



BASED ON RSC ANDERLECHT FILOSOPHY

PLAYING FOOTBALL IN AN EIGHT 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.
- ☞ The ultimate challenge is to get a “strike”, starting goalkeeper (1) and scoring a goal WITHOUT intervention of an opponent!

Via:

- ☞ Good positional play
- ☞ Fast ball circulation



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

1. When building from the back against an unorganised (or not yet organised) opponent, the trick is to search for depth as quickly as possible.
2. When building from the back against an organised opponent, more patience should be exercised, and the moment to play deep should be chosen more carefully.

B. THE TECHNICAL – TACTICAL ELEMENT

1. LEARNING THE GAME INTENT

The insightful aspect in this age group (8<>8) is not fully developed. The development that will be necessary to play football in a 1-4-3-3 formation and play from the back is not present. For this reason, we talk – for this age – about "learning a game intention".

In a 8<>8 formation, the quality and the way in which the game is built up strongly (and mainly) depends on the individual qualities of our goalkeeper and of our central defender. Unfortunately, the 'directions' of the youth coach are often an obstacle to get a well-played build up from the back. The all-important condition for a daring build-up from behind is that the coach creates a climate in which mistakes can be made.

1. THE TECHNICAL – TACTICAL WORKING POINTS

2.1 General

- When building from the back against a not (or not yet) organised opponent, the trick is to find depth as quickly as possible. When the goalkeeper is in possession of the ball, the rule "think deep, look deep and play deep if possible" applies. Playing deep is always the first option for a goalkeeper. Of course, this way of playing is totally dependent on the qualities of the goalkeeper.
- When building up against an organised opponent, more patience should be exercised and the moment to play deep should be chosen more carefully.
- We also ask our players not to take any action as long as the goalkeeper has not put the ball ready to play (common mistake!). Also keep in mind: "alibi" asking for the ball.
- Those who are able to receive the ball should verbally support their availability!
 - o "Play" indicates that one is available.
 - o "Back" indicates that the player has an opponent in the back.
 - o "Bounce" indicates that the ball can be bounced back.
 - o "Alone" indicates that the player being played can opt for an individual action or has the necessary space to view his options freely.
- Players must move not only to make themselves "free" but also to make room for a team-mate.
 - o (10) moves and creates the pass line on (9)
 - o (2) takes higher position giving (3) the necessary space to build up
 - o ...

Waiting for the opponent to lock us down is never an option!

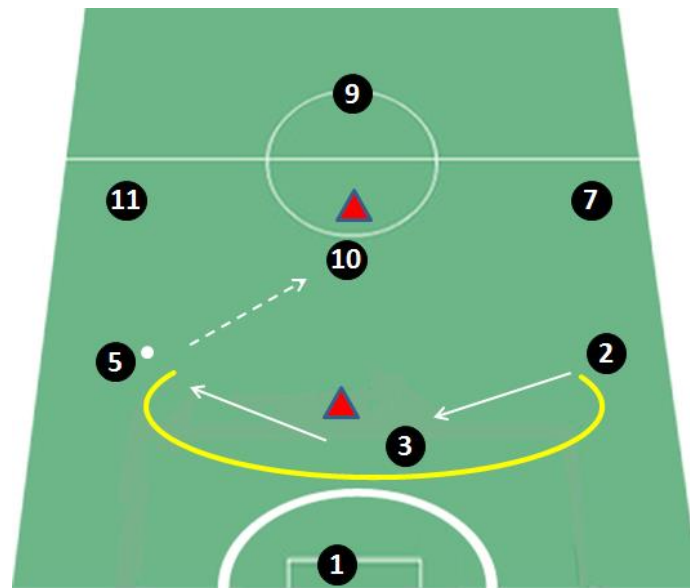
- Offering to receive the ball never happens straight towards the ball, but diagonally so that when the ball is controlled it is easier to turn.



