



E-LEARNING

The Central Circle
Lithuanian Football Federation



Build up
from Open Play

E-Learning in the LFF Vision

- ✓ Football E-learning can help coaches and players to excel in their development.
 - It can be a complementary tool for both, even for parents and stakeholders
 - It will help to mastering all the necessary fundamentals of the learning content in its process.
 - It will also give coaches more time to focus on details and individual skills when players are educated in these fundamentals.
- ✓ With this E-learning booklets we want to explore:
 - the various principles of play associated to a topic in a 11v11 game and in a 1-4-3-3 system.
 - the approaches of theoretical content and practical sessions of a topic.
 - information related to a Football Tactical Topic.
- ✓ If we as coaches are committed to the development of a player who is innovative and creative then we have to understand the importance of E-learning in the modern football development process.
E-learning gives us the chance to update with the current needs. It promotes also a self-paced learning process.

Good Luck

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THEORY

LFF Football vision 11v11

WHY

Preparation for the attack

THE BUILD UP

WHAT

The players try to get the ball to the front in a targeted and efficient way.

When you teach your players the build up, they need to know where they want to end:

In the 16m box of the opponent

How?

- from the sides via a cross
- through the center by vertical passing
- via dribbling
- ...

HOW

The aim is to find the free player by playing the ball in and around the block to find depth in the game

1. Good positional play
2. Fast ball circulation

THE MAIN PROTAGONISTS

1. The Goalkeeper
2. The Defenders

Build up: Open Play

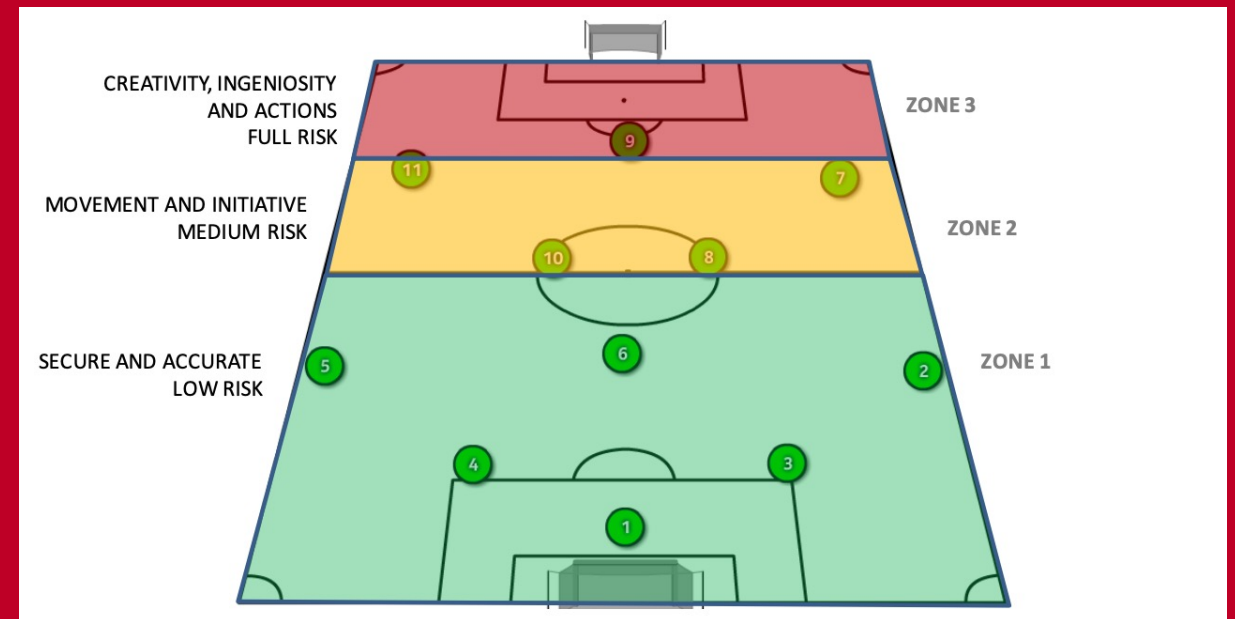
In the previous e-book we spoke about Build up during start of play. In this e-book we will focus on build up during **Open Play**. Open play build up continues to build on start of play. As a general rule build up happens most often on the own half and around the halfway line. A good build up attributes to the attack.

