

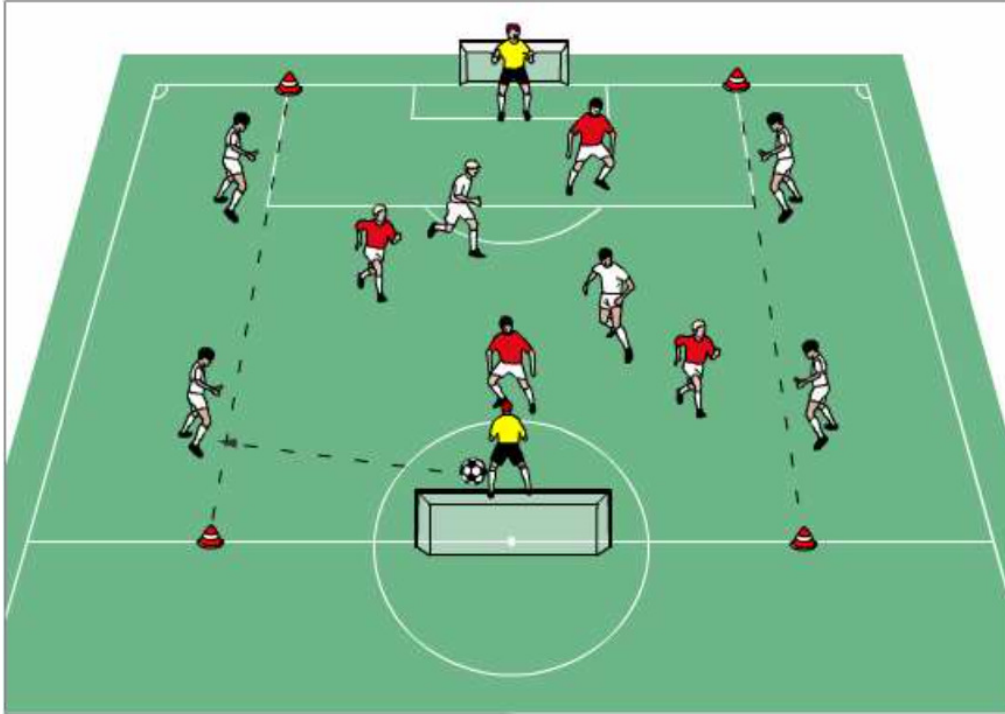
Transition 1

4 v. 2 in a 15 x 10 yard area playing with 1 goal with keeper

the 3 outside plus the keeper play possession (1 or 2 touch) vs the 2 inside players – when the inside player wins the ball, he immediately takes a shot at goal. If the keeper makes a save, resume possession play. Keep extra balls available to keep the game going.

Coaching Points

- The possession group will focus on lean, quick and accurate touches
- The keeper plays as a field player and improves his skills with feet
- The 2 inside players defend with the intent to win the ball and have an immediate shot at goal
- Make teams and keep score – make it competitive – set a time limit to play



Transition 2

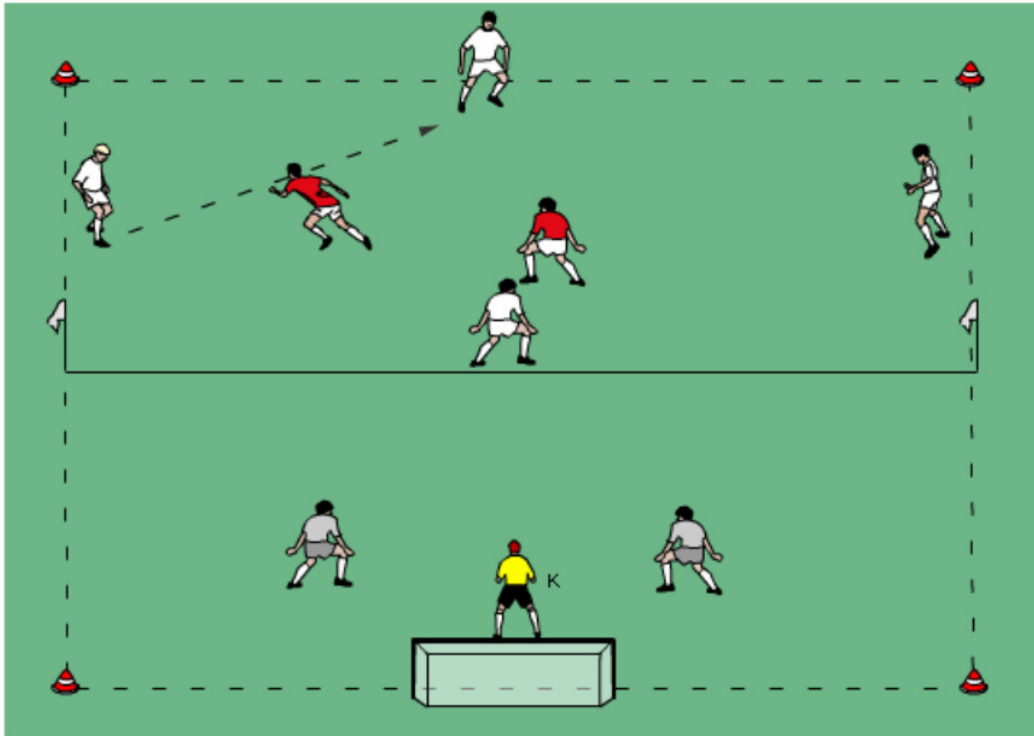
4 v 4 + 2 with keeper in a 30 x 25 yard area

