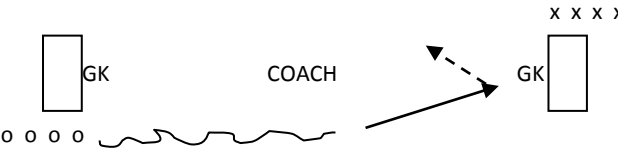
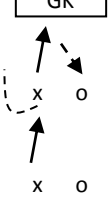
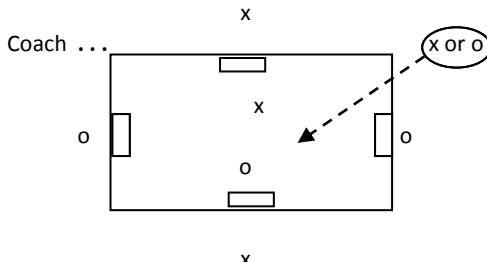
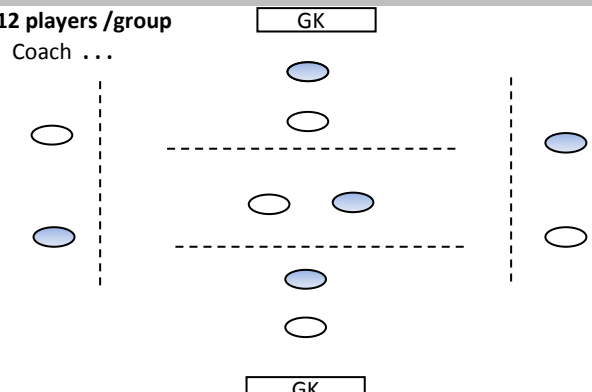
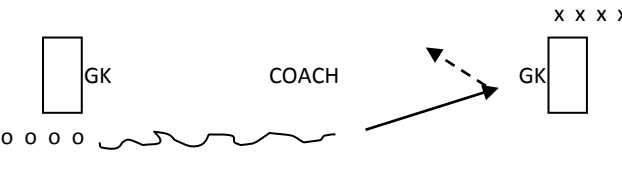
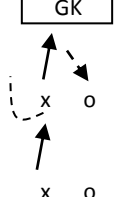
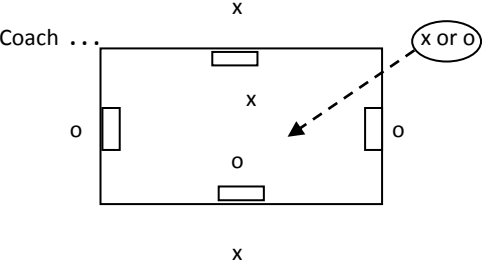
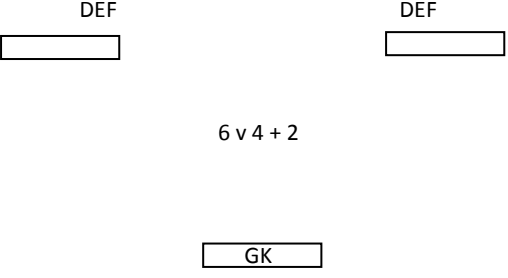


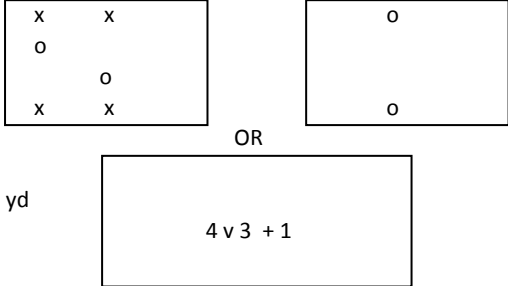
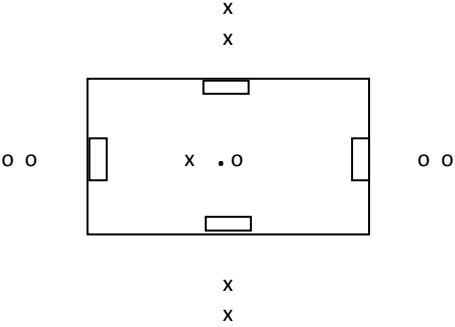
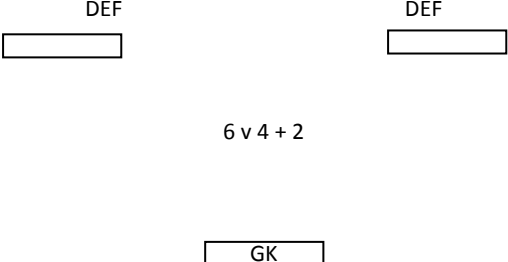
Week 6 - Club Training (Transition)