Build up Open play are the moments when :

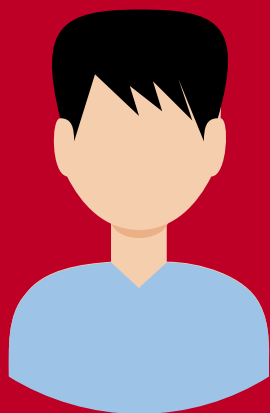
1. Infield players receive the ball after a goal kick
2. The team regains possession and plays the first pass safe
3. A set piece on own half or around the halfway line

We focus on 3 main aspects during build up

1. Our own players and their positioning
2. Players of the opponent and their positioning
3. What do we want to achieve



Build up from the back: Open play



GENERAL RULE

- THINK DEEP
- LOOK DEEP
- PLAY DEEP

THE POSSIBILITIES FOR BUILDING FROM THE BACK BY THE DEFENDERS

Defenders need to understand the play of the game. They can keep possession until a teammate gets into a free position. Now the **speed of the action** is very important to reach the free player in the right momentum.

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** 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.= **3^e MEN SOLUTION**

Build up from the back

After receiving the ball from a teammate (in this example the goalkeeper). The **decision making** is the most important. Good decisions can only be made when the **players off the ball good move good** to become free. Via these movements **weakzones** will be created on the field. For example: Behind the defensive line or between the lines

The yellow lines are examples of playing in and through the opponent block.

The white lines are examples of playing around the opponents block.

The blue lines are examples of playing over the opponents block.

The first option is to play forward (think deep, look deep, play deep).



Build up from the back

When the first option is not possible (to play forward), we can switch the play and keep possession until a teammate becomes free in a weakzone.

After switching the play it is important to increase the tempo of play = **speed of action**.

This can be by playing after the switch directly forward, before the opponent has shifted to the other side. These are the blue lines.

Or when the opponent shifts fast, there can be another switch with an increased tempo into the new open up weakzone. You can increase the tempo of play also by skipping a teammate in the passing. This is the white line.

A soccer player in a red and grey Hummel jacket is dribbling a ball on a field at night. The player is wearing black shorts with white stripes and black socks with white stripes. The background shows a blurred crowd of spectators in yellow seats. The word "PRACTICAL" is overlaid in large, bold, yellow-outlined letters.