- ## BUILDING FROM THE BACK



- ## BUILDING FROM THE BACK



2.2 The technical – tactical working points for the goalkeeper

2.2.1 When playing the ball

- The goalkeeper has to adjust his position when playing the ball
 - o The goalkeeper plays the ball and then has to adjust his position to the situation. By doing so, he gives his team-mate a chance to play the ball back.
- The goalkeeper needs to communicate with the ball
 - o The goalkeeper needs to “send a message” with the ball. When a player has enough space in front of him, it is necessary that the goalkeeper passes the ball into the open space (sending the message: make use of the space in front of you)

2.2.2 At the time of receiving the ball

- The goalkeeper should take the ball (orientated) with him in the movement
 - o A goalkeeper must not make the mistake of stopping the ball, then running back several metres and then playing the ball. This means that the goalkeeper loses valuable time and the opponent has a better chance of putting pressure on the ball.
 - o The goalkeeper must take the ball out of the pressure in any situation; the goalkeeper must find a solution on the inactive (playing) side.

Compare the playing side where players compete for the ball with a very busy intersection or a very busy highway. Once in possession of the ball, ask our goalkeeper (or the players under the ball) not to get stuck in a traffic jam, but to choose to build up via the "fastest and safest way" to the other goal.

2.3 The technical – tactical working points for the defenders

2.3.1 When running free (playability)

- It is necessary that the freeing of the defenders is done with the right attitude. A short acceleration in the direction of the open space and the appropriate disconnection are necessary to be able to shake off the attacker off the other team.
- The moment when the defenders present themselves to the goalkeeper must - as has been said - be well-considered. The ball can only be played by the goalkeeper when the ball is playable.
- Positions (2) and (5) / (7) and (11) choose a wide position, which obliges the counterparty to defend more widely. This "opens" the field because there is more space centrally.
 - o These position choices should be made so that the distances are realistic and "playable".
 - o When choosing a position, preferably some space on the side of the sideline should be left "free". At the moment you come into possession of the ball, you have two options (inwards or outwards).

2.3.2 At the time of receiving the ball

- On reception
 - o The defender is turned in at reception, so that he has a view of the entire playing field (other players and opponents).
 - o On reception, the ball must be ready for play immediately; the ball must not be controlled or stopped under the body.
 - o The ball must - after control - be ready to play. There must be a direction in the control of the ball. The defender must not make a circle with the ball at the foot. After all, circling with the ball gives the opponent time to adjust to the new position of the player with the ball.
 - o When turning with the ball, the defender must not allow the ball to roll away. After all, this gives the attacker a chance to conquer the ball
 - o When giving support, it is important for the player who is free to look quickly over his shoulder - before controlling the ball - to assess his opponent's position according to the continuation.

2.3.3 When playing the ball

- After the ball has been controlled, the ball must be played in a forward direction with technical care (ball speed and accuracy).
- The ball should preferably be played from the outside in and from the inside out. We opt for triangles (in & outs).

2.4 The technical – tactical working points for the players standing for the ball

- The actual playing space is kept as large as possible in the depth, so there is more room to unhook (positions 9 and 10).
 - o It is necessary that the free running of the central players in front of the ball (positions 9 and 10) is done with the correct mind setting. A short acceleration in the depth followed by the offer / unhook in the self-created open space is necessary to be able to shake off the opponent's defender.
 - o It is important to inform the players that they should give support – by running deep - immediately after they have not received the ball.
 - o When giving support, it is important for the player who is free to look over his shoulder quickly before taking up the ball to assess his opponent's position according to the continuation.

3. THE DIFFERENT GAME SITUATIONS

3.1 Ball is loose and with goalkeeper

3.1.1 Someone is **IMMEDIATELY able** to receive the ball

As soon as our goalkeeper has possession of the ball, he immediately has to look for and play the “free” team-mate. This free team-mate can be any player who can be reached through a targeted build-up. This first “solution” to achieve a good build-up must always be our goalkeeper's first choice.

Attention

1. Our goalkeeper must realise that in a first phase he **CAN** (not **MUST**) react quickly to put the ball into play. If he chooses another option, he has to be calm in the next phase to make the right decision very calmly afterwards.
2. If our goalkeeper chooses to play the closest player, the order of preference is (in order of desirability) rolling in, playing with the foot and throwing out.

