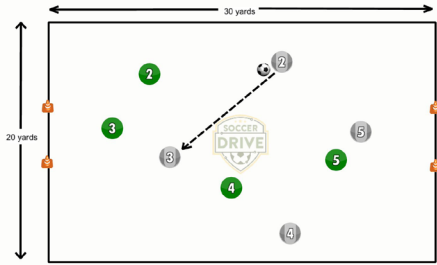




TRANSITION AND COMBINATION PLAY

AGE LEVEL: U12 TIME: 60 MINUTES



4 VS. 4 PLAY

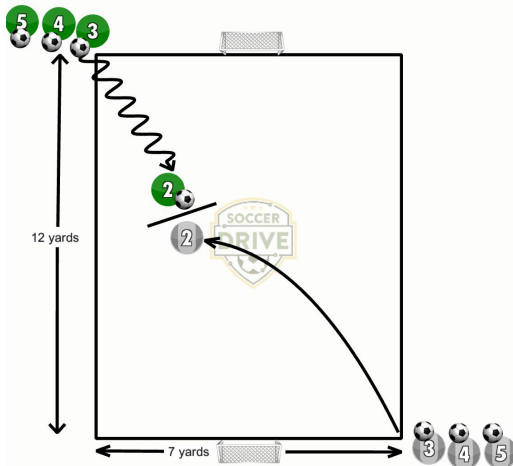
TIME 10 minutes

SETUP

- » Create two 30x20yd fields with a 2yd goal on each endline.
- » Divide players into four teams and play 4v4.
- » Play two-minute games, and rotate teams after every game to play a new one.
- » Encourage the teams to keep score, and try to beat each team they play.

COACHING POINTS

None. Let the players play and make mistakes. Only intervene if it is taking too long to get ball back in play.



1 VS. 1 TRANSITION

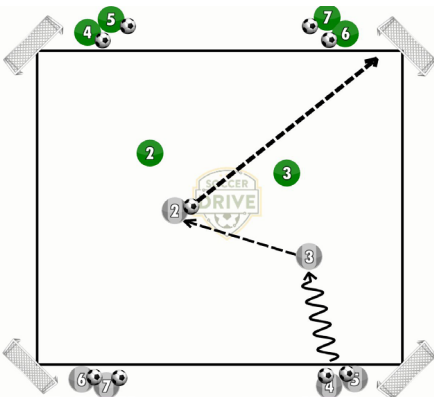
TIME 10 minutes

SETUP

- » Make two fields that are 12x7yds. Have a 1yd goal at each end of field.
- » Two lines per field, and every player has a ball.
- » Game starts by first player in one of the lines dribbling towards opposing goal. Player on opposing line comes out to defend without ball.
- » If a goal is scored, or it goes out of bounds, the first player in the other line immediately dribbles out to score, and the former attacker (now defender) stays on the field to stop them.
- » Keep playing with the lines alternating of who dribbles out when the ball goes out of bounds.
- » Players get the ball when they are out and return to their same line.

COACHING POINTS

- » Attacker must immediately transition to defense once a ball goes out of bounds. Show how to get in front of ball first, to deny shot, then pressure the ball to get the attacker's head down
- » This game is fast! Encourage players to get next ball in as soon as the last one goes out to get the new defender off balance!



2 VS. 2 TRANSITION

TIME 10 minutes

SETUP

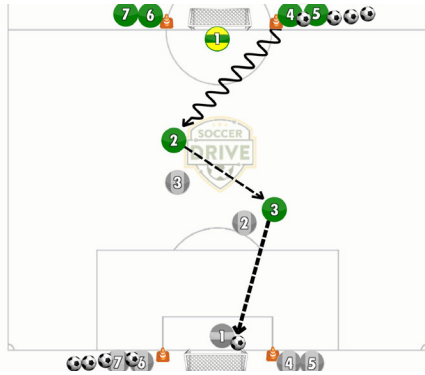
- » Field is 15x15yds with a goal in each corner of the field.
- » Four lines of equal players, each line has multiple balls.
- » Game starts with one team (of two players) dribbling out to attack the two goals on the other side. Two defenders come out.
- » If a goal is scored, the attacking players stay on the field, but a new ball is immediately dribbled in from the opposite goal that was scored in.
- » If the ball goes out of bounds without a goal being scored, the opposing team dribbles a new one in.

COACHING POINTS

- » This is 2v2, so once a goal is scored, the now defending team has to quickly get into good defensive shape of pressure/cover to cut out options for the other team to score.
- » Once goal scoring chances are taken away, immediate pressure needs to be put on the player with the ball to get their head down.
- » Players need to be constantly thinking about what their defensive responsibilities will be as soon as a goal is scored, or possession is lost.



TRANSITION AND COMBINATION PLAY



FLYING CHANGES

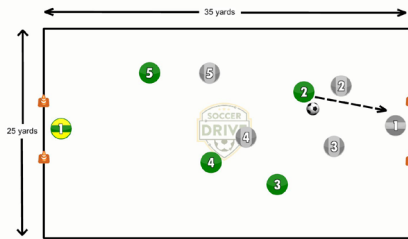
TIME 10 minutes

SETUP

- » Play in a 36x20 yd field and have a large goal on each endline.
- » Divide players into two teams, each split into two lines beside each goal.
- » Balls are split between two of the lines. - One team dribbles out and plays 2v2 against opposing two players.
- » If a team scores, the players on the scoring team stay on the field and the next two players dribble all ball out to attack them.
- » If the ball is shot and misses, both teams leave the field. A new ball is dribbled in by the team on the side the ball went out on.

COACHING POINTS

- » Same coaching points as above.
- » Encourage getting a new ball in quick to get the other team off balance.
- » Players need to be able to transition from attack to defense quickly to deny the opposing team scoring on them.
- » When team wins the ball, encourage them to find space quickly for themselves in order to take advantage of the door defensive shape of the team that lost the ball.



5 VS. 5 SCRIMMAGE

TIME 15 minutes

SETUP

- » Play 5v5. If your numbers are short, decrease size of field to 30x20 and play 4v4.
- » Cones for goals are 5yds wide and use goalkeepers.

COACHING POINTS

- » None! Just sit back and let them play.
- » Place a few cones down to divide the field into thirds to mark the 'Build-out Line,' and show them what they need to do when the GK has the ball.

END OF PRACTICE QUESTIONS:

- » When transitioning to defense, what is the primary role of the new defenders? (to deny a shot on goal).
- » Why is getting pressure on the ball so important? (to get the person's head down so they can't see a shot on goal, or the opportunity to pass to someone who could shoot).
- » When possession is won, why is it important to get wide and high on the field quickly? (The quicker you can transition to an attacking shape, the better you can take advantage of the opposition being in poor defensive shape).