PRACTICAL

Exercise 5v5: 2x 2v1K

Organisation

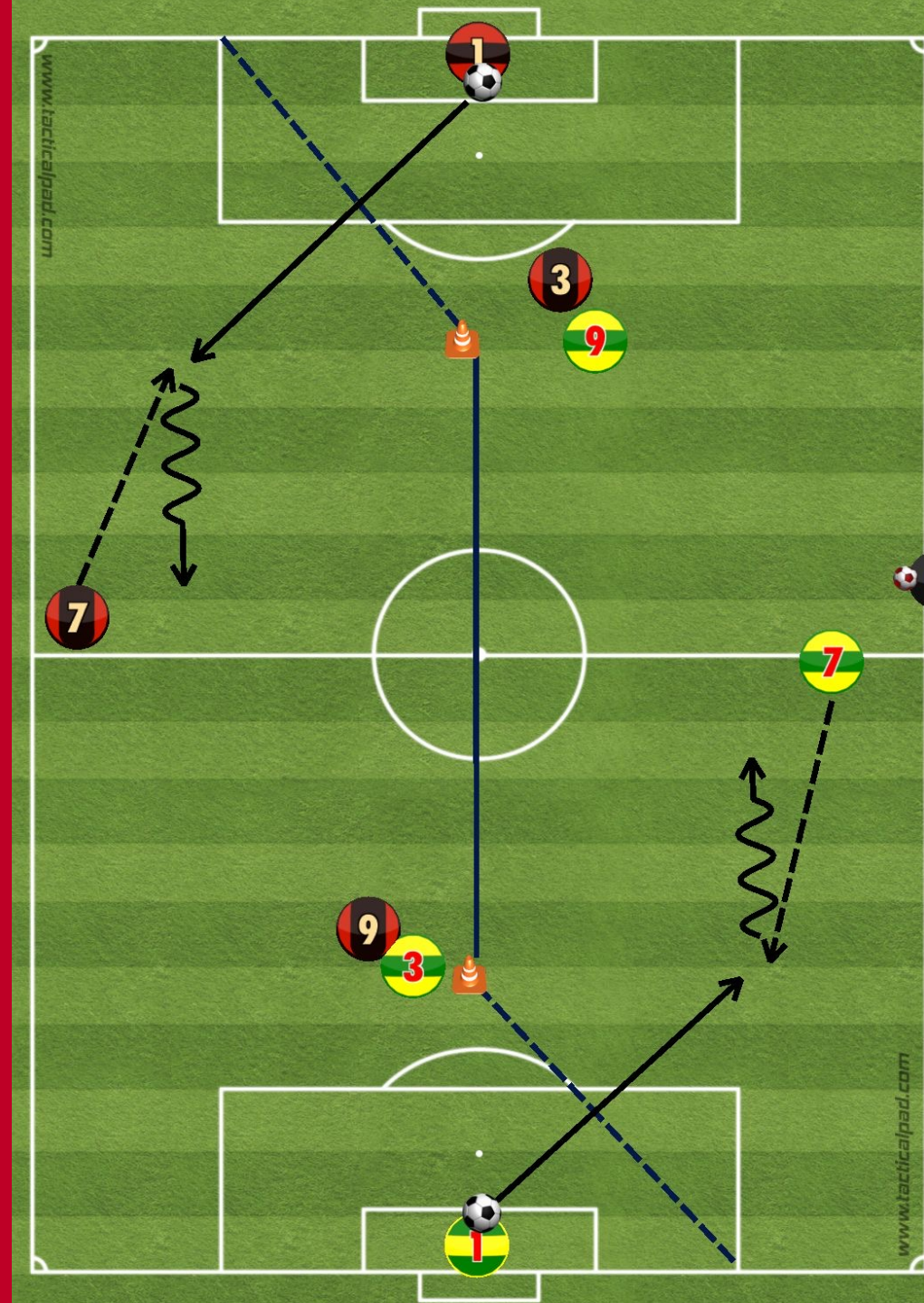
- ✓ 2x 2v1K → K3v3K
- ✓ 5v5 field
- ✓ 2 goals
- ✓ 10 players

Content

Both GKs start with the ball. 7 of both teams ask the ball and the 2v1K start. Both teams build up via GK with 7 and 9, on the other side they defend with 3. When the ball goes out of play the field opens up and the coach plays a second ball to play K3v3K.

Variations

1. 2x 2v2K → K4v4K. We add a players (11) to make it 2v2K. When the second game start, we now play K4v4K.