3.1.2 There is **NO ONE** able to receive the ball **IMMEDIATELY**

3.1.2.1 Situation of “running people”

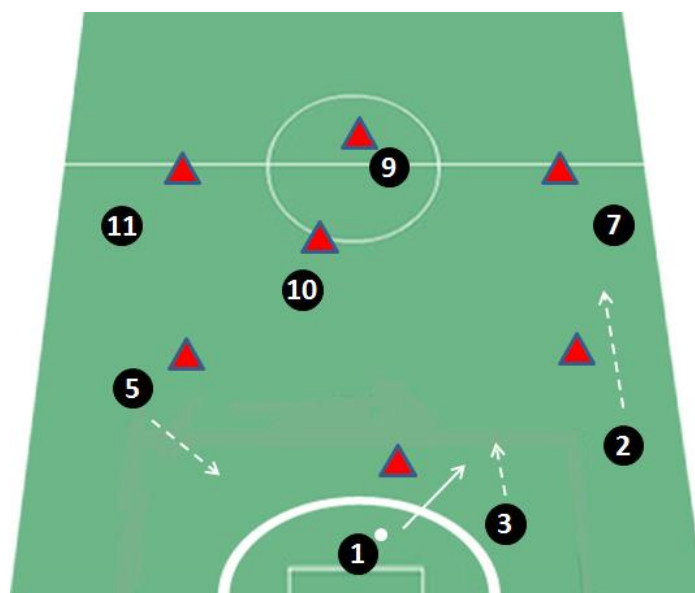
Usually in an 8<>8 space occupation the lack of time and space for the goalkeeper to freely play someone is caused by the fact that all players are pretty deep on our half. After all, an offensive action by the opponent is usually completed up close. Our goalkeeper usually comes into possession in this game situation in case of an attack by the opponent in which our defenders and the opponent's attackers run towards our goal (facing our goalkeeper). This game situation has to be very recognisable for our players.

A. Our central defender (3) FINDS in this situation (running people) the necessary space to be able to receive the ball

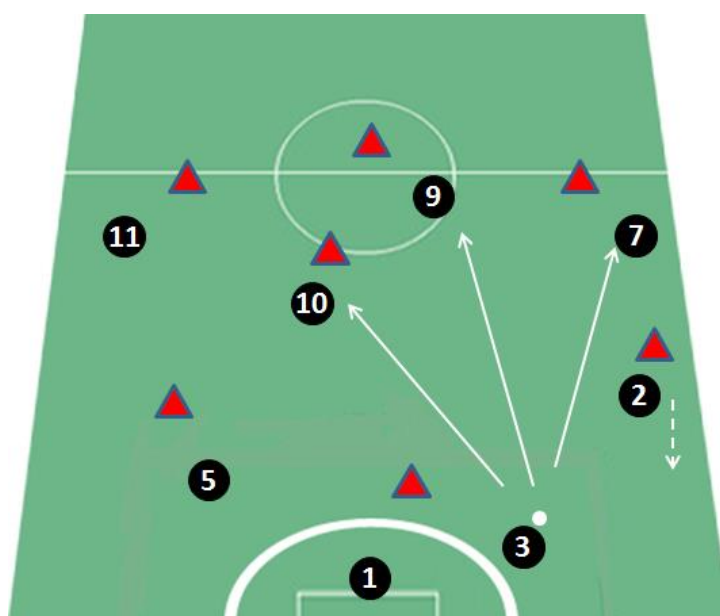
1) We ask our central defender (3) not to stand still the moment our goalkeeper gets hold of the ball. We ask him to keep going and claim the ball diagonally left or diagonally right from his goalkeeper (not too far to the side and not behind the goalkeeper). Our central defender (3) creates the necessary space for himself. When controlling the ball, our central defender must be turned well so that the ball can be decently played afterwards.

2) Depending on the side where our central defender (3) claims the ball, the involved wing-back (2) or (5) must go deeper into the field of play. He does this to give our central defender (3) more space and to keep his direct opponent away from our goal.

3) The other wing-back (2) or (5) closes the centre by squeezing in.

