

## TRANSITION DIRECTIONAL TARGET GAME

### Game Objective:

Developing Movement Off the Ball

### Set Up:

A 40x40 yard grid is created as shown in Diagram (a) below - 4v4 inside the grid with 8 perimeter players as shown.

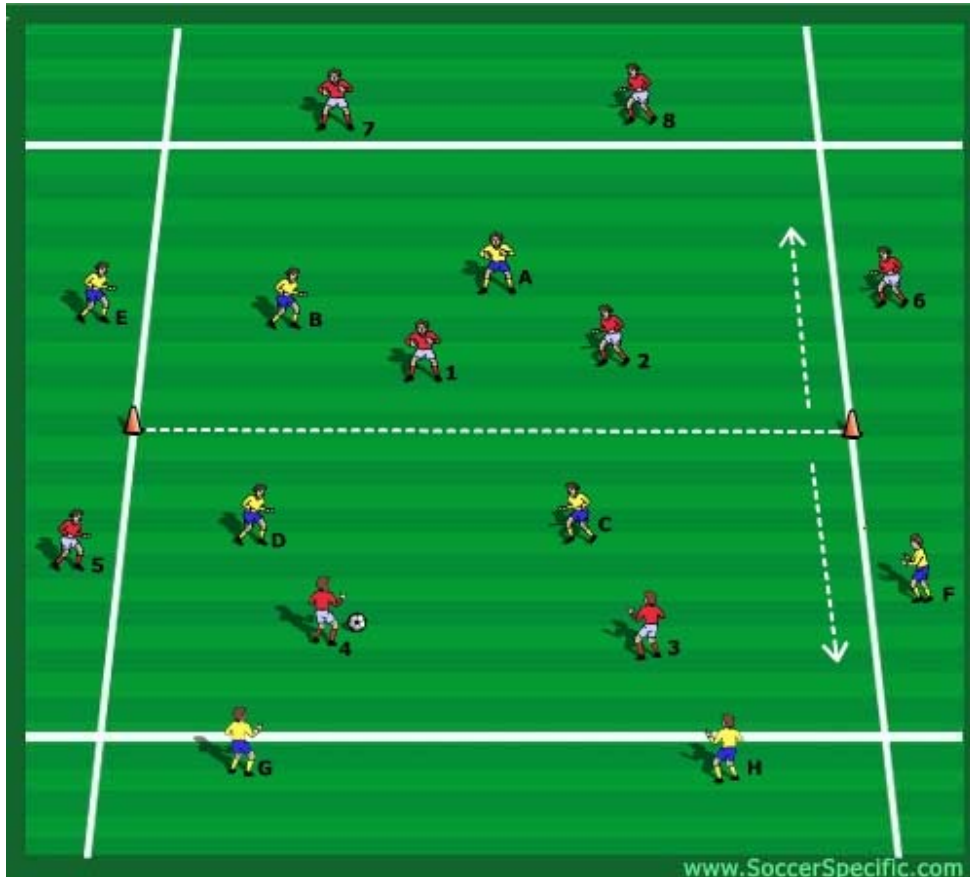


Diagram (a)

### Explanation:

Players must pass the ball to their target players to score. To score again - work the ball back into their own half of the field to be able to return to target players. Target players (G,H) and (7,8) have two touches as do side players.