Exercise 8v8: K7v7K

Organisation

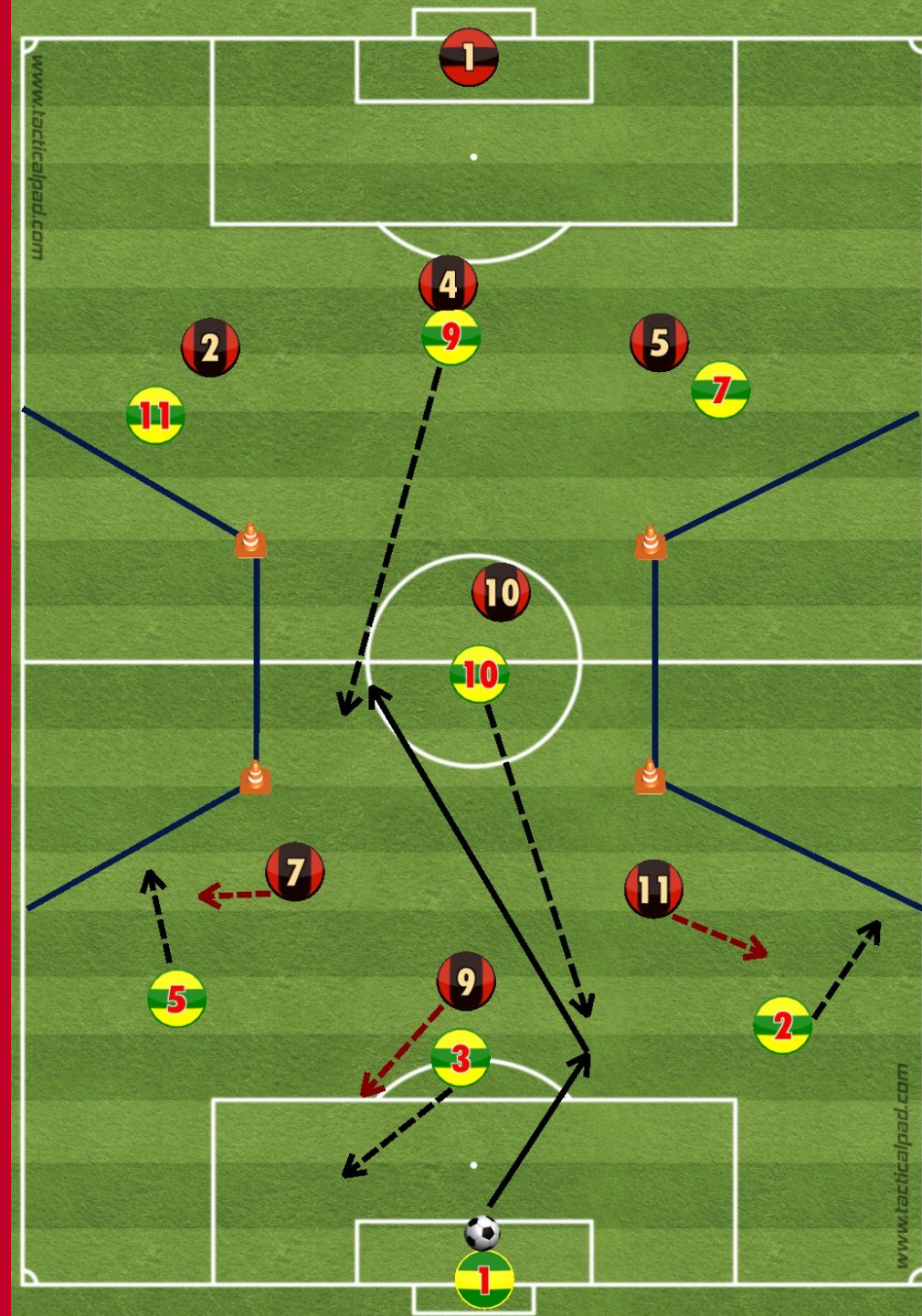
- ✓ K7v7K
- ✓ 8v8 field with central half sides cut off
- ✓ 2big goals
- ✓ 16+ players

Content

Normal match rules, but the ball restarts with GKs. The ball can not enter the cut off areas, but players can run through it. We encourage the players to build up through the middle. The movement of your players depends on your philosophy and on the spaces available

Variations

1. Central space more wide in order that it will be more easily
2. Rotations of players. Add triggers to players in order they can rotate positions. FE: 10 & 3, 10 & 9, 2 & 7, 5 & 11,...



Exercise 11v11: K10v7

Organisation

- ✓ K10v7
- ✓ 3/4th field with boxes
- ✓ 1 big goal, 2 small goals
- ✓ 18+ players