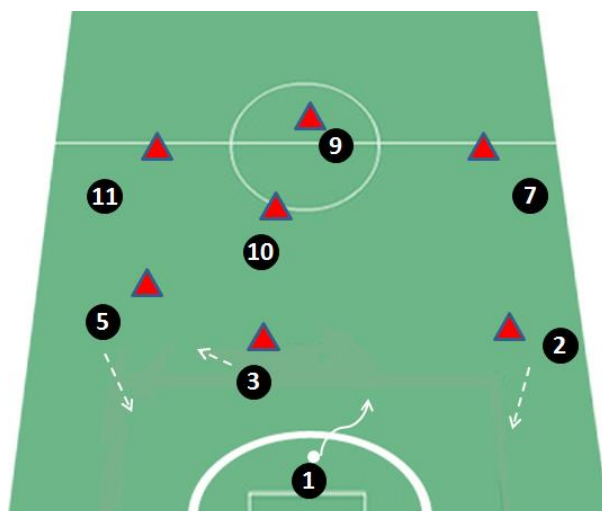


4) Once our central defender (3) is in possession of the ball, our other wing-back also drops back on his own half to create space for himself (away from the opponent). If our central defender (3) chooses to play the ball to one of our wing-backs (2) and (5), they must be correctly turned in when taking the ball to ensure a smooth build-up. However, if at that moment the opponent is heavily pressing, there is no space for wing-backs (2) and (5), but the necessary space for wingers (7) and (11) is created. Ask central defender (3) in the first place to find a central solution with 10 or 9 (11 is also possible). This way the first triangles can be “drawn” (in & out!).



B. Our central defender (3) does NOT find the necessary space to make himself playable in this situation (running people)

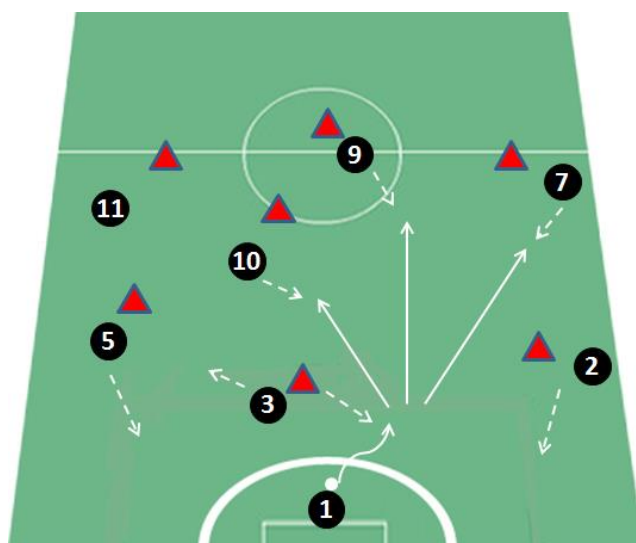
1) We ask our central defender (3) not to stand still the moment our goalkeeper gets hold of the ball. We ask him to keep going and claim the ball diagonally left or diagonally right from his goalkeeper (not too far to the side and not behind the goalkeeper). Our central defender (3) tries to create the necessary space for himself, but this time he is heavily covered and he cannot receive the ball. Our central defender (3) goes further from his own goal to make room for his goalkeeper.



2) Our wing-backs (2) and (5) hook off and drop back on their own half to make themselves playable. In many cases they will not be playable.

3) Our goalkeeper dribbles the ball into the field when the defenders are not able to receive the ball. He waits for the disturbing action of the opponent's striker to pass the ball.

- ☞ Encourage your goalkeeper at that moment to look for a (well-groomed) deep solution with the central midfielder (10), wings (7) and (11) or deep striker (9) who should all run out of cover. The ball should preferably be played over the ground!



3.2 Ball is fixed with goalkeeper (kick in via goalkeeper)

3.2.1 Someone is IMMEDIATELY able to receive the ball

As soon as our goalkeeper has possession of the ball, he immediately has to look for and play the "free" team-mate. This free team-mate can be any player who can be reached through a targeted build-up. This first "solution" to achieve a good build-up must always be our goalkeeper's first choice. In this static game situation it is not easy to find a free player. However, as is generally known, the space - as playing time progresses - invariably increases.

Attention

1. Our goalkeeper has to realize that in a first phase he CAN react quickly to put the ball in play. If he consciously chooses another option, he must keep calm in the next phase in order to make the right choice.
2. If our goalkeeper chooses to play the closest player, the order of preference is (in order of desirability) rolling in, playing with the foot and throwing out.