### Coaching Points:

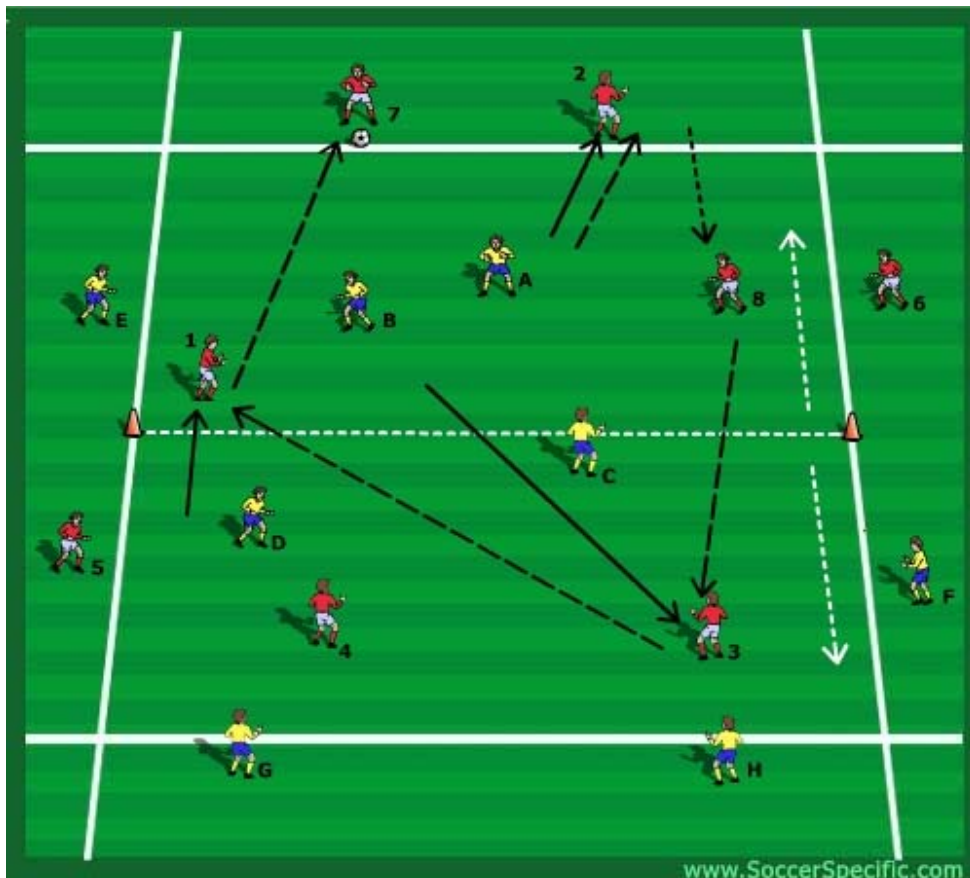
- Creating Space by running off the ball to receive or to help a teammate receive.
- Quality of Passing; long and short to targets and to teammates.
- Support play: working angles and distances, switching play using the side players.
- Receiving and Turning in tight situations and dribbling in 1 v 1 situations.

- Quick decision making is required in this session because the numbers are small, the area is tight and the transitions are rapid.

**Progressions:**

1. No restriction on touches then 3, 2 or 1 touch, but only if it is on.
2. All outside and target players one-touch only where possible.
3. Switch with target players as they receive the ball.
4. Switch with outside players
5. Use the opponents target players as support players.

Below is an example of the transition and movement off the ball to make it happen. I have left the defensive players static in this situation to highlight the movement of the attacking players.



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**Diagram (b)**

1. (2) passes to target player (8) who brings the ball back into the playing area.
2. (3) makes a run into the other half of the field on the blind side of (C) to receive the next pass. They need to get the ball into that half to be able to score.
3. (1) makes a forward run into space to receive the next pass from (3) and passes to target player (7) who can start the play again.
4. (1) then switches with (7) and becomes a target player for the next phase of play.

Below in Diagram (c) is a variation of the game if smaller numbers of players are available - only twelve players involved. All the same principles of the game can be applied with the smaller number.