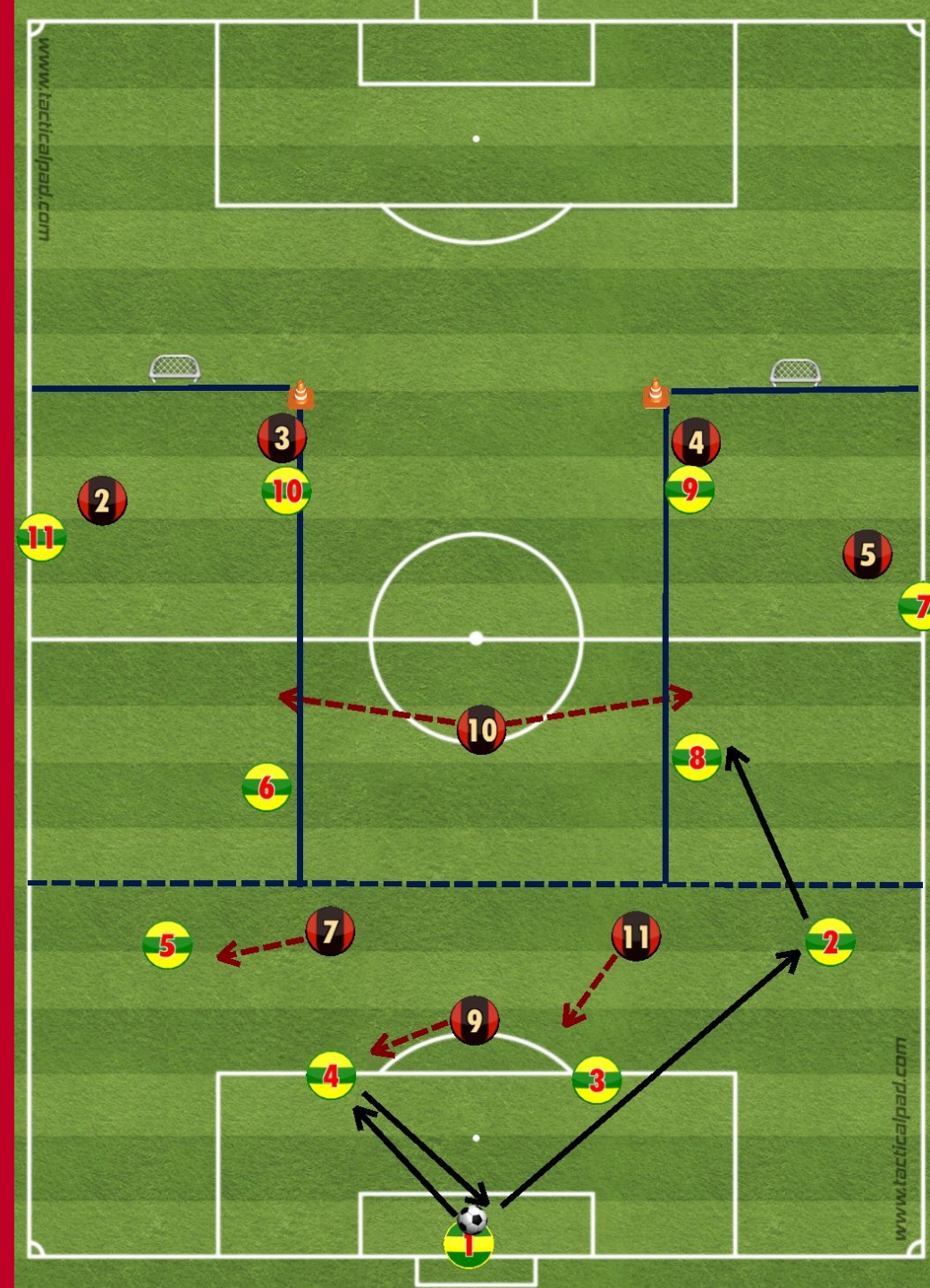
Content

Yellow starts the build up. In the first zone they play K4v3. It's important that GK is playing active to create more passing options. When it is possible yellow tries to play fast forward into the next box. If not, they keep possession until space opens up.

Red 10 is the only player to play in both boxes to make a 3v3.

Variations

1. In the higher boxes we add 1 players. We play there 3v3 but one defender of yellow can move in to create 4v3
2. Add a central box as well. Defenders can now build up from the side and through the middle
3. Change the 2 small boxes to one big box with a central goal. The build up can go via the sides or through the middle



