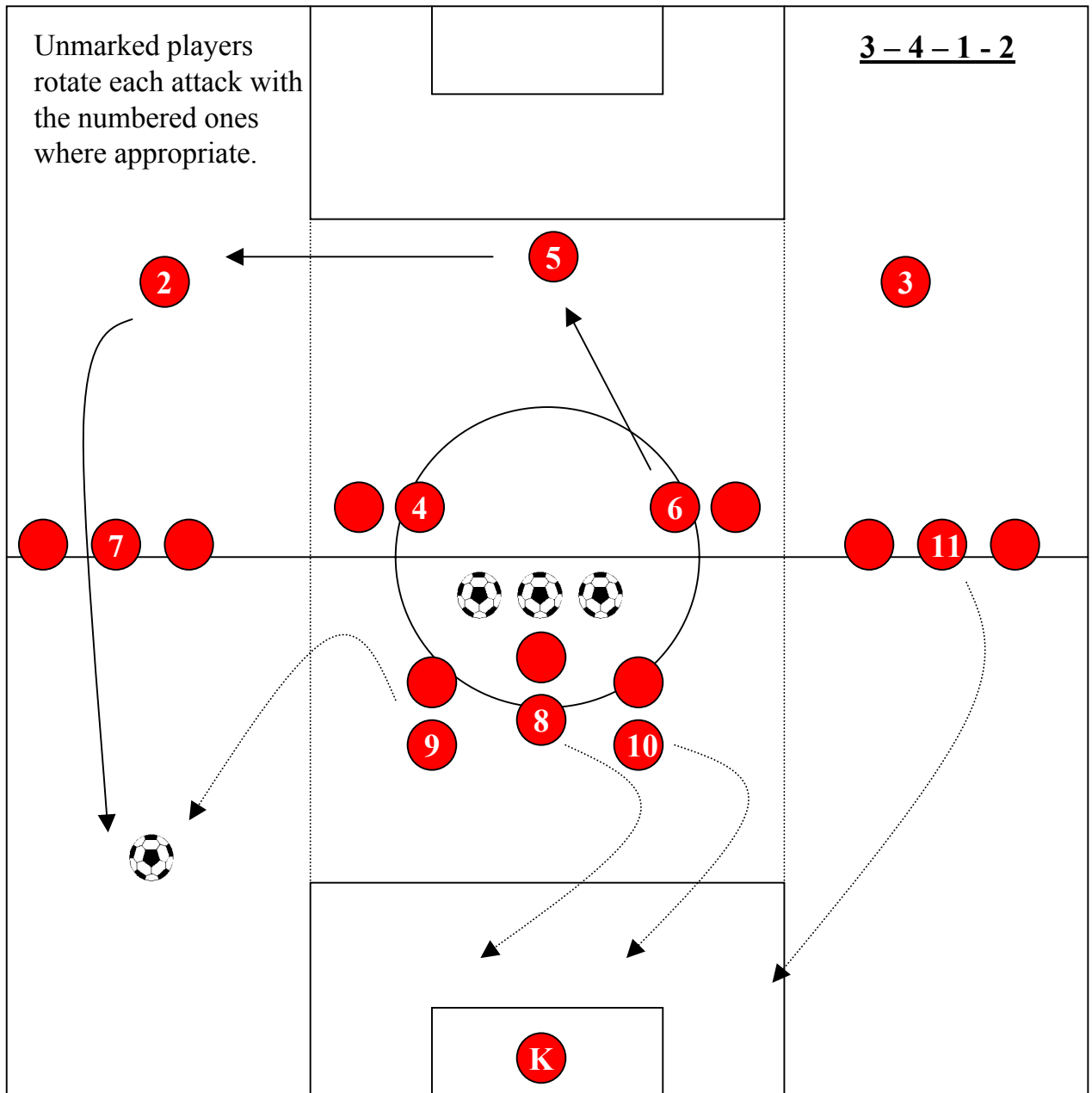
## FUNCTIONAL BUILD UP PLAY ON A FULL FIELD



1. Basic set up of a **functional shadow session**. The ball can start with the midfield player (6) who passes back to (4) or (5) and the moves begin ( or have the keeper practice long kicks into the two center backs to control the ball and begin the play.
2. Following are various set up plays that can be practiced by the team until they become proficient in some pre – planned moves. This helps players identify their options at certain times in certain positions on the field especially wide players when they receive the ball.
3. We do not want to take away creativity from the team but it is always useful to have perhaps three plays planned where the two strikers and the attacking midfield player make certain runs where for instance if the first striker goes short the second striker knows to go long and visa – versa.

