

Description

Transition to attack - Speed of play

Warm Up

Organization

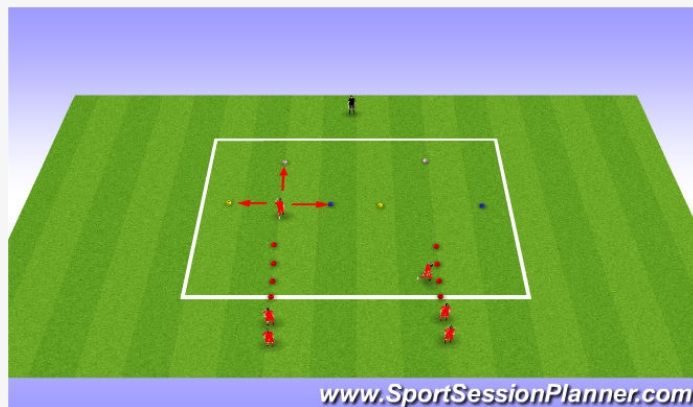
15 x 15 Yard square

Set up two groups, 4 cones 1 yard apart with 3 cones of different colour at the top end as shown

Players perform a variety of dynamic movements through the cones:

- Quick Feet
- High Knees
- Two Feet
- Side Strides

Once completed the coach shouts a cone colour (Yellow, White, Blue) and the players attack that cone at speed, make it competitive by keeping score of points for first to the cone



Transition

Organization

3 zones 15 yards by 20 yards

3 v 2 in each zone

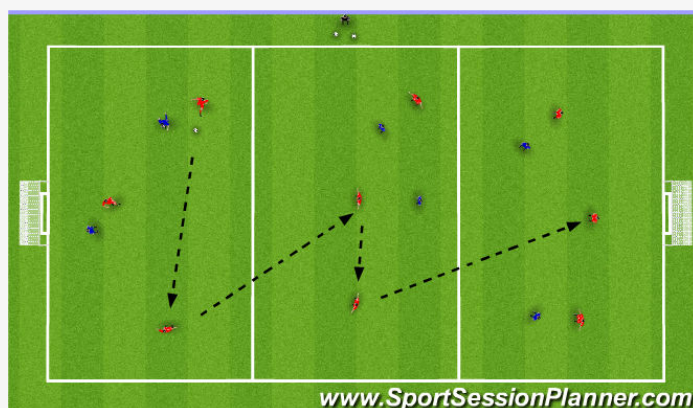
Possession team keeps the ball by playing from zone 1 to zone 3 through zone 2

If defending team wins the ball then the possession team must win it back and play quickly through the zones again

Possession team scores by successfully transitioning the ball from one end of the field to the other

Competencies

- Identify defensive pressure and where to play
- Move the ball quickly
- Communication



Speed of Play

Organization

3 zones 15 yards by 20 yards

3 v 2 in each zone

Possession team keeps the ball but can now play directly from zone 1 to 3

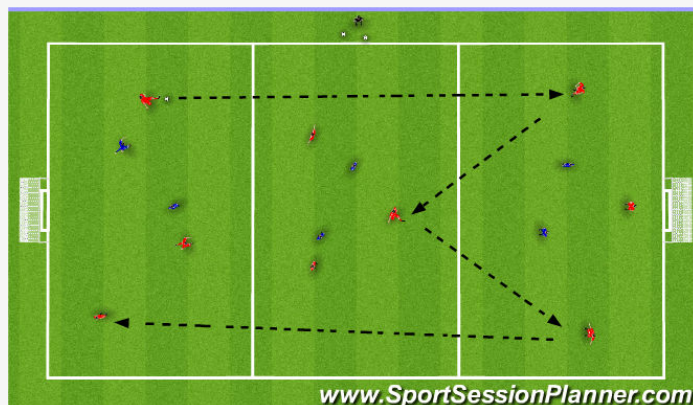
If defending team wins the ball then the possession team must win it back and play quickly through the zones again

Possession team can add a player to another attacking zone as the ball moves up the field to create an overload of 4 v 2

Possession team scores by successfully transitioning the ball from one end of the field to the other

Competencies

- Limit touches
- Identify defensive pressure and where to play
- Move the ball quickly
- Organize attacking shape/structure quickly when gaining possession
- Support play
- Communication



Small Sided Game

Organization

5 v 5 or 6 v 6

Competencies

- Limit touches
- Identify defensive pressure and where to play
- Move the ball quickly
- Organize attacking shape/structure quickly when gaining possession
- Support play
- Communication

