

Topic: Transition for Defense to Attack II

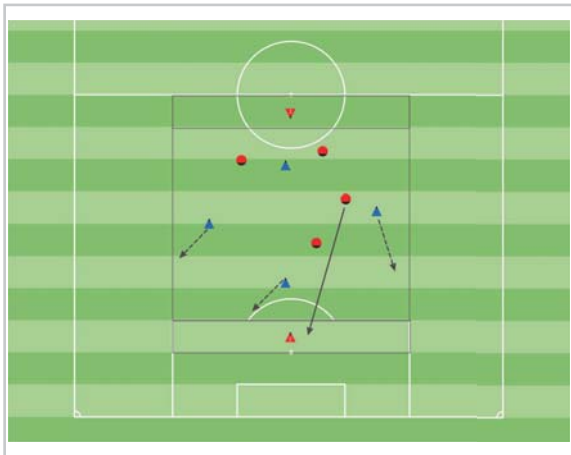
Objective: To win the ball in the defensive half and find the width or depth quickly, then support the play

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 35L x 45W yard grid with two endzones added on(adjust as needed)

4v4 to a target - score 1 point for each accurate target

(A)Start by playing to the same target (more opportunities to transition to attack)

(B)You can move to playing to both targets if you feel support is needed in this activity

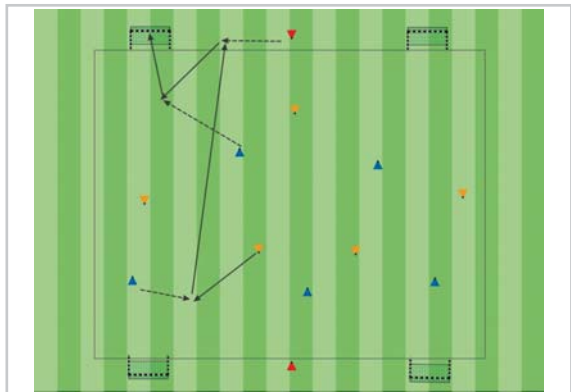
Coaching Points/Guided Questions

(A)Quickly transition "get big" when we either win it or the other team plays to the target behind

(B)Quickly support if we play to our target and we are allowed to go the other way

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

When we win the ball, what is the shape of the other team? Compact

Can we find the target as quickly as possible to counter that?

Passing execution!!!

If we win the ball on the left and play to target, is the right side a good place to get one of our defenders in?



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

If we win it in the back and are under pressure, who can we play to that may be able to play the target? GK or CB?

If we play to the target then go to one side and get stuck, can we play back through target to get to other side?

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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