

Topic: Transition for Defense to Attack II

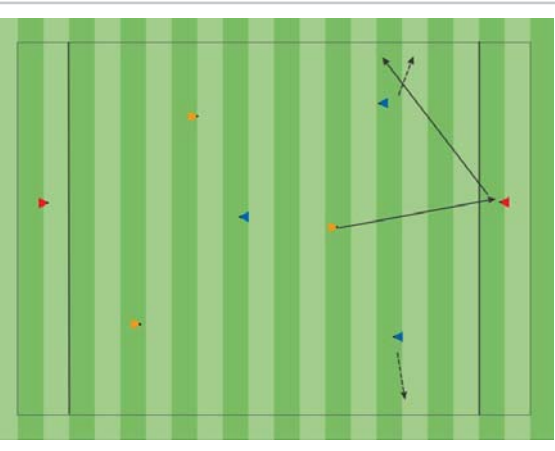
Objective: To win the ball in the defensive half and find the width or depth quickly, then support the play

Player Actions: Dribble, Receive, Pass, Defend, Support



Initial Play Phase - Play as the players arrive

In a 20x30 area, play 1v1, 2v1, 2v2 - up to 3v3 or 4v4 depending on numbers. Set up area prior to player arrival



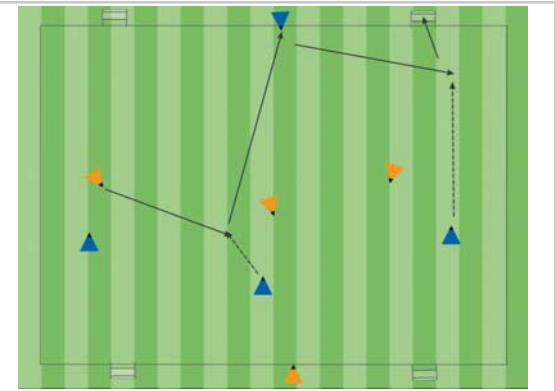
Objective: As soon as the ball is "won", find the target as quickly as possible.

Organization:

In a 25W x 35L yard grid with two endzones added on(adjust as needed) 3v3 to a target - score 1 point for each accurate target  
Play to the same target each time - there is a distinct direction

Coaching Points/Guided Questions

Quickly transition "get big" when we either win it or the other team plays to the target behind  
Can we stay compact to win the ball? Get big as soon as we win it? Who is big already? (Target)  
Club wide focus - passing and receiving - are the passes accurate and with good pace? Are they to the correct foot and are we receiving with the correct foot? Is our first touch in a productive space?



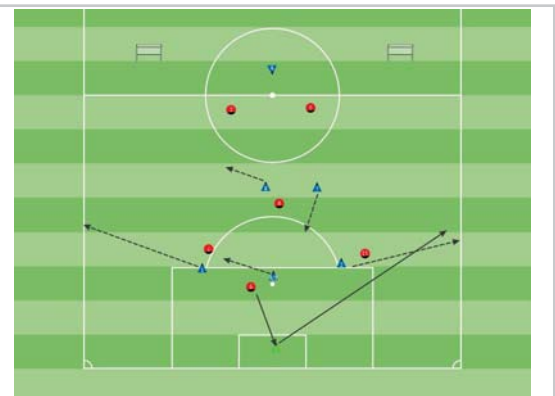
Objective: To win the ball, find depth, and support quickly

Organization:

In a 35W x 45L grid - with two counter goals on each end 5v5 - play to target (they have 1 or 2 touches) then support  
Must play to target then back in to a supporting player to score

Coaching Points/Guided Questions

Passing and receiving execution  
Play big as soon as we can, but don't make difficult - play the way you face  
If you face backward, play the CB or target behind you to go forward



Objective: In larger numbers, win the ball, find depth and support quickly

Organization:

5 - 10 yards longer than a half field with two counter goals and one large goal 7 v 7 + a target and a GK - include offside line  
Play to target to start like stage 2, then include them in the game

Coaching Points/Guided Questions

As soon as the GK saves it, where should we go? How?  
As soon as we win it, can we either find target or width?  
As soon as we win it, can we get big quickly? How?

Final Play Phase - Scrimmage in a larger setting to bring out the topic.

Play 6v6 - 7v7 (U10) or 7v7-9v9 (U11 and up) - with this session, it would be best to play with a central striker and three backs so you have wide and deep options

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: Win possession is won

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