3.2.2 2 There is NO ONE able to receive the ball IMMEDIATELY

3.2.2.1 Static situation

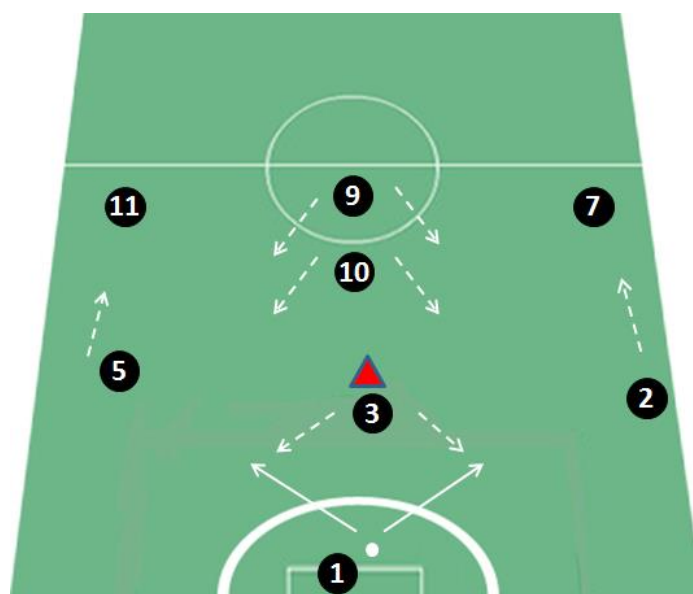
Usually in an 8<>8 space the problem arises for the goalkeeper (due to lack of time and space) to play someone free because all players are pretty deep on our half. After all, an offensive action at this age is usually completed a few meters from the goal.

In this situation, our goalkeeper comes into possession of the ball in the event of an attack by the opponent, which is rounded off with a failed attempt and the ball goes out at the back line. At that moment the ball is centrally located 10 metres from our goal. This game situation is very recognizable for all players.

A. Our central defender (3) FINDS in this situation (static situation) the necessary space to make himself available

1) We ask our central defender (3) to claim the ball diagonally left or diagonally right from his goalkeeper (not too far to the side and not behind the goalkeeper).

2) Depending on the side where our central defender (3) claims the ball, the involved wing-back (2) or (5) must go deeper into the field of play. He does this to give our central defender (3) more space and to keep his direct opponent away from our goal.



3) Once our central defender (3) is in ball possession, our wing-backs (2) and (5) sink back on their own playing half to create space for themselves (away from the opponent). If our central defender (3) chooses to play one of our wing-backs (2) and (5), they must be turned in right, when controlling the ball, to ensure a smooth build-up. However, if the opponent at that moment is heavily pressing, there will be no room for wing-backs (2) and (5), but that creates the necessary space for wingers (7) and (11). Ask the central defender (3) - in the first place – to find a solution centrally with 10 or 9 (11 is also possible). This way the first triangles can be “drawn” (in & out!).

Also in function of possible ball loss, the dropping of our wing-backs is crucial. This way, they ensure that the team does not stand in front of the ball with too many players in case of ball loss and they are responsible for closing the centre. Compare this situation with the closing of a house. Our players under the ball (defenders and goalkeeper) hold the key in this. The main door should always be closed.

B. Our central defender (3) does NOT find the necessary space in this situation (static situation) to make himself available.

1) We ask our central defender (3) to claim the ball diagonally left or diagonally right from his goalkeeper (not too far to the side and not behind the goalkeeper). Our central defender (3) tries to create the necessary space for himself, but this time he is heavily covered and he cannot receive the ball. Our central defender (3) goes further from his own goal to make room for his goalkeeper.

2) Our wing-backs (2) and (5) drop down to their own half to make themselves available. In many cases they will not be available. At that moment it has become impossible for our goalkeeper to play the ball to someone from the last line.

3) At that moment our goalkeeper has to skip a line, he has to find a deep solution with central midfielder (10), wingers (7) and (11) or deep striker (9).

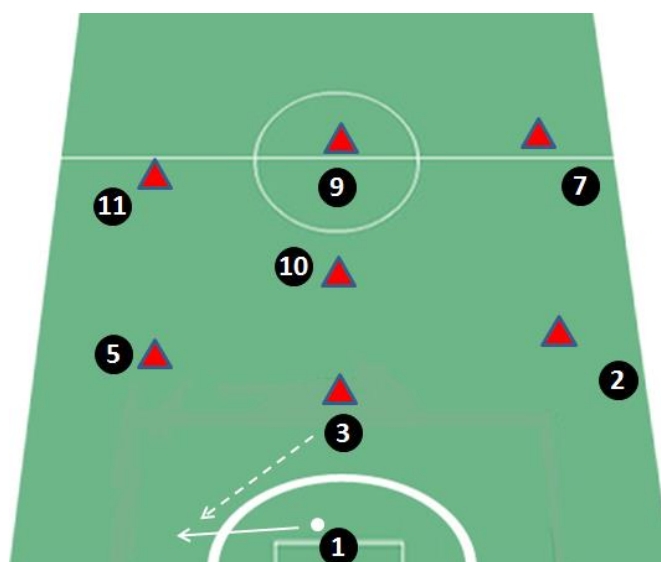
4) Our central midfielder (10) adjusts his position to the running line of (3). If (3) goes to the left, then (10) should go to the right.