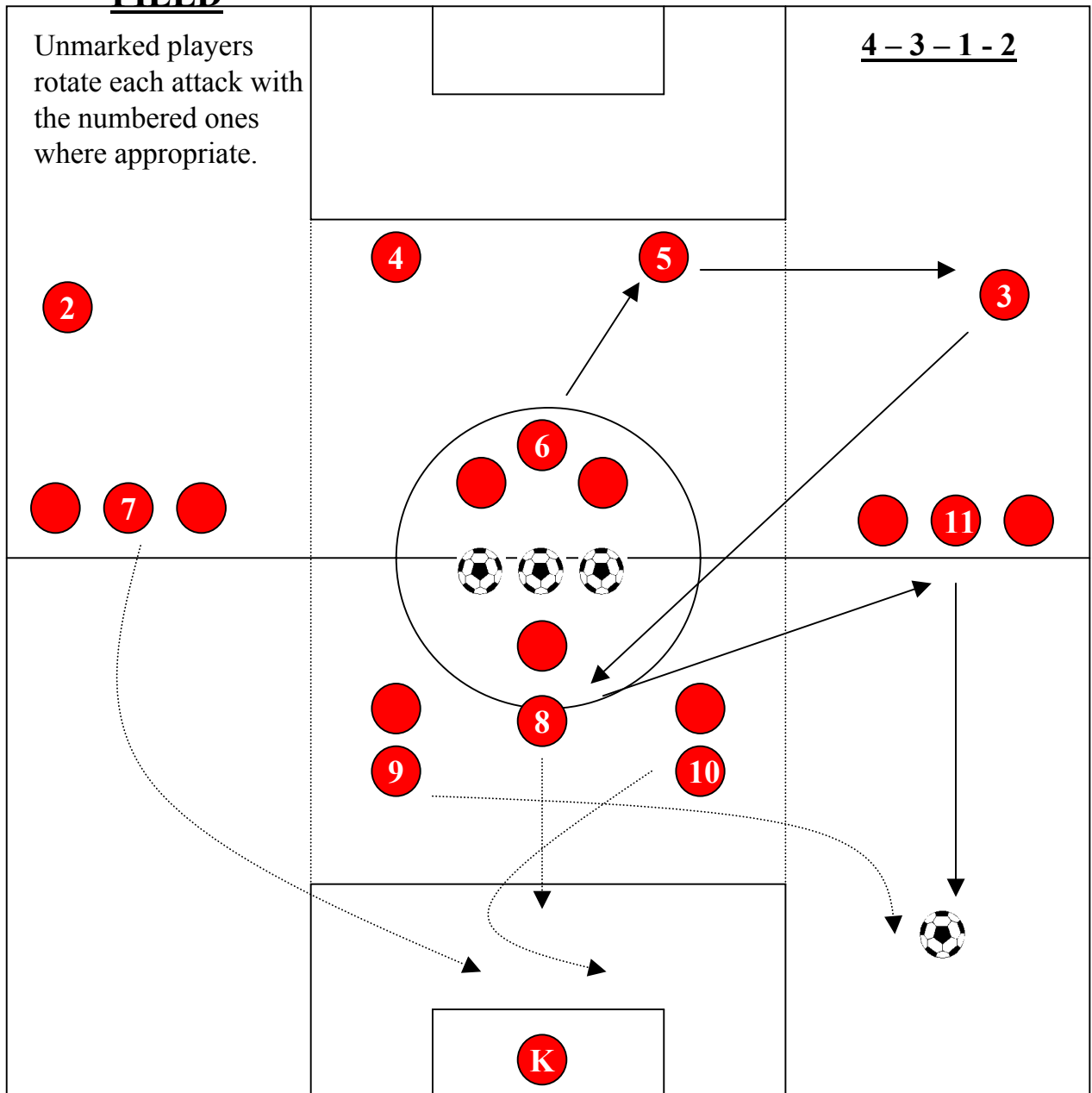
(Wayne Harrison)