Description	Organization	Coaching Points
<p>WARMUP (20 min) Dribbling, shooting -> Defense transition Players and balls on the right side of goal</p> <p>Players on DEF change with GK (rotate after each shot)</p>	<p>10 in ea group - 20 yds apart; 4 in ea line + 2 GKs</p> 	<p>Immediate chase after shot to defend new ball</p> <p>Dribbler will have to evade pressure</p> <p>Always have mind engaged</p>
<p>Pass, receive, turn, shoot, then Defensive transition</p> <p>Players on DEF change with GK (rotate after each shot)</p>		<p>same as above</p>
<p>TECH SKILL adding pressure (20 min)</p> <p>1 v 1 - going directionally to teammates on outside If DEF intercepts -> passes to teammate on outside and changes with him</p> <p>Progression: If OFF wants help and plays outside game is then 2 v 1</p>		<p>same as above</p>
<p>GAME LIKE CONDITIONS (20 min)</p> <p>12 players</p> <p>COACH starts with ball. When the ball is played to a player on the outside - they just play ball back in. No switching unless you think they are ready for it. (IF READY - ALLOW SWITCH ON PASS)</p> <p>At first see if it can be a series of 1v1 in each 1/3 of the field...</p> <p>Progress to allowing player who passed to follow pass and make it a 2v1</p>	<p>12 players /group</p> 	<p>same as above</p> <p>Really stressing immediate chase</p>

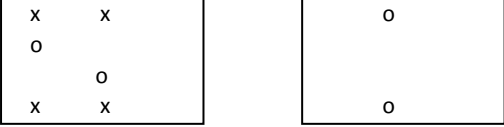
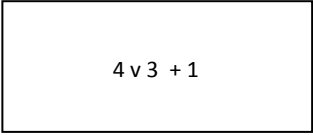
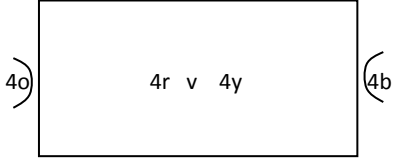
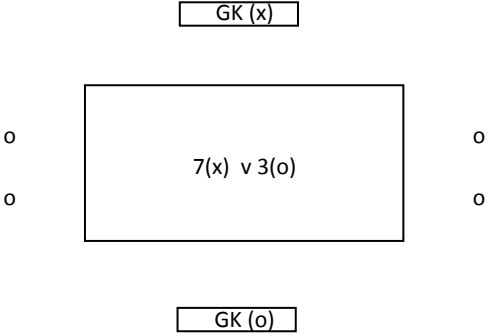
Week 6 - Club Training (Transition)

Description	Organization	Coaching Points
<p>WARMUP (20 min) Dribbling, shooting -> Defense transition Players and balls on the right side of goal</p> <p>Players on DEF change with GK (rotate after each shot)</p>	<p>10 in ea group - 20 yds apart; 4 in ea line + 2 GKs</p> 	<p>Immediate chase after shot to defend new ball</p> <p>Dribbler will have to evade pressure</p> <p>Always have mind engaged</p>
<p>Pass, receive, turn, shoot, then Defensive transition</p> <p>Players on DEF change with GK (rotate after each shot)</p>		<p>same as above</p>
<p>TECH SKILL adding pressure (20 min)</p> <p>1 v 1 - going directionally to teammates on outside If DEF intercepts -> passes to teammate on outside and changes with him</p> <p>Progression: If OFF wants help and plays outside game is then 2 v 1</p>	<p>8 players in ea group</p> 	<p>same as above</p>
<p>GAME LIKE CONDITIONS (20 min)</p> <p>6 v 4 + 2 Transition to Goal</p> <p>ATT set up with 4 MIDs and 2 FWDs DEF set up with 3 DEF and 1 MID</p> <p>No restrictions to start... get flow of game Add 2 touch restriction breaking out of DEF zone</p>	<p>40 x 40 yd area</p> 	<p>GK find short balls to DEF quickly</p> <p>GK communicate with DEF and be a drop pass opt</p> <p>Quickly clear zone - no dribble</p> <p>Find DEF targets behind gates then get attacking shape quickly... get DEF shape quickly... #s behind ball.</p>

