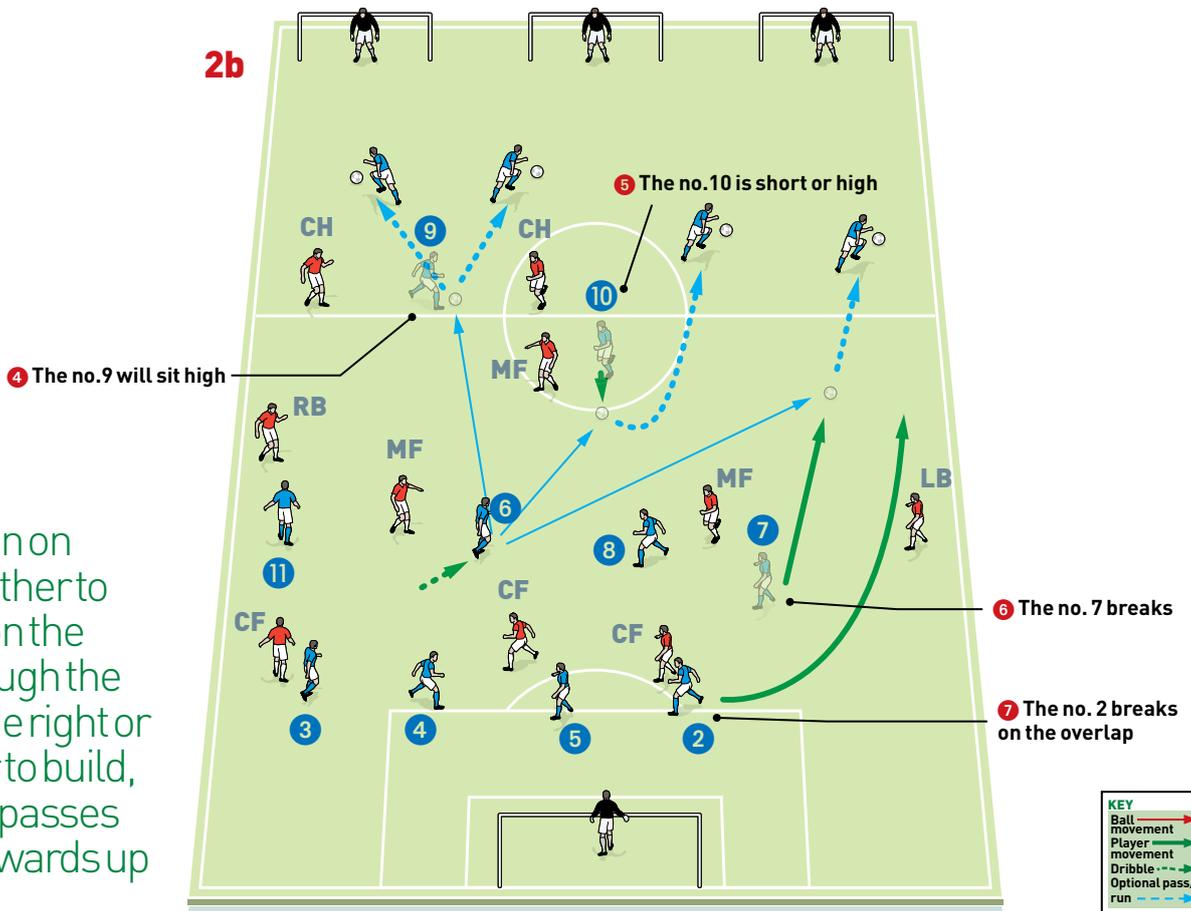
