



E-LEARNING

The Central Circle
Lithuanian Football Federation



Build up from the Goalkeeper



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

1-4-3-3

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 from the goalkeeper: Start of Play

There are multiple aspects we need to take into account when building up. When we Build up from goalkeeper, we call it **Start of play**.

Start of play are the moments when the game starts or restarts:

1. The ball went out of play and the play restarts via a goalkick
2. A freekick is given inside or around the box
3. Exceptional also a restart after a save by the goalkeeper is part of start of play

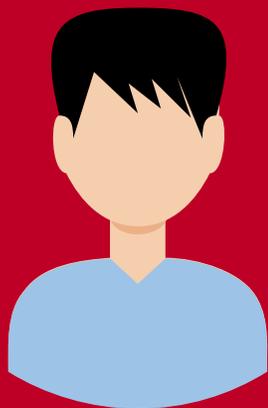
We focus on 3 main aspects during build up

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 goalkeeper: Start of Play

1. Our own players and their positioning
 - Which position do we take and why?
 - What are the strengths of our players?
2. Players of the opponent and their positioning
 - Is the opponent organised or not? Should we restart fast or not?
 - What are the strengths and weaknesses of the opponent? Where are the weakzones?
3. What we want to achieve
 - What is our goal?
 - Creating chances/scoring goals
 - Keeping possession
 - Winning the second ball
 - Keeping the ball as far as possible from our goal
 - ...

Build up from the goalkeeper: Start of Play



GENERAL RULE

- THINK DEEP
- LOOK DEEP
- PLAY DEEP

THE POSSIBILITIES FOR BUILDING FROM THE BACK BY THE GOALKEEPER

When the goalkeeper is in possession of the ball = the rule "think deep, look deep and play deep if possible"

- 1.deep in the space behind the attackers
- 2.deep to attackers
- 3.deep to midfielders
- 4.deep to defenders
- 5.open wide to flank defenders

- **In youth football, keeping possession of the ball is one of the most important learning moments.** Seeking depth too hasty offers too little development. During our training process, we often opt for a careful shorter build-up via defenders or midfielders. Goalkeepers are stimulated to put the ball at the foot and resume the game this way.
- The opportunities for goalkeepers to build- up are further explored in theory and practice by our

