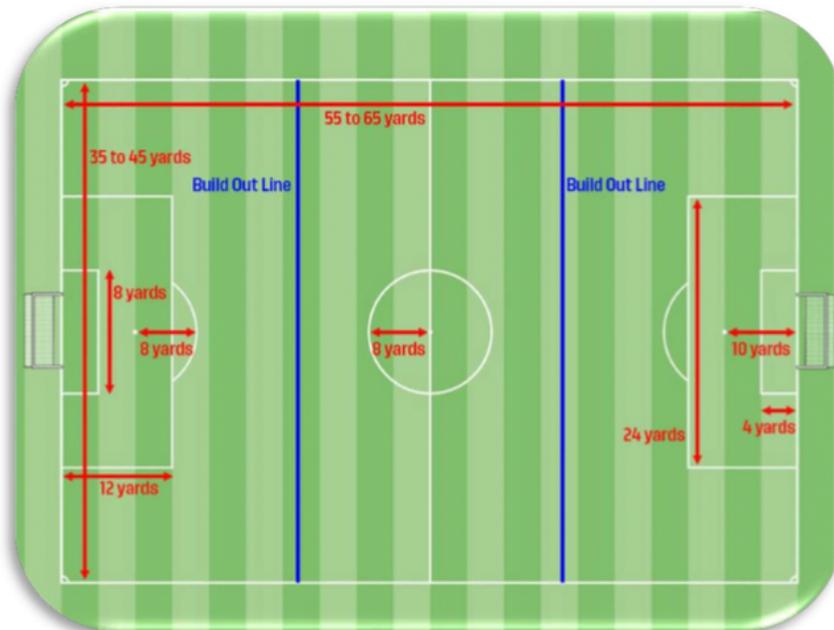


Build-Out Line

Explanation, Purpose, Solutions, Nopes, and Practicing

Explanation of Rule

- ✓ When the goalkeeper has the ball in his or her hands during play from the opponent, the opposing team must move behind the build out line until the ball is put into play.
- ✓ Once the opposing team is behind the build out line, the goalkeeper can pass, throw or roll the ball into play (*punts and drop kicks are not allowed*).
- ✓ After the ball is put into play by the goalkeeper, the opposing team can cross the build out line and play resumes as normal.
- ✓ The Build out line will also count as the line to assess where offside offenses occur
- ✓ Players cannot be penalized for an offside offense between halfway line and build out line
- ✓ Players can be penalized for an offside offense between the build out line and goal line
- ✓ Diagram with the recommended field markings and dimensions.



Purpose of Rule

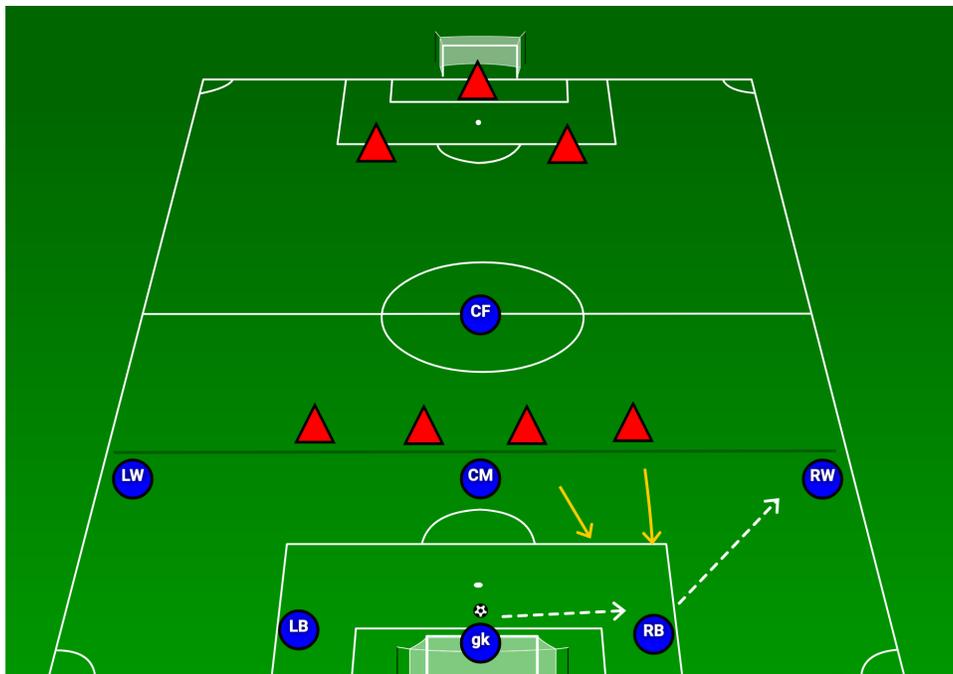
This is a nation-wide initiative from US Soccer to help us start teaching players earlier how to properly position and possess the ball out of the back so that we can catch our players up to the rest of the soccer developed world.