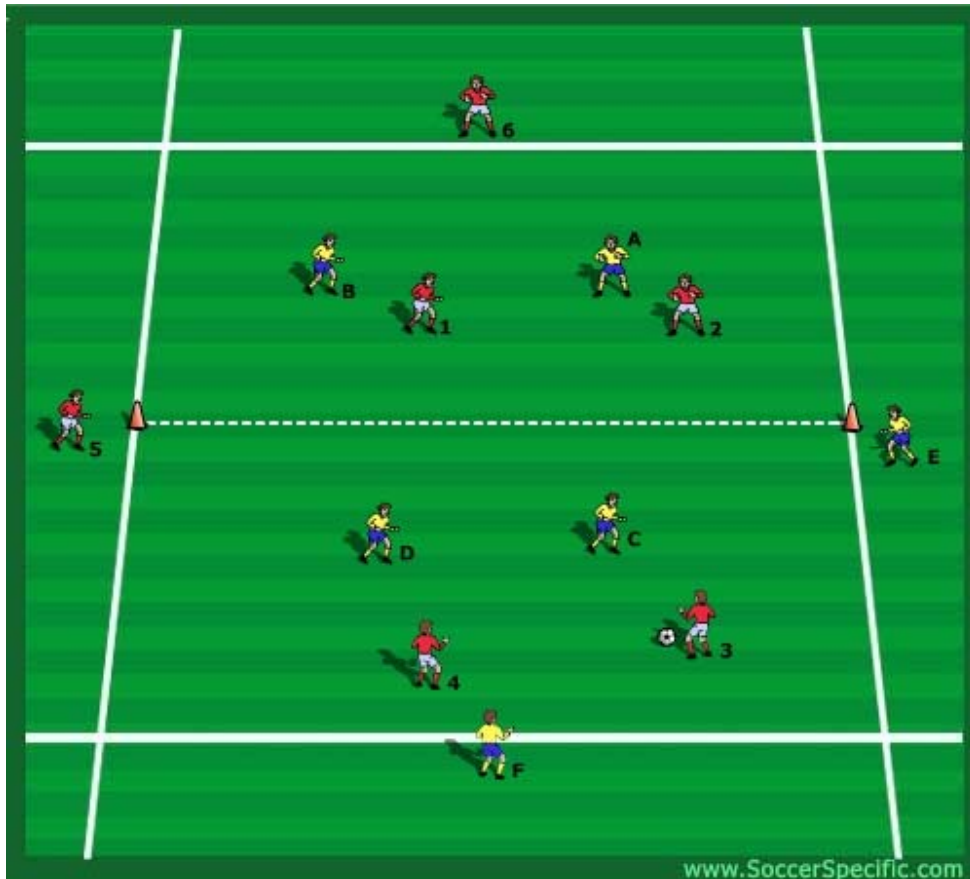


Diagram (c)

The above variation will have the inside players "more involved" as individuals reduce the size of the game from 4 v 4 to 3 v 3 so the responsibility of each player then becomes greater to have an influence on the game, as there are fewer players.

### **IMPORTANT CONSIDERATIONS**

**1) Observe the Attacking Team** – Recognize their movement off the ball for example to work the ball into their own half see if the players make runs early in there as soon as the ball is at a target, some should support short and some long so the target has choices.

**2) Observe the Defending Team** – see if they are sucked to the ball or they recognize runs off the ball and track players making runs away from the ball into the other half.

\* To lessen the workload and keep everyone involved have players switch with targets and outside side players when they pass to them.

### **ELEMENTS OF PLAY THE TARGET GAME TEACHES**

#### **A) Attacking as a Team and as Individuals**

- *Creating Space* by running off the ball to receive or to help a teammate receive.
- Developing *quick support* play working angles and distances incorporating switching play using the side players.
- *Passing* long and short to targets and to teammates.
- *Receiving* and *turning* in tight situations and dribbling in 1 v 1 situations.
- Lots of touches on the ball for the players in this practice.
- Quick decision making is required in this session because the numbers are small, the area tight and the transitions rapid.

#### **B) Defending as a Team and as Individuals**

- *Pressurizing* players on the ball to *regain* possession.
- *Supporting* pressuring players and tracking runners off the ball.
- *High pressure* to regain possession in the attacking half to be able to go straight to the target to score.

#### **C) Transitions** -

From defense to attack and attack to defense, quick decision making and improved *concentration* as the switch occurs. *Interchanges* of positions between inside players, targets and side support players.

**D)** As a coach you can work in this session how to defend properly as individuals and a team or how to attack properly as individuals and a team.

### **CONDITIONS TO IMPOSE TO CHANGE THE FOCUS OF THE GAME**

1. **No** restriction on touches then three, two or one touch but only if it is on to do so.
2. Introduce **neutral** player so 5 v 4 overload in the middle if possession isn't kept easily.
3. **Interchanges** of players outside to in, inside to out as they pass the ball observing the quality of the pass and the first touch of the receiver or performing a crossover.
4. Have one teammate at each end so you are **attacking both ends** but once you have passed to one target you keep possession and must try to get to the other target. You can't go back unless the opposition win the ball then you get it back, only then can you go back to the same target.