# FUNCTIONAL BUILD UP PLAY ON A FULL FIELD



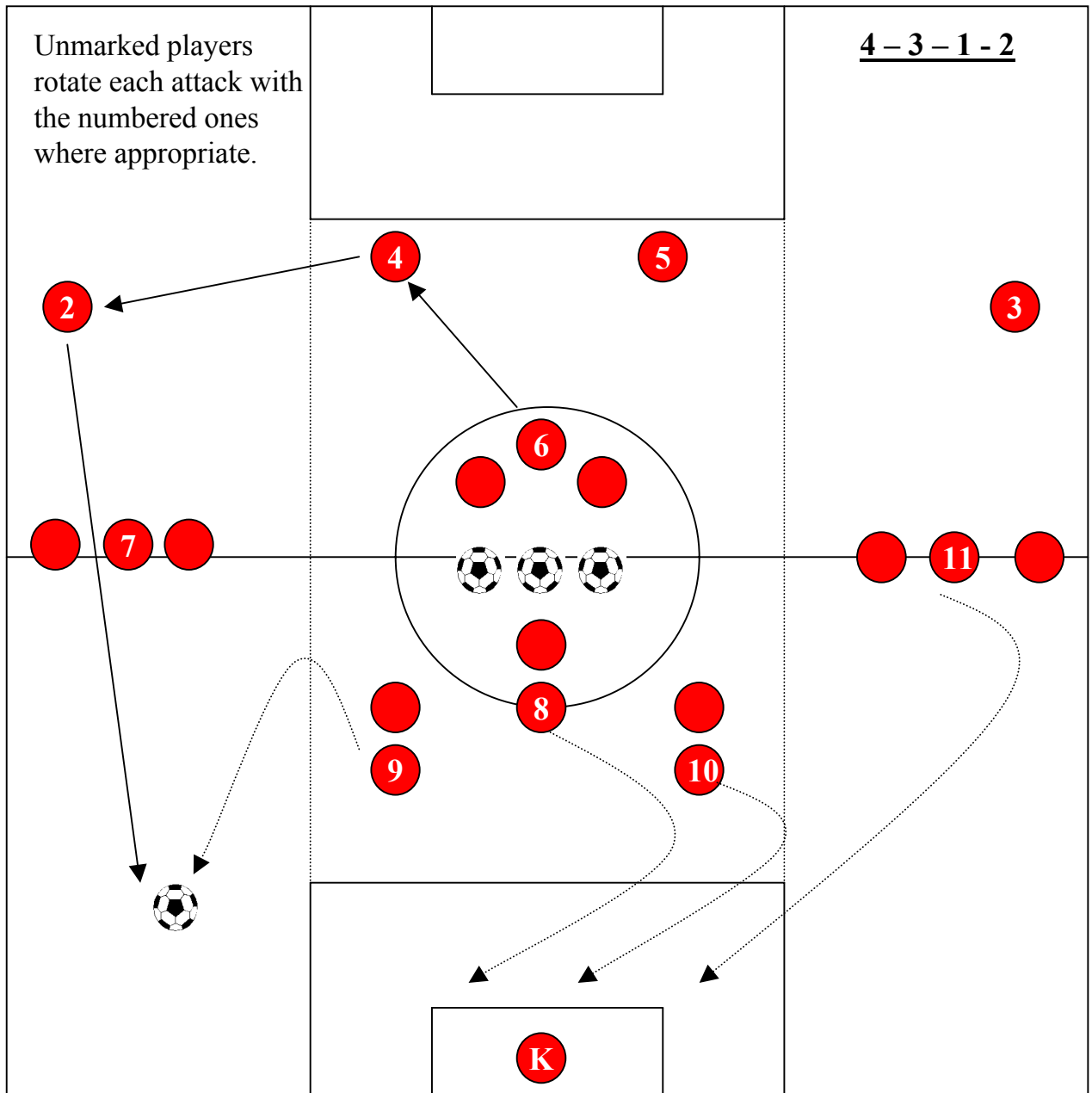
1. Working with a **back three** passing from the back using different options. Above is the ball into the channel for the striker to make a run and cross into the box.
2. **Variations** (You can do many)
  - a) (2) passes to wing back (11) who lays off to defender (3) or midfielder (6) to play into the channel for (8) or (10).
  - b) (2) to (9) coming short, lay off to (7) who passes into the channel for (8) or (10) making a diagonal run.
  - c) (3) into (10) coming short, lays off for (11) or (6) who plays a diagonal ball to (7). Strikers work to get into the box for the cross.
3. (4) or (6) get forward into a position on the edge of the box. (Wayne Harrison)

# FUNCTIONAL BUILD UP PLAY ON A FULL FIELD



1. Here (3) plays the ball to the feet of (8) who has come short to receive, who in turn lays the ball off to (11).
2. Strikers (9) and (10) **crossover** and (11) plays a pass down the line into space. (10), (7) and (8) attack near, far and behind in and around the box.
3. These moves are particularly **useful** against a **back three** set up where center backs are **not comfortable** being taken into **wide** areas. These are the correct areas to attack as there is so much space down the side particularly with opposition wingbacks pushed on. A **quick counter attack** can be especially useful.