Solutions

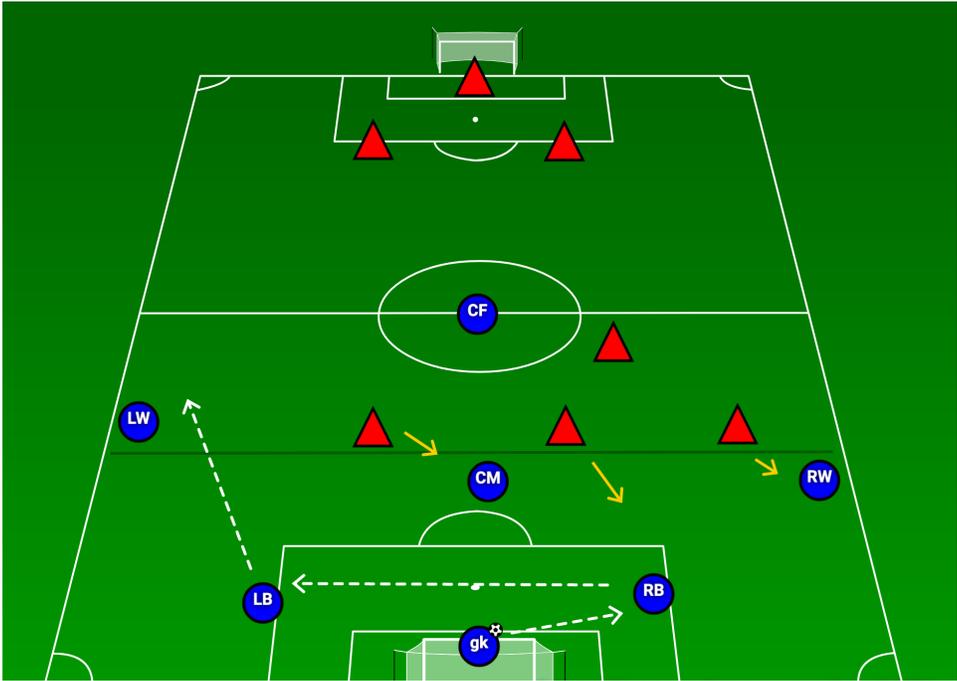
Positioning - approximate starting positions for goal kick or when keeper gets ball



Pattern 1 - Play to the wing. This works 99% of the time on a properly sized field.



3b - Through the opposite Back



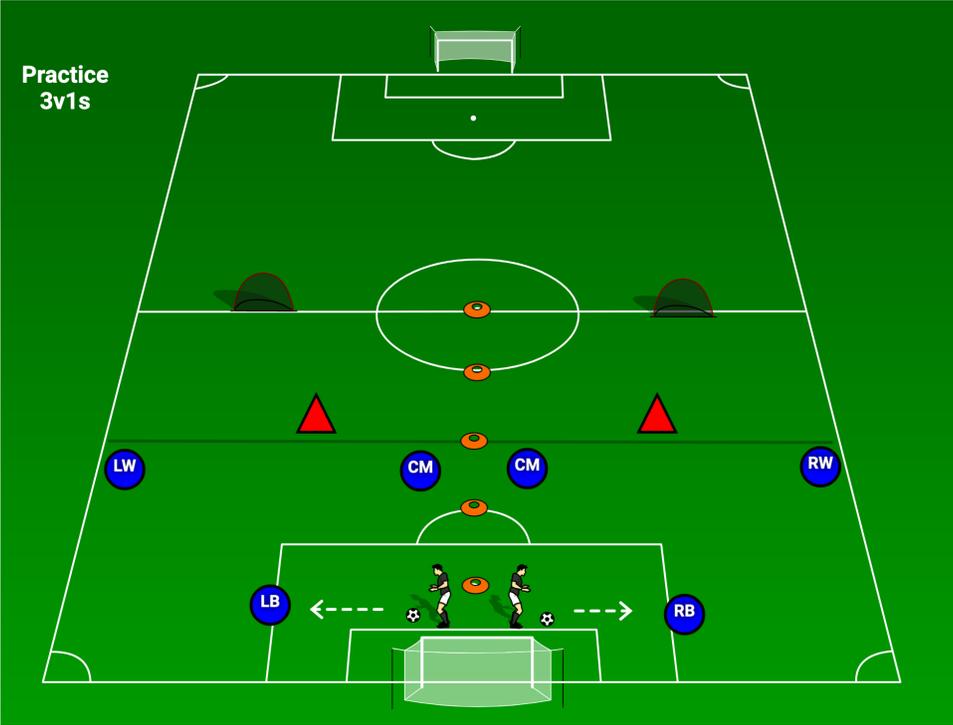
Nopes

What NOT to do (yet) - playing into the middle / through the CM.