5. To lessen the workload and keep everyone involved have players **switch** with targets and outside players when they pass to them. This causes a constant transition of players and focuses the players concentration.
6. The team can only score if they get an **overlap, crossover or 1 – 2** in during the build up.
7. No talking so players have to rely on their own **vision** to play.
8. Players **move into the target zone to receive** (timing of run and pass) so we don't play with actual targets, different players can then become the target player.
9. **Man-Marking** – Have the players man mark so they must track a player when they haven't the ball and they must lose their marker when they have the ball. This is a good test to see who is working hard and who isn't as they have a designated job to do. You as a coach can see who works to get free of their marker and who works hard to prevent the the player they are marking get the ball.
10. To improve the **speed of thought** reward a successful **one-touch** pass with a goal. To score a goal by passing to the target player now reward this with three goals or 3 points.
11. This session is particularly good as a **midfield play practice session** as you can liken the start when the ball is at a target as it being a target defender passing it in and to get to the other side through midfield to the other target who is now a striker. Then this target player maintains possession and the team can go the other way, the target striker then becomes a defender for the attacking team starting the move and the other target becomes the striker to pass the ball to. So it is consistent movement end to end with the attacking team from a defender into midfield to a striker.
12. The team in possession can pass back to the opponents target players to help keep possession of the ball. Liken this to passing back to the keeper in a game situation.

### **THREE TEAM TRANSITION DIRECTIONAL TARGET GAME**

\*15 players available.

Create a 3 team game for 15 players as shown below in Diagram (d).

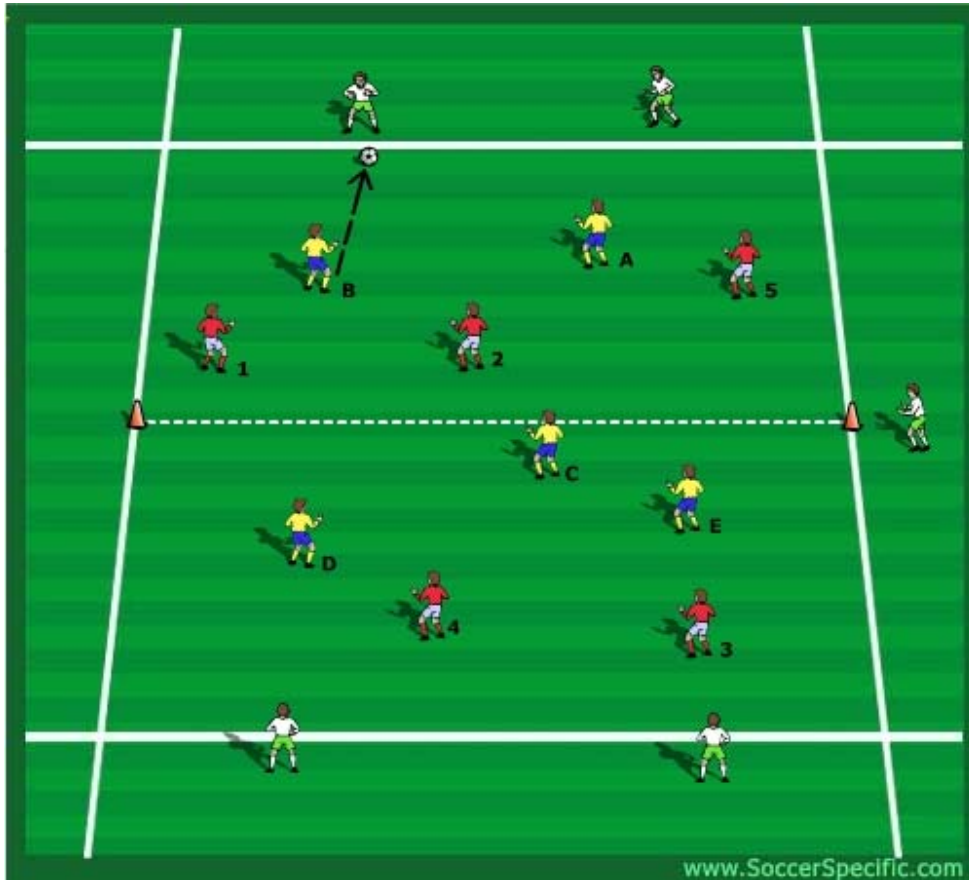


Diagram (d)

**Explanation:**

Each game lasts 10 minutes - the winning team stays on the field as a reward. You can vary the positions of the outside players, 2 target players at each end and one support player on one side or one support player on each side, one target player at one end and two at the other and so on.

To make it technically a 10 v 5 game have the team in possession able to play with the outside team. They are trying to score at one end, so these players are on their side but they are also able to work with the side player and the two target players of the other team, using them as support players also.

This encourages them to pass back and open the play up and not be focused on just playing forward all the time.

**GETTING IT WRONG DEFENSIVELY AND / OR GETTING IT RIGHT OFFENSIVELY**

Below in Diagram (e) is an example of what to look for on the defending side of things.