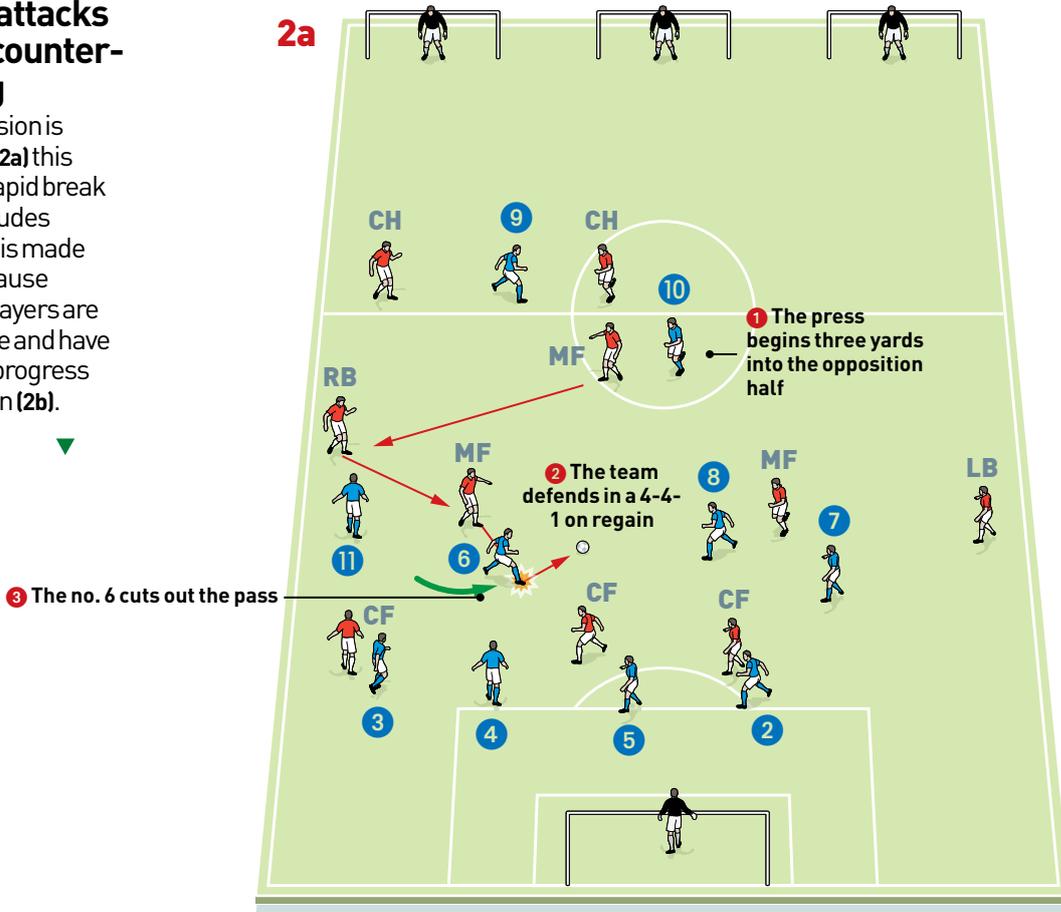