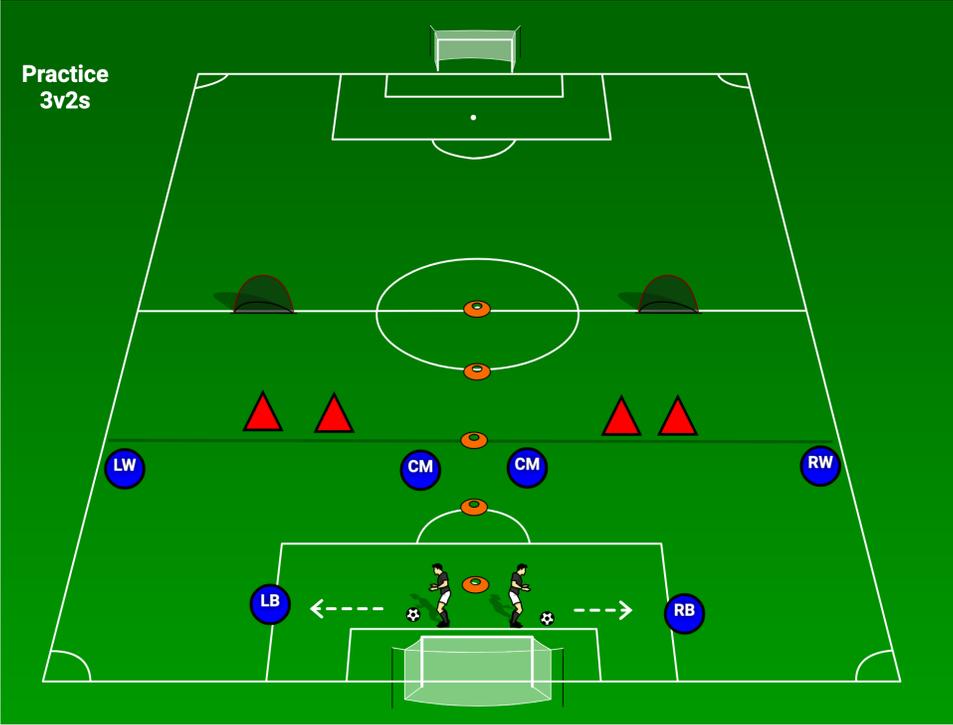


Practice Activities

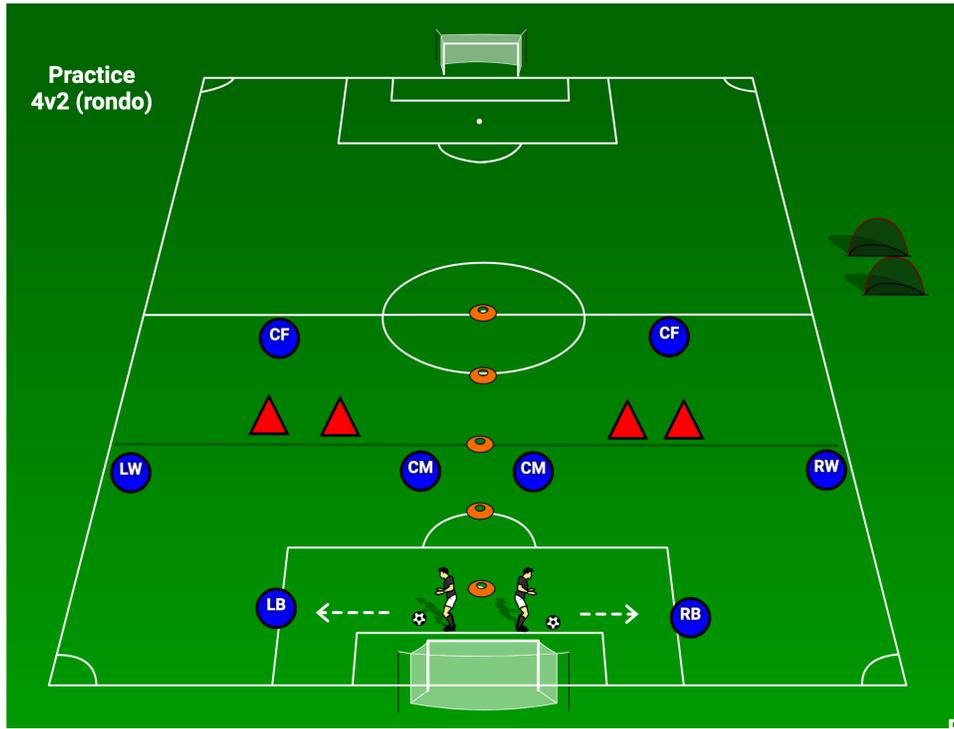
3v1s (blue try to score in small goal, 1 red defend starting behind line)



3v2s (same as above but 2 defenders to increase difficulty)



4v2 Rondo (blue just keep away from red, could use small or big goal for red to score on steal)



5v3 / 6v3 - 1/2 field (keeper start, blue build to small goals, use patterns above including switch)