Week 6 - Club Training (Transition)

Description	Organization	Coaching Points
<p>WARMUP (20 min) 8 players in a group Keepaway - transition upon winning possession</p> <p>Progression: RIGHT foot only or LEFT foot only on OFF restrict touches... add or subtract # of passes before going to goal.</p>	<p>(2) 12 x 12 yd area with 5 yds between</p>  <p>20 x 15 yd</p> <p>4 v 3 + 1</p>	<p>Assess location of teammates</p> <p>Find passing alleys before need them</p> <p>Win possession & clear zone quickly</p> <p>Provide immediate chase when lose ball</p> <p>Communicate: 1st DEF; and Support DEF</p>
<p>TECH SKILL adding pressure (20 min) 1 v 1 If OFF beats DEF, next OFF comes in, same defender If DEF wins possession -> passes to teammate who comes in with the same OFF</p> <p>Progression: 1 v 2 or 2 v 1</p>	<p>10 players in area; 15 x 15 yd box (o) attack Left to Right; (x) attack Top to Bottom</p> 	<p>Use moves with speed</p> <p>DEF once win possession - PLAY THE WAY YOU FACE</p> <p>ATT coming into the game - enter with speed</p> <p>When you add an ATT - combine quick using good attacking principles... going at DEF making them commit</p>
<p>GAME LIKE CONDITIONS (20 min) 6 v 4 + 2 Transition to Goal</p> <p>ATT set up with 4 MIDs and 2 FWDs DEF set up with 3 DEF and 1 MID</p> <p>No restrictions to start... get flow of game Add 2 touch restriction breaking out of DEF zone</p>	<p>40 x 40 yd area</p>  <p>DEF</p> <p>DEF</p> <p>6 v 4 + 2</p> <p>GK</p>	<p>GK find short balls to DEF quickly</p> <p>GK communicate with DEF and be a drop pass opt</p> <p>Quickly clear zone - no dribble</p> <p>Find DEF targets behind gates then get attacking shape quickly... get DEF shape quickly... #s behind ball.</p>

Week 6 - Club Training (Transition)

Description	Organization	Coaching Points
<p>WARMUP (20 min) 8 players in a group Keepaway - transition upon winning possession</p> <p>Progression: RIGHT foot only or LEFT foot only on OFF restrict touches... add or subtract # of passes before going to goal.</p>	<p>(2) 10 x 15 yd boxes; keepaway -> steal play other box (2) OFF transition to DEF in other game</p>  <p>OR</p> <p>20 x 15 yd</p> 	<p>Assess location of teammates</p> <p>Find passing alleys before need them</p> <p>Win possession & clear zone quickly</p> <p>Provide immediate chase when lose ball</p> <p>Communicate: 1st DEF; and Support DEF</p>
<p>TECH SKILL adding pressure (20 min) 16 players - 4 teams of 4 in a group Keepaway... directional RED plays to BLUE If successful, YELLOW drops off and BLUE attacks RED looking to connect to ORANGE - and so on</p> <p>Progression: Everyone must touch ball before scoring Mandatory 3 touch Limit to 2 touch Scoring - pass to team waiting must be in AIR</p>		<p>Same as above</p> <p>Once gain possession - spread the game</p> <p>Be efficient in passing</p> <p>Moving off the ball to support role</p>
<p>GAME LIKE CONDITIONS (20 min) 16 players in a group Keepaway... 4 passes then attack goal 7 v 3 If DEF win possession -> play ball back to GK who plays ball 1 touch out to wide support player and all 4 support players join the grid and play possession looking to connect 4 passes to then go to goal.</p> <p>Progression: RIGHT foot only or LEFT foot only on OFF restrict touches... add or subtract # of passes before going to goal.</p>		<p>Same as above</p> <p>GK play the ball 1 touch if possible</p> <p>GK crisp hard pass on the ground</p> <p>TARGETS on side - look for immediate penetrating pass to teammates</p>