Goalkeeper Coaches = INTEGRATION GOALKEEPER COACHES

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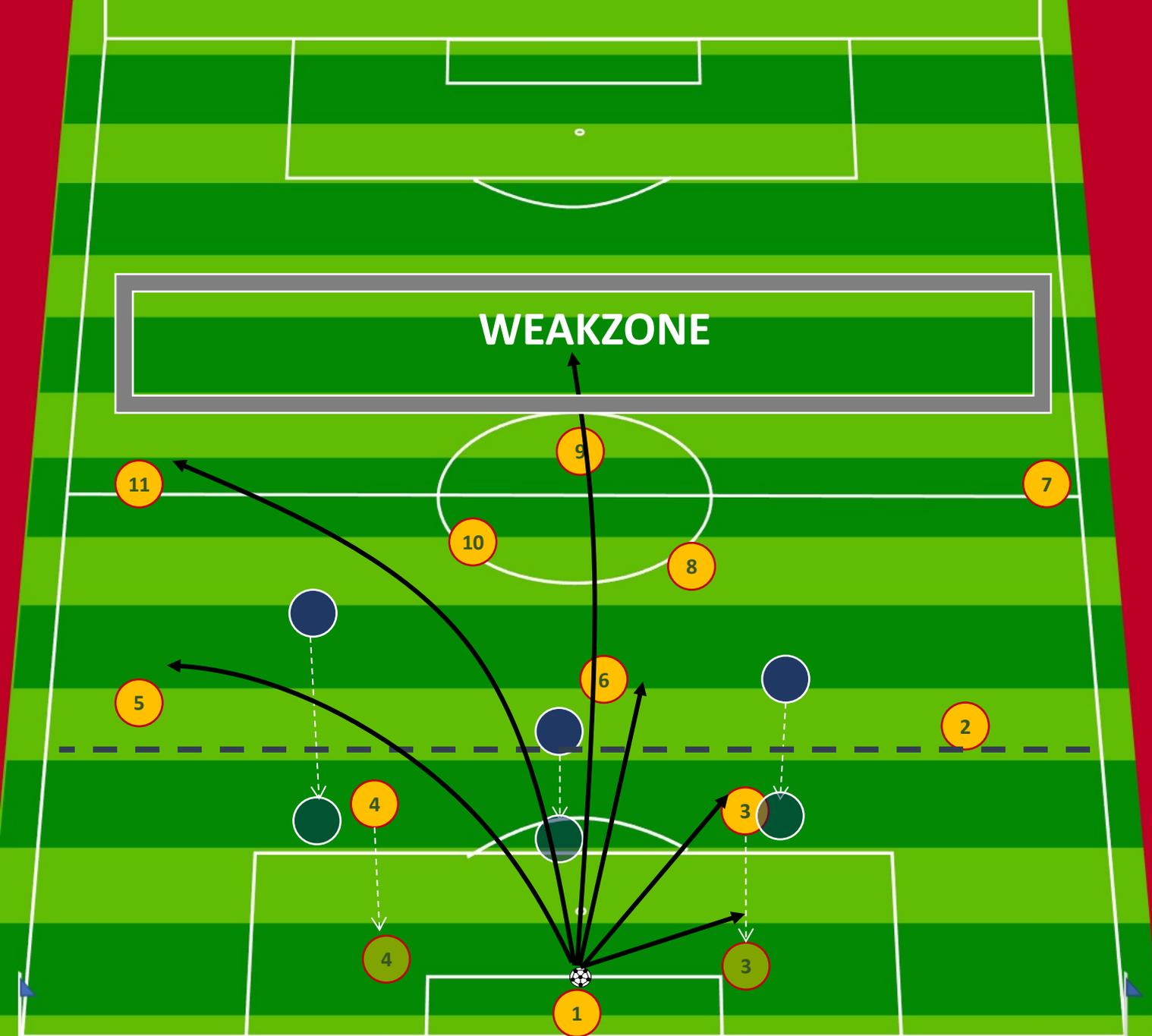


Build up from GK

During build up we start from our own positions. We play in a 1-4-3-3 formation.

Next step is we have a look at the opponent and their positions. We make a line and adjust our shape and decision depending on how many players are over the line. Each player over the line is a pressing player. We adjust us in a way that we either have an overload in the first or have an overload in the second phase.

There is always the option to play long as well. From a development (youth) view, this should be the last option in order to learn the players build up with the goalkeeper.





PRACTICAL

Exercise 5v5: K3v2

Organisation

- ✓ K3v2
- ✓ Half 5v5 field
- ✓ 1 big goal, 2 mini goals
- ✓ 12 players

Content

Exercise always starts from the goalkeeper. Players shift in order to create more passing options for the goalkeeper. Opponent need to choose who to press and who not. Every time at least one player will be free and the goalkeeper can also chose to dribble in. It's important the goalkeeper is active involved to make 4v2 in possession.

The yellow team tries to build up and score in the small goals. When the red team steals the ball they try to score on the big goal

Variations

1. Transition after stealing the ball to K3v3. When the ball gets recovered by red, a teammate enters the field to make K3v3
2. K3v3. When the K3v2 is too succesful, we can add a number 9. Now everywhere is a 1v1 situation. The goalkeeper needs to be more active to create overloads.



Exercise 11v11: K8v8K

Organisation

- ✓ K8v8K
- ✓ 11v11 Field to the goal with FB excluded
- ✓ 2 big goals
- ✓ 18+ players

