



Transitions

Category: Academy: Attacking transition game
Difficulty: Moderate

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Pass and Follow Square (15 mins)

Organization:

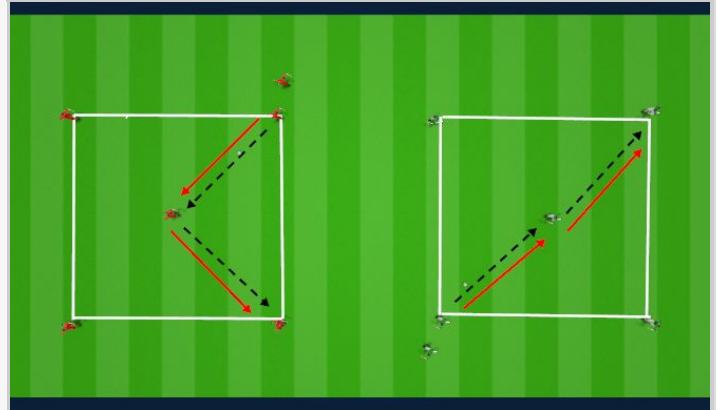
- 20 x 20
- 6 Players per square
- 1 Ball per square

Instructions:

- Ball starts from one of corner players
- Pass to the central player and follow to the center
- Central player passes to one of corner players, follows their pass and the drill continues.
- 2 touches or less

Coaching Points/Questions:

- Quality of passing and receiving
- Body position
- Quick movement



Double Square Transitions (20 mins)

Organization:

- Two squares 20 x 20
- 6 players each team
- 2 small goals in each square

Instructions:

- Rondo in square 1, 6 vs 3.
- Green team can score in the small goals after 5 passes.
- Red team to try to steal the ball and pass to their teammates in square 2.
- 3 red and 3 green players transition to square 2 to play 6 vs 3.
- No stopping if the ball goes out, coach will then pass to the opposite square and players transition
- 5 passes + goal = 1 point.
- Steal the ball and pass to other square = 1 point.

Coaching Points/Questions:

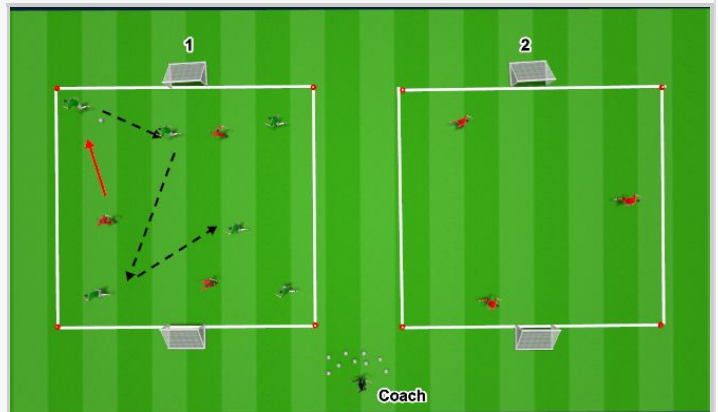
- Quality of passing and receiving
- Making quick decisions
- Get open and create space
- High intensity pressing
- Quick transitions defense to offense or offense to defense

Progressions:

- 1 more defender travel.

Regressions:

- 1 less defender travel.



Mess Up Game (30 mins)

Organization:

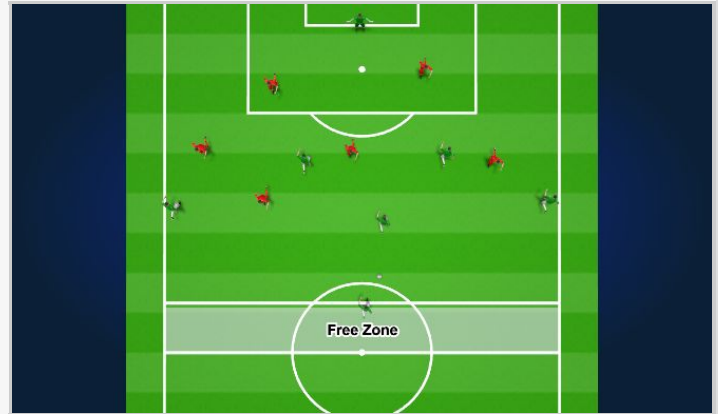
- 35 x 40
- Goalkeeper + 6 vs 6

Instructions:

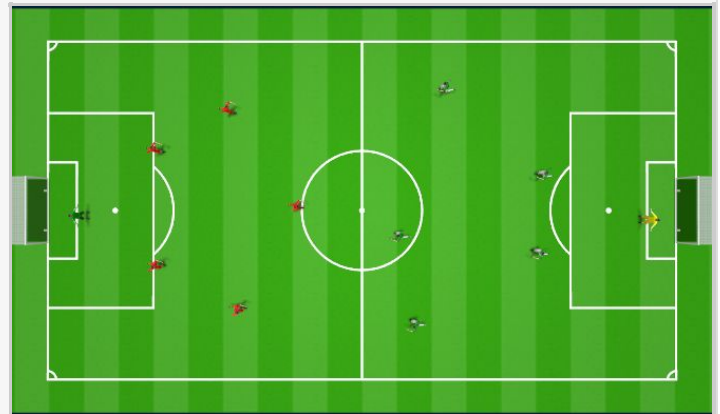
- Both teams attack the same Goal
- Offense vs defense
- When the defensive team steals the ball they have to play the ball into the FREE ZONE and become offense.
- Prior offensive team quickly organizes and becomes defense

Coaching Points/Questions:

- Quick Transition defense to offense and offense to defense
- Make quick decisions
- Quality of passing and receiving
- Create open and space



Scrimmage (25 mins)



Coaching Practice Review and Reflection

What went well...

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Even better if...

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