5) Our wing-backs (2) and (5) have to be immediately “under the ball” to be able to receive the ball and close the centre this way.



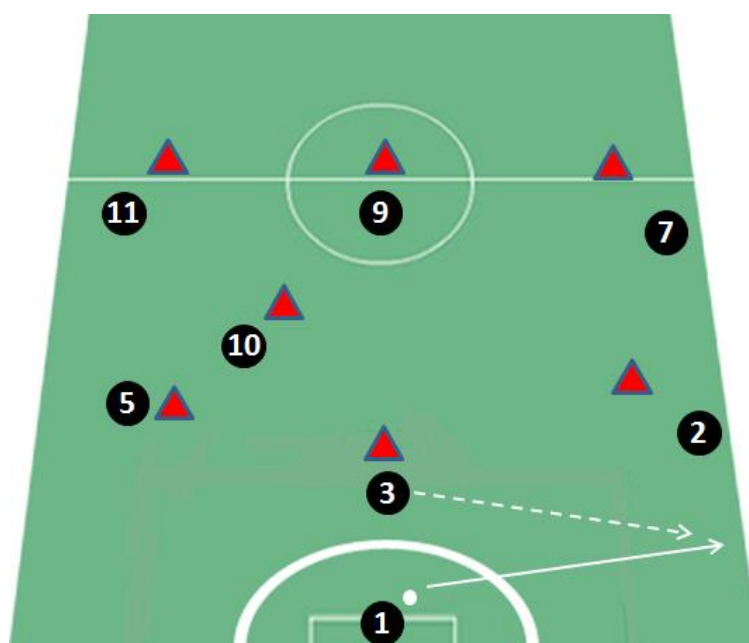
Common errors (2)

(1) It is important that the running action of 3 is not too low! This is a situation that is too common nowadays.



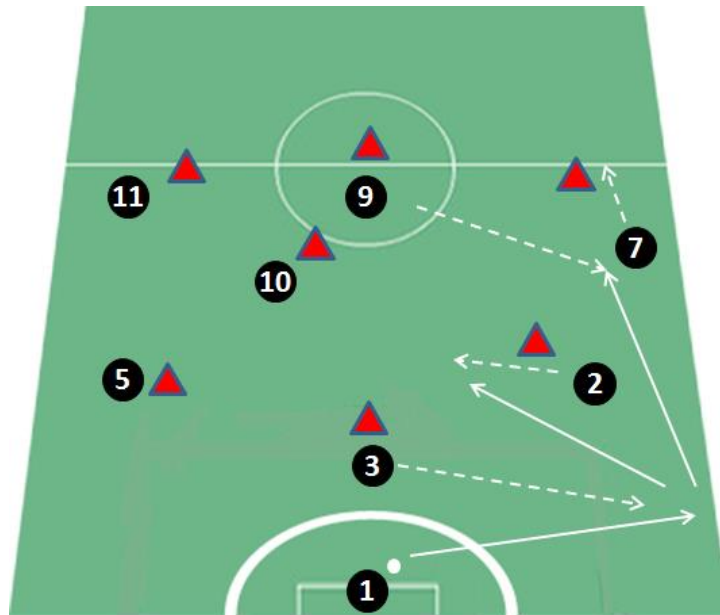
In this situation, the goalkeeper plays a lateral and non-functional ball to 3, who is at the same height. There is no depth and the situation only becomes more difficult.

(2) Again, it is important that the running action of 3 is not too wide! This is also a situation that is too common nowadays.



In this situation 3 chooses position too close to the sideline. This makes it difficult to continue. Usually one chooses to play a hospital pass to (2) or (5) or one chooses a deep straight pass to the winger (7) or (11). These players also become "fixed" (with the restriction of the sideline on the one hand and with a player of the opponent in the back on the other hand).

If 3 deviates too far towards the touchline, a running action of the wing-back inward can be a solution. The winger chooses a higher position so that (9) can get into the ball.