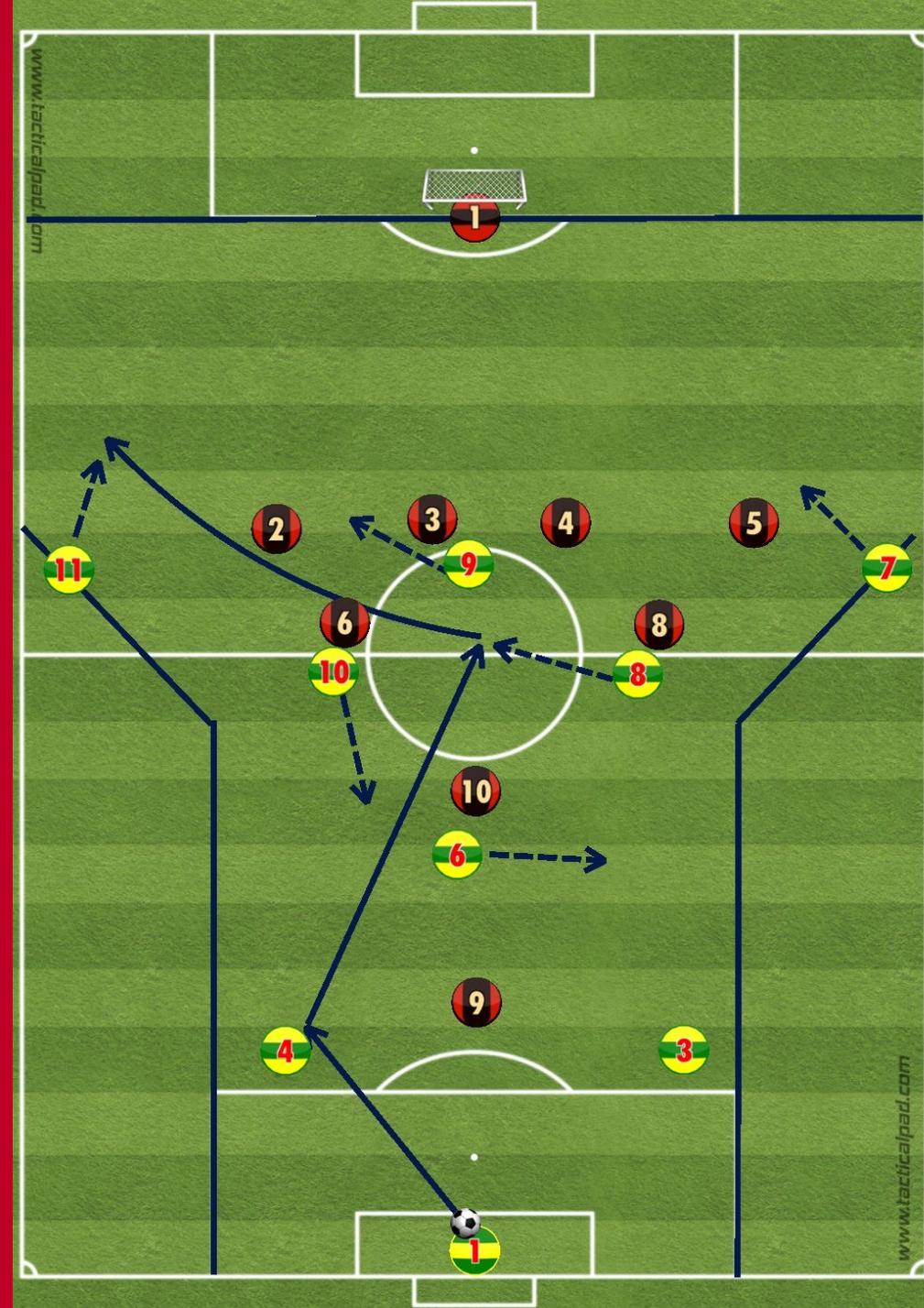
Content

Yellow team starts with build up and in a 2-3-3 formation. Red starts in a 4-3-1 formation. We want to focus on building up through the center in the first phase. In the second phase they can open up to the wingers as well. The CD's are forced to play mainly through the center because the Fullback area is cut off from the playing field.

When the red team recovers the ball, they try to score and it's a normal game.

