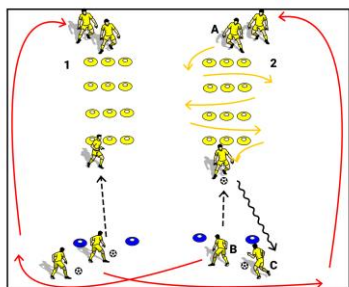


**OBJECTIVES-** transition - defending to possession


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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 and 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.

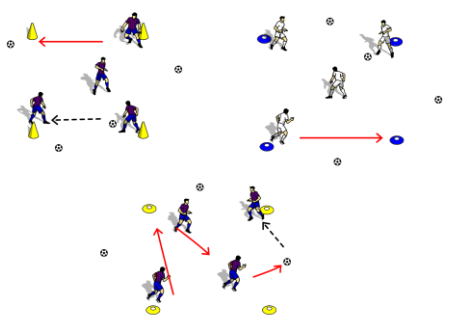
1. forward shuffle, sideways shuffle, 2 foot bunny hops, high knees

**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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**3v1**
**Grid Size:** 10 yds

**Duration:** 15 Mins

**Set up groups of cones up 10yds apart**

Groups of 4 players play 3v1 in a square shaped area.

Once the player in the middle touches or intercepts the ball he/she quickly take the place of the player who lost the ball and continues to play keep away from the player who lost the ball.

Extra balls should be placed around grid to have quick transition period.

**COACHING POINTS / KEY CONCEPTS**

Movement from teammates to always form triangles to keep possession.

Quick ball movement - 2/3 touch max

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



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**ACTIVITY 1**
**Grid Size:** 30x30

**Duration:** 15 Mins

**4v4v4 Transition**

Three teams of 4 players

Two teams work together to keep the ball away from the third team.

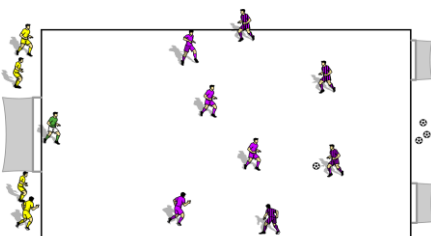
If the defending team wins possession or forces a mistake they join the attacking team. The team that lost it then becomes the defensive team.

Once the defending team transitions to attack, they should move into open spaces and be prepared to keep the ball away from the third team.

**COACHING POINTS / KEY CONCEPTS**

Once the defending team regains possession, look to see where your teammates are and be ready to possess the ball

Know what teams you are playing with. Must THINK AND MOVE



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**ACTIVITY 2**
**Grid Size:** 40x50

**Duration:** 15 Mins

**4v4 Transition.**

The attacking team starts by dribbling towards the big goal.

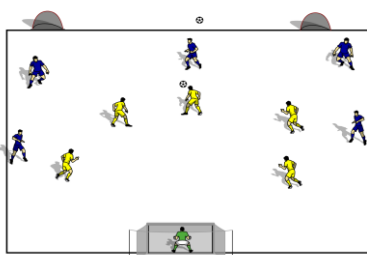
If the defending team wins the ball they break quickly to score on either counter goal, the team that gets scored on must defend the counter goals and they start with the ball

The team that scored goes behind the big goal and a new defending team comes on to defend the big goal.

**COACHING POINTS / KEY CONCEPTS**

Good defensive shape and Stay connected to teammates

When your team wins the ball - Break quickly into open space. Know when to dribble or pass



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**ACTIVITY 3**
**Grid Size:** 50x60

**Duration:** 20 Mins

**5v5 plus a GK to counter goals**

Teams play 5v5/6v6, and after every goal, teams switch sides, and the team that gets scored on sprints to the other side and gets a ball and attacks the goal/countergoals.

**COACHING POINTS / KEY CONCEPTS**

Defending team should stay compact and connected

break quickly and counter quick. Get back and get organized