

Topic: Transition from defending to attacking

Objective: When we win the ball, to transition from defending to the attack by finding the largest space first and supporting the play

Player Actions: Defending, Passing, Receiving, Support



Initial Play Phase - 1v1 up to 3v3 or 4v4

Prior to training set up 2 to 3 small (20x30 fields) with cone goals. Players play as they arrive for warmup - 10-15 minutes.



Objective: To win the ball back and play to space as quickly as possible

Organization:

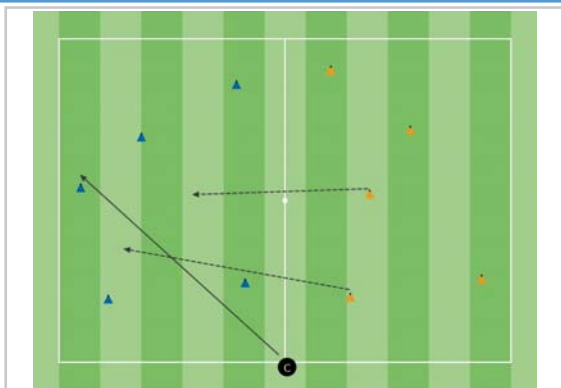
35 x 45 yard grid - three teams of five (both can change depending on #s)
Two teams work to keep possession, other team tries to win it. If they win it, the team that lost it becomes defenders.

Coaching Points/Guided Questions

Is it easier to win the ball if we are together or spread out?

If I win it from blue, should I play my own team or the other color? Other as they are already spaced wide.

Can we find the biggest player with the most space quickly when we win it?



Objective: To win the ball and find your team in space as quickly as possible

Organization:

25x35 yard grid - two teams of five (both depend on numbers)

One team on one half and one team on the other. Coach plays to one side, two from other team go in and defend. If they win it, they find their team on the other side. Receive one point for 6 passes or one point for winning and connecting with your team.

Coaching Points/Guided Questions

Coach the other team to win back while they have numbers up - This will keep intensity high

Can we find our team in less than 2 touches when we win it?

What does our shape look like when we are attacking and defending? Is the passing of highest quality?



Objective: To win the ball, find target and support in the attack

Organization:

35 long x 45 wide (depending on numbers and difficulty)

7v7 + 1 - Can add another central defender if needed

Must play through neutral (neutral has 1 to 2 touch max) in order to then support and score

Take away the restriction and have 9 come in as a player after 10 minutes or so

Coaching Points/Guided Questions

How can we support the attack when we play the target?

Can we find the target quickly?

Passing quality - we must increase expectation in using width and depth along with passing quality

Final Play Phase

7v7 or 9v9 depending on numbers. Play with a central forward. Can we find that player and support with numbers? If we win it on the left can we find the right or that target?

How did the players do in achieving the goals?

What are three things you did well?

What are three things to work on for next



4v4 7v7 9v9 11v11

Moment: When we win the ball

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