Variations

Transition to K8v10K. After gaining possession by red, the field opens up and 2 red wingers enter the field. Now they play K8v10K



Exercise 11v11: K5v4K

Organisation

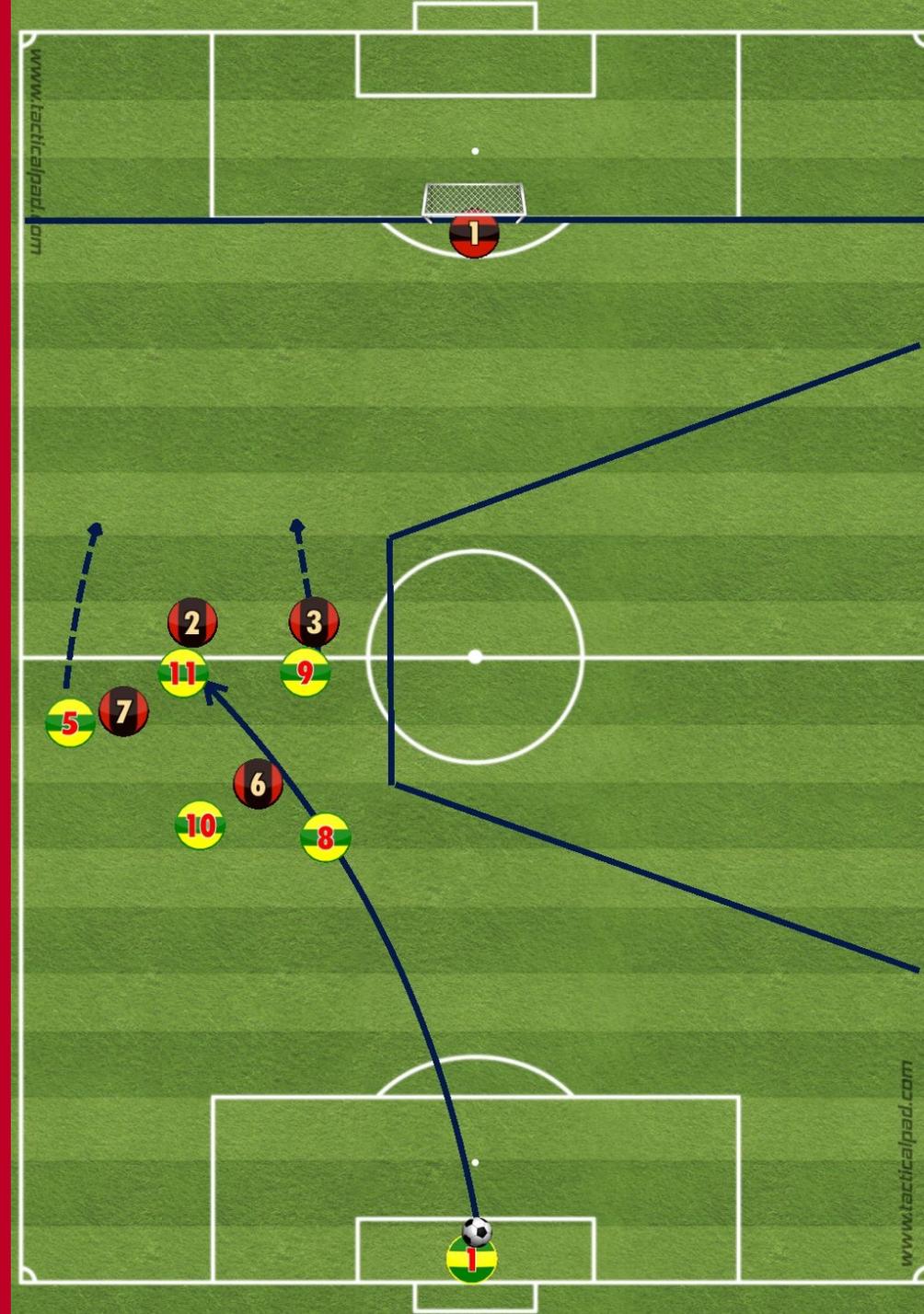
- ✓ K5v4K
- ✓ 11v11 with part cut out
- ✓ 2 big goals
- ✓ 11+ players

Content

Yellow builds up long. Goalkeeper tries to reach 11. He can flick or extend the ball for running players 5 and 9. If the first ball is lost, 10 and 8 are there to press on the second ball. Red teams tries to win first and second ball and go for attack.

Variations

1. Add a wide player on the other side to switch the play after gaining possession
2. Add more players to make it more difficult (until 11v11)



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