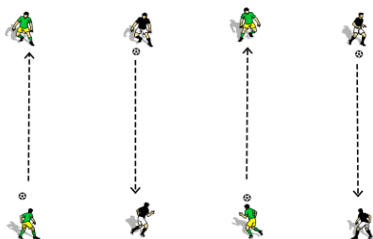


OBJECTIVES- Transition- Offense to defense



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TECHNICAL WARM-UP

Grid Size:

Duration: 10 Mins

Pasing and Receiving

2 players 10-15 yards apart

Simple passing- 2 touch only inside of feet

3 touch- inside outside inside pass

3 touch- inside settle, scissor left/right outside touch then inside pass

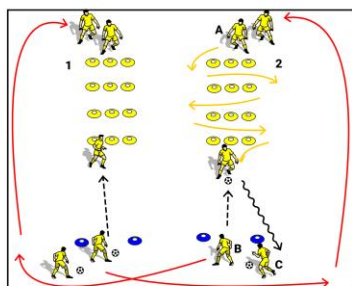
4 touch - inside settle, roll with same foot across body touch forward

then pass. Coaches can add other moves to the progression

COACHING POINTS / KEY CONCEPTS

Toe up ankle locked, follow thru to target

Go slow perform the moves correctly



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Speed and Agility with Ball

Grid Size:

Duration: 15 Mins

Set 2 groups of cones up 2yds in width and 4yds long

The players perform different agility steps as they go in an out of the yellow cones.

As they get out of the last row of cones, the player at the end with the ball passes them an easy pass with the inside of the foot and that player dribbles behind the next waiting player.

The player who just passed then jogs behind to the other line.

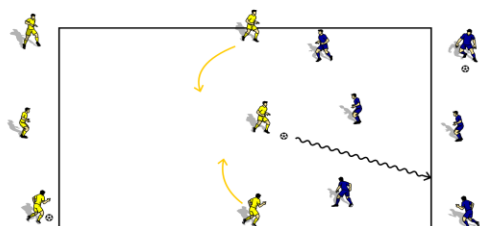
1. forward shuffle, sideways shuffle, 2 foot bunny hops, high knees

COACHING POINTS / KEY CONCEPTS

It's not a race! Go slow and do the movements correctly

Knees bent and feet always shoulder width apart, run on balls of feet

Make good passes. Toe up ankle locked, follow thru to target



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ACTIVITY 1 Transition to end line

Grid Size:30x45

Duration: 15 Mins

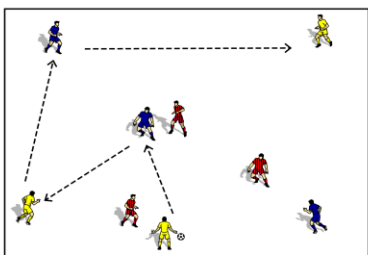
3v3 transition game: The team that stops the ball on the end line now defends a new team coming on the field

from that end line. Team must recognize where the attackers are coming from and slow progress.

COACHING POINTS / KEY CONCEPTS

Recognize moment of transition

Slow the ball down and wait for help to recover and get behind the ball



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ACTIVITY 2 Transition in Possession

Grid Size:30x30

Duration: 15 Mins

3v3v3 transition game: Three teams of 3, one of the teams starts out as the defending team. If one of the two other teams lose the ball they are the new defending team against the other two teams. The teams must react quickly if their team gains possession or loses the ball.

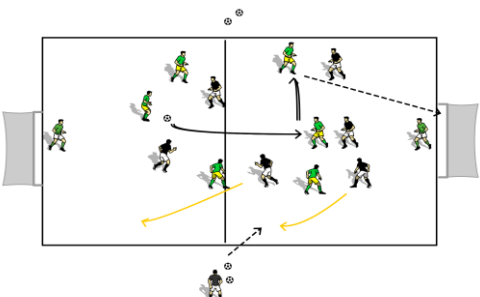
COACHING POINTS / KEY CONCEPTS

Recognize moment of transition

If a team gains possession they must recognize which team is now in the middle defending and which two teams have possession of the ball.

COACHING POINTS / KEY CONCEPTS

Help players and team to recognize when/where to transition back into the defensive half and deny the opponents the opportunity to penetrate



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ACTIVITY 3

Grid Size: 50x70

Duration: 15 Mins

6v6/7v7 game

When the ball goes over the end line, the ball starts with defending team at the midfield line. The coach designates which side, Usually the opposite side from where the attack just was.

Players should always be aware of the moment of transition.

COACHING POINTS / KEY CONCEPTS

Help players and team to recognize when/where to transition back into the defensive half and deny the opponents the opportunity to penetrate