PAUL BUCKLE: BLOCK AND BREAK; BLOCK AND BUILD

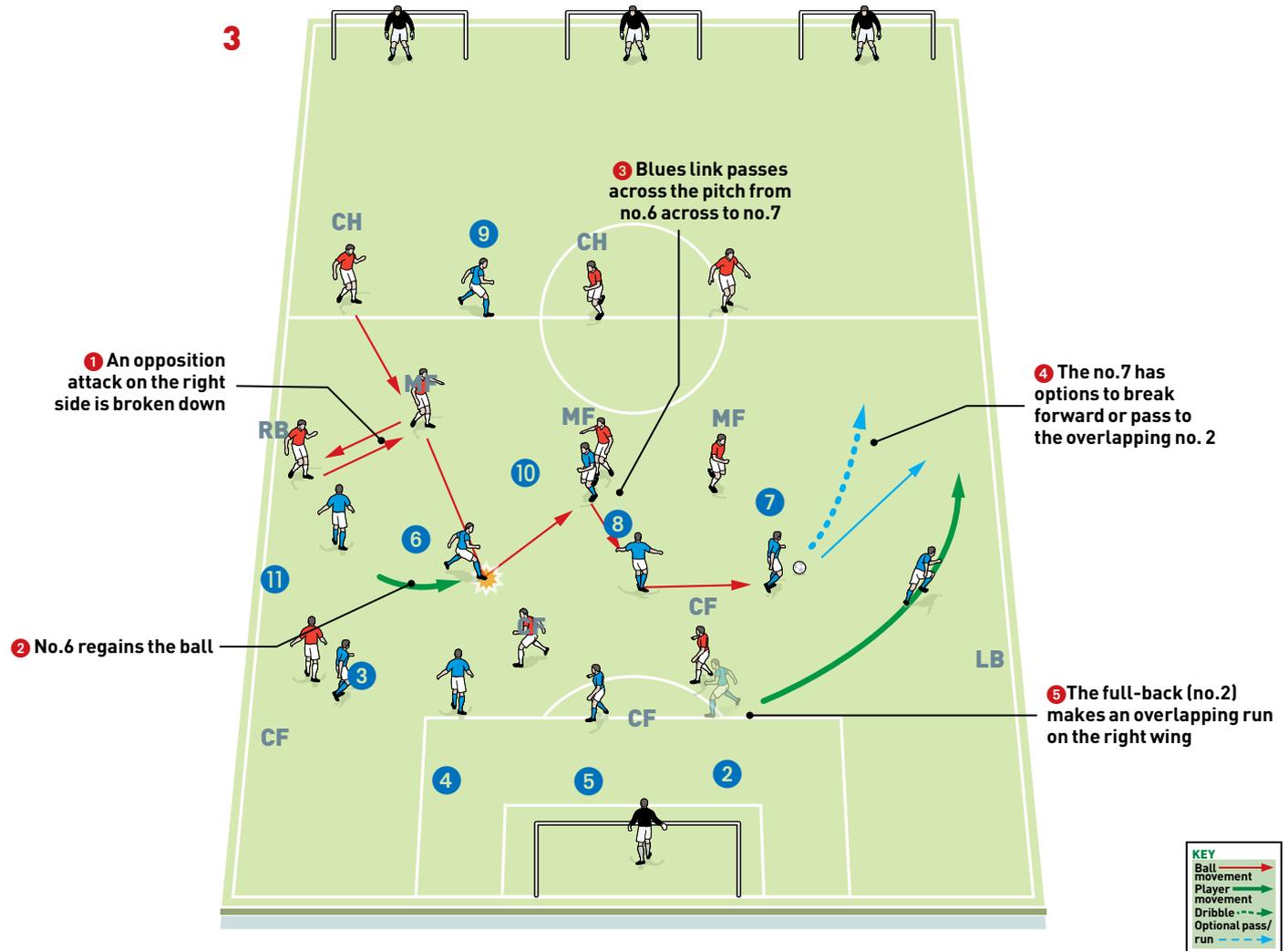
Building attacks through counter-attacking

After possession is turned over (2a) this becomes a rapid break that also includes the no.7, and is made possible because opposition players are out of balance and have left space to progress into, as shown (2b).



“The decision on offer is whether to break fast on the regain through the middle, wide right or wide left; or to build, making six passes to move forwards up the pitch.”

PAUL BUCKLE: BLOCK AND BREAK; BLOCK AND BUILD



Building attacks through passing

In the next example, as shown (2), and having turned the ball over, we now look to attack in a 4-2-3-1 system, with the aim of building attacks centrally, wide right or wide left and scoring in goals 1, 2 or 3.

There is no space to counter-attack because opposition players are in good defensive balance. We therefore encourage them to achieve six passes whilst allowing our full-back to get upfield.

On any regain the decision of the team to counter fast or build is crucial, and it's always important to do this in balance and shape.

How do I progress the practice?

To progress we recommend moving to a full pitch and alternating the starting point – left, middle or right. You can test the players to get forward to the goal area with a reduced number of players (therefore a more difficult counter-attack), or in a quicker timeframe, perhaps 10-15 seconds.

In any game situation the coach needs to choose his line of confrontation and work with his team's strengths and weaknesses, adapting and offering advice at each step of the way.

What are the key things to look out for?

We want to see an understanding of a solid unit and balance. Players should know when to press, when to counter and when to build. We also insist on good technical skills in attack, a good speed to our play and smart decision-making in terms of passing, runs and positioning.

Typical mistakes include players pressing too hard and not as a unit, looking to force a pass when it's not on and being slow at moving the ball. And at times not enough care is taken when finding the right pass or finish. ■

“We want to see an understanding of a solid unit and balance. Players should know when to press, when to counter and when to build.”