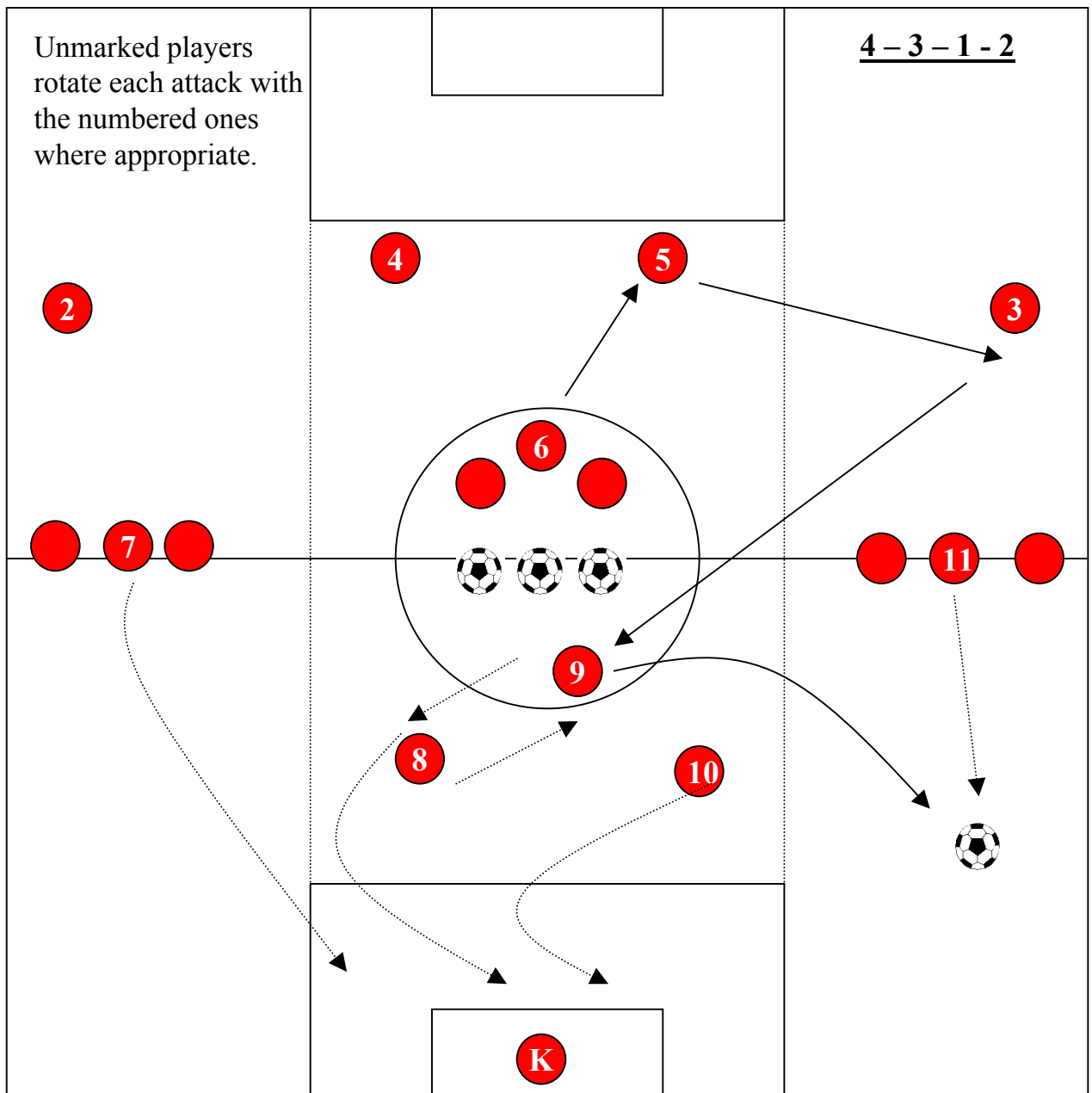
# FUNCTIONAL BUILD UP PLAY ON A FULL FIELD



1. Working with a **back four** passing from the back using different options. Above the fullback (2) gets as wide as possible to receive from (4). Striker (9) comes short (tight turn across the defender) to go long and the other players work their positions off (9).
2. **Variations**
  - a) (2) passes to (7) into **feet** who lays off for (6) to play the ball forward for (8) or (10) making a diagonal run into space.
  - b) Into (3) who passes short into **feet** to (8), lay off to (11), (9) and (10) crossover runs (great against man markers) and the ball is played into the space forward for (9). (10) and (7) get into the box near and far, (8) patrols the edge of the box.
  - c) The ball is at (5), passes to (11), (9) and (10) split runs to get (8) in through the middle and isolate the sweeper.

(Wayne Harrison)

## FUNCTIONAL BUILD UP PLAY ON A FULL FIELD



1. The ball is passed by (3) into (9)'s feet who has **interchanged positions** with (8). (9) lays it into the path of (11) to get a cross in.
2. Players take up positions as follows; (10) near post, (9) in behind around the edge of the box, (8) far post, and (7) beyond the far post so we are attacking four different areas and making adjustments for where the ball is delivered to.
3. Lots of diagonal movement which will cause problems particularly to man - marking defenders, very little straight line running where players are easily marked.
4. Variations are numerous but teams should work on 3 or 4 and perfect them. We are establishing pre - arranged movements that are difficult to stop.

(Wayne Harrison)