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:** 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.