C. THE COACH STIMULI

1. Goalkeeper (1)

- ✓ "Dare"
- ✓ "Play the ball to the defender as simple as possible"
- ✓ "Play the ball as tightly as possible"
- ✓ "After playing, take up position again and make yourself available again"
- ✓ "Pass the ball to the central defender – to his "outside" foot and into space"
- ✓ "Coach the players on the ball in their continuation of the action"
- ✓ "Continue to lead and coach the players"

2. Central defender (3)

When offering

- ✓ "Dare"
- ✓ "Do the running action with conviction, move up and drop out if necessary."
- ✓ "Make sure you know the position of the attackers and coach your teammates."

When controlling and taking the ball with you

- ✓ "Use both feet"
- ✓ "Keep your head up"
- ✓ "Keep defending in mind"
- ✓ "Keep the ball from the centre striker"
- ✓ "Keep overview over the situation"
- ✓ "Coach your teammates"

When playing the ball to a teammate

- ✓ "Look and play deep."
- ✓ "Keep calm"
- ✓ "Immediately move up after playing deep, keep the distances short," and adjust your position immediately.
- ✓ "Stay available."
- ✓ "Try to play from the inside out"
- ✓ "Coach the player – who you gave a pass – in the continuation of his action"

In case of individual elimination of the direct opponent

- ✓ 'Dare to go over your direct opponent if the situation lends itself to it'.
- ✓ "Keep possession of the ball"

3. Flank defenders (2) and (5)

When offering

- ✓ "Dare
- ✓ "Make space for yourself.
- ✓ 'Dare to ask the ball if you have the necessary space in front of you'.
- ✓ "Make sure you know the position of the attackers and coach your teammates"

When controlling and taking the ball with you

- ✓ "Use both feet
- ✓ "Look around.
- ✓ "Keep defending in mind"
- ✓ "Coach your teammates"

When playing the ball to a teammate

- ✓ "Look and play deep.
- ✓ "Keep calm
- ✓ "Try to play from the inside out"
- ✓ "Coach the player – who you gave a pass – in the continuation of his action"

When your teammate has received the ball

- ✓ "Immediately move up after playing deep, keep the distances short," and adjust your position immediately.
- ✓ "Stay available.
- ✓ 'Coach your teammate"

D. THE EVALUATION OF THE GAME INTENT

During and after the game, coaches and players check whether the game intention that was practiced during training was translated into the game in a convincing way. We ask ourselves the following 7 questions:

1. Do the defenders run convincingly free in relation to the goalkeeper in possession of the ball and are the defenders (central defender!) oriented in the right direction when receiving the ball?
2. Do the players pay attention to controlling and taking the ball?
3. Is the playing of the ball taken care of?
4. Is the goalkeeper available to receive the ball again after the first entry?
5. Is there sufficient depth in the build-up?
6. Is the ball taken out of the "crowd" by our goalkeeper - in case of a return ball or in case of a goal attempt by the opponent (choose the other side for buildup)?
7. Does everyone take part in the build-up?

E. BUILD UP FROM ANOTHER GAME INTENT

Here, too, the general principle applies: fast execution is the very first option! We don't let the opponent get into the organisation. Quickly making the right choice is therefore extremely important. We always keep the following basic principles in mind:

BE05 THE 5 SECONDS - PRINCIPLE: ball owner plays the ball quickly when the game is resumed.

In youth football, a continuation of play is seen as the moment for playing "a long ball". The opponent almost automatically walks backwards as a team and always lets players "loose". This short period of time (3 to 5 seconds) should be actively used to quickly play the ball to the free teammate (see previous principles!) in order to take full advantage of our opponent's disorganisation.

BE07 THE 9 METER - PRINCIPLE: Owner of the ball explicitly deals with the free space when restarting play. Situation is outlined by coach via term "9".

The 5 seconds principle does not always come as a surprise. At a certain point, our opponent becomes smarter and redirects himself during a resumption of play.

Our 9 meter principle responds to this new situation. We teach our players that a game resumption also creates a unique situation in football. It is the only situation where the ball is not "free" and where an opponent has to stand at a distance (9 meter principle) from the ball. 2 players can be close to the ball - a bit sinning on the Icarus principle but still following the principle of action after action - a player briefly taps the ball to a teammate and immediately looks for free space.



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