Exercise 11v11: K8v8K

Organisation

- ✓ K8v8K
- ✓ 11v11 field in zones
- ✓ 2 big goals
- ✓ 18+ players

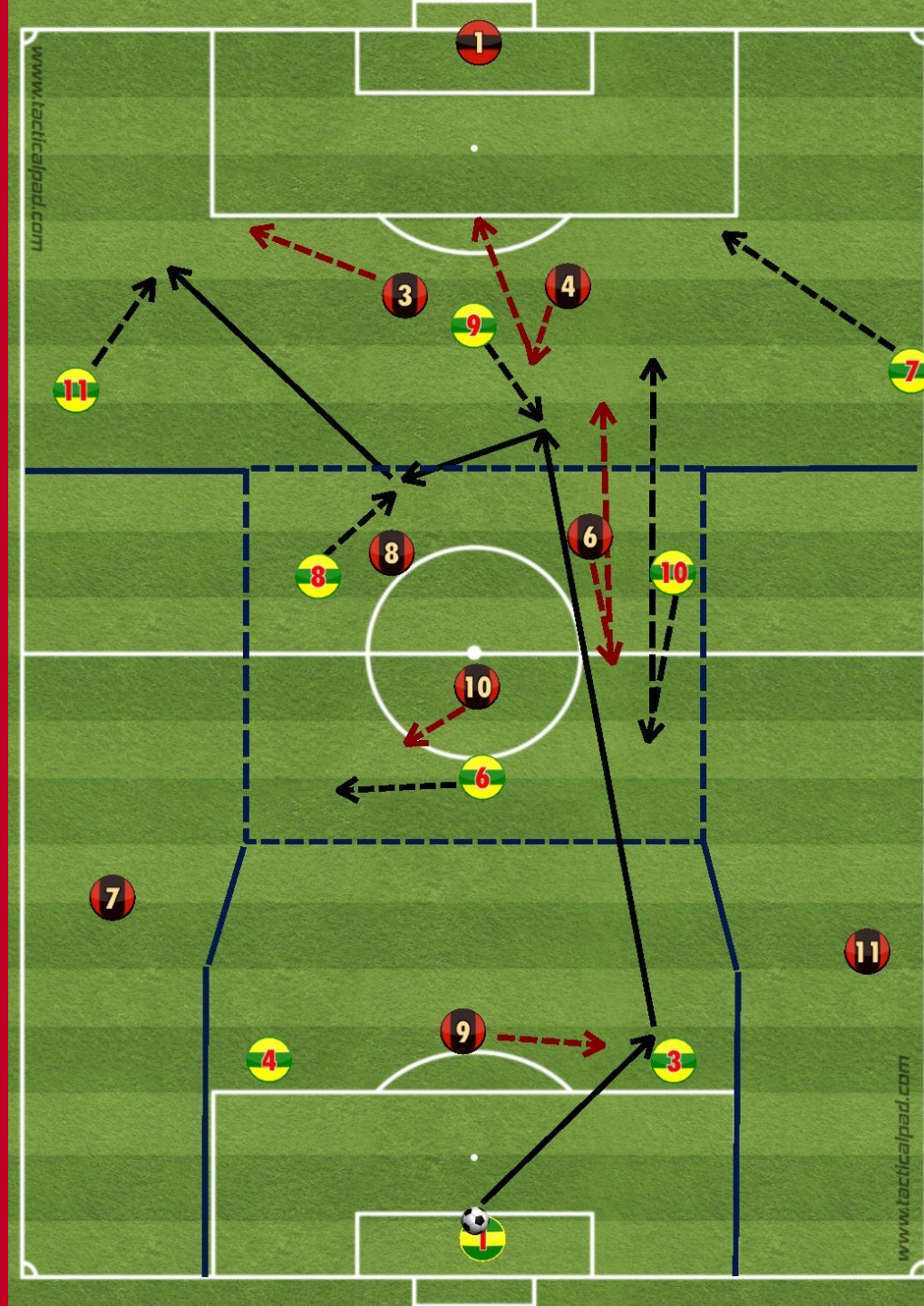
Content

Yellow and Red alternate to start from Build up. In the first zone they play K2v1. In the middle zone it's 3v3. And in the final zone it is 3v2K but midfielders can infiltrate to make it 5v4K.

Exercise starts with GK. When CD receives the ball, the midfield should rotate to create space. CD needs to find the free player, this can be in the midfield or to the striker. Once we reach the final zone, 2 attacking midfielders can infiltrate. From the opponent team also 2 midfielders can join to defend. When the ball goes out or get's scored the exercise starts from the other team.

Variations

1. When the ball gets recovered, the field opens up and a normal K8v8K starts
2. Both keepers start at the same time. All the same rules, only in the middle area the teams can not recover the opponent ball.



