

Activity #1: Transition Game

Set Up:

The squad is split into two teams and positioned as shown in Diagram (b) below. A supply of balls is placed with each group. Goalkeepers are in each goal.



Diagram (b)

Objective:

Teams play 2v2 inside the playing area and attempt to score in their opponents goal. Red (A) and (B) start with the ball and try to beat Yellow (A) and (B). As soon as a shot is taken, Red (A,B) become the defenders and two new Yellow players (C) and (D) become the attackers.

Note: After you shoot or the ball goes out of play, you become the defenders. Play is continuous for a designated period of time or predetermined number of goals.

Coaching Points:

- Attackers must go at pace – do not allow the defensive players to get ready!
- Find the penetrating option quickly – shoot, pass, dribble etc.
- Game must have a high tempo – quick transitions.

Activity #2:**Set Up:**

Players are organized as shown in Diagram (c) below. A “plus” player (green) is positioned inside the playing area as shown.



Diagram (c)

Objective:

Game is played in a 2v2 + 1 format. The “plus” player plays for the attacking team. The attacking team must find the “plus” player prior to going for goal. In the above Diagram (c), Yellow (C) has passed to the “plus” player. The “plus” player has quickly passed to Yellow (D) for a shot on goal. The two Yellow players now become the defenders against Red (A) and (B) as the game continues in the opposite direction.

Game is continuous. Rotate the plus player to avoid fatigue.

Coaching Points:

- Find the penetrating option quickly – pass, shoot, dribble etc.
- Solve it! It is a 3v2 situation that should be successful.
- No long passing sequences – quick transitions into the attack.

Activity #3:**Set Up:**

Two teams are positioned as shown in Diagram (d) below. The playing area is the width of the 18-yard box to the halfway line. Goalkeepers are positioned in each of the goals as shown.



Diagram (d)

Objective:

This activity uses the same sequence as activity #1 but in a 3v3 format. Three players from the Red team attack three players from the Yellow team and attempt to score in their opponents goal. After shooting, or the ball leaves the playing area, the attackers switch roles and become the defensive team. In Diagram (d) above, Yellow (A,B,C) have just attacked Red (A,B,C) and must now defend against the new attacking team - Red (D,E,F)

Coaching Points:

- Quick Transitions – attack quickly before the defensive unit gets ready.
- Find the best attacking option – pass, shoot, dribble.
- Go at pace!

Activity #4:

Set Up:

Same playing area as Activity #3 above. A “plus” player is positioned inside the playing area as shown in Diagram (e) below.



Diagram (e)

Objective:

Game is played in a 3v3 + 1 format. The “plus” player (green) plays for the attacking team. The attacking team must find the “plus” player prior to going for goal.

Rotate the “plus” player to avoid fatigue. Game is continuous for the designated period of time or for a predetermined number of goals.

Coaching Points:

- Find the penetrating option quickly – pass, shoot, dribble etc.
- Solve it! It is a 4v3 situation that should be successful.
- No long passing sequences – quick transitions into the attack.

Final Game:

Set Up:

An 8v8 game is organized on a half pitch as shown in Diagram (f) below. Goalkeepers are positioned in full-size goals as shown.



Diagram (f)

Objective:

Both teams compete for possession of the ball and attempt to score in their opponents goal. Players are encouraged to quickly look for penetrating / attacking options at the moment of winning possession – quickly attack! In the above Diagram, Red (A) has won possession from Yellow (A) and quickly played a penetrating pass inside the defender for Red (B). Red (C) and (D) have spun to get in the box for a cross from (B).

Coaching Points:

- On gaining possession quickly look for attacking options.
- Don't force it and give up possession needlessly.
- Don't allow the defensive team to get ready.

- Go at pace and be creative.