Exercise 11v11: K2v4

Organisation

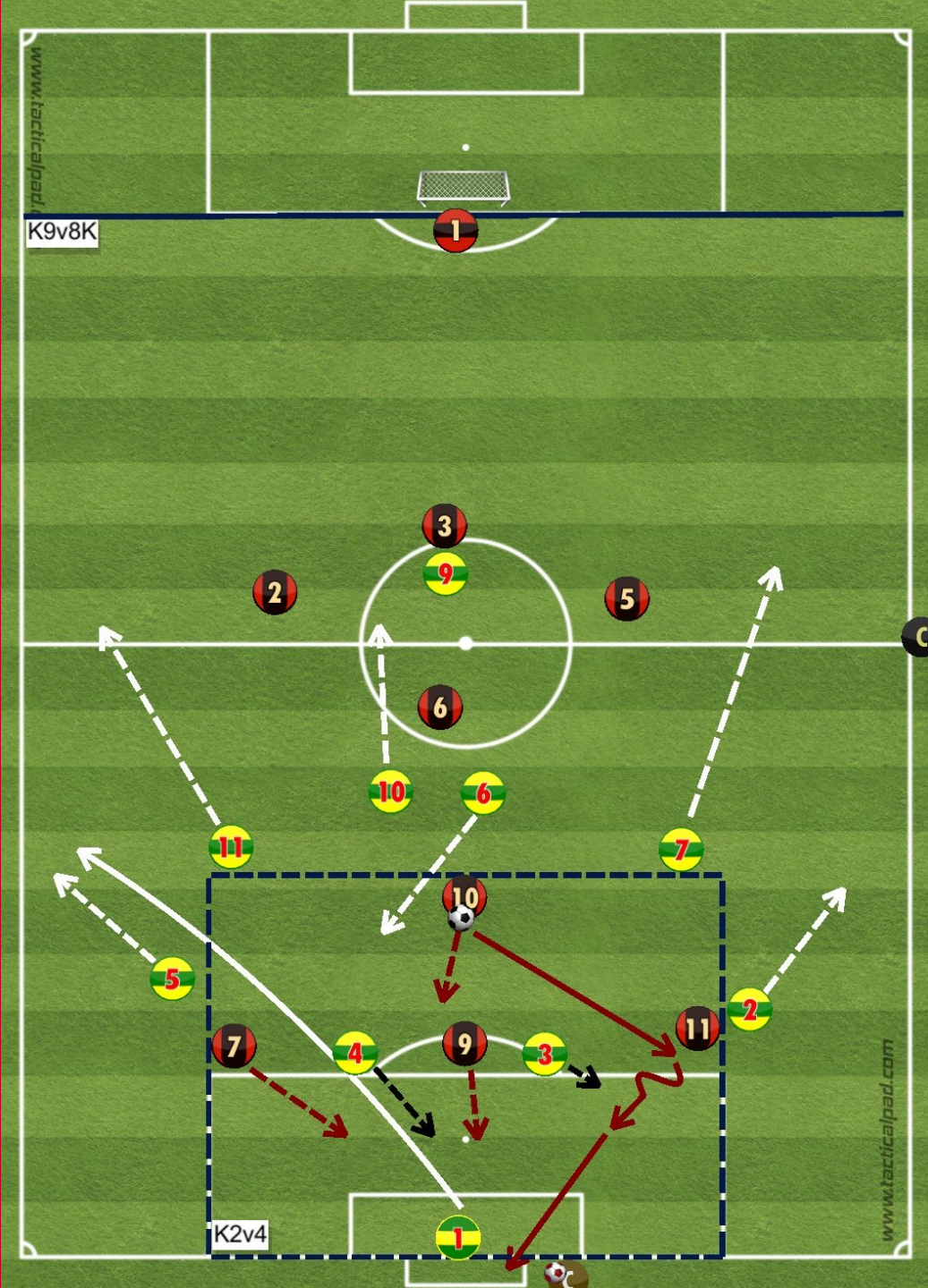
- ✓ K2v4 → K9v8K
- ✓ 3/4th 11v11 field with a smaller box inside (double 16)
- ✓ 2 big goals
- ✓ 19+ players

Content

In this exercise we focus on building up against an unorganised opponent. Red starts with the ball in a K2v4. They try to create a chance as fast as possible. If the GK catches the ball, he tries to find a weakzone. He restarts fast when possible, if not the team gets organized first before he restarts. When the GK restarts, the field opens up to K9v8K. Teams take as fast as possible their positions (white). Normal match rules. When the ball gets scored or goes out of play the GK coach or a player waiting gives a second ball to the GK. As long as the opponent is unorganised the players need to keep building up forward to exploit the weakzones.

Variations

1. Add additional players until 11v11



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The Central Circle