The possession team includes the 4 outside players, the 2 inside players and 2 keepers – a total of 8 players in possession team. The 4 inside players must first defend and win the ball and they can attack at either goal, playing 4 v. 2. The team of 8 are playing possession, while the team of 4 is playing to score goals.

Play attacking players in the middle and have them win the ball and then attempt to score. Use backs and midfielders as the possession team.

Coaching Points

- Possession team: play 2 touch and keep the ball moving quickly with constant changing the direction of play. The inside players may play only 1 touch – great exercise for the keeper as field players. The 2 inside players will become defenders when the ball changes over
- Inside team: defend in a diamond shape and stay compact. Work hard and communicate – the reward is to attack wither goal



Transition 3

4 v. 2 in 2 zones to 1 goal with keeper

play in an area of 20 x 30 yards (2 of each)

2 areas of 20 w x 15 l

play starts with 4 v 2 in a possession game – when the 2 inside players win the ball, they play 2 v. 1 to leave the zone and then play 2 v. 2 in the other zone trying to score a goal. The 2 waiting players are the defenders in the second zone – should they win the ball, they return it to the 4 players of the first zone and the original 2 inside players and defend. If a goal is scored, the scoring group remains in zone 2 and the other group goes to zone 1 and plays 4 v. 2

Coaching Points

- Possession team has only 1 aim: keep the ball
- Defending 2 players must win the ball, win a 2 v. 1 duel, and then play 2 v. 2 and try to score
- The 2 waiting players must defend and play out to the possession players
- If they concede a goal, then they become the defenders in the first zone
- Divide into groups of 4 and rotate the players into different positions



Transition 4

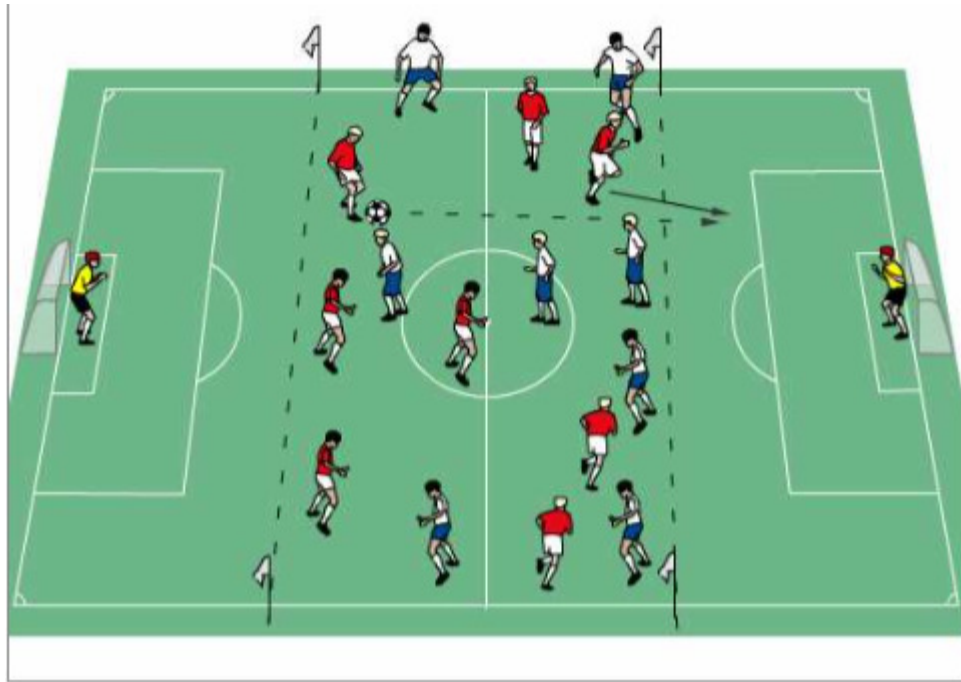
BUMPER!! 4 + 4 vs. 4 + 4 w 2 keeper in a 35 x 25 yard area

Inside players play 2 touch and the outside players play 1 touch. Very fast paced game and is all about scoring

Everyone is always involved and it is very competitive

Coaching Points

- Encourage shooting. Rebounds, first time shots off wide players pass or target players
- Outside players on toes
- Constant transition – defenders become attackers and vice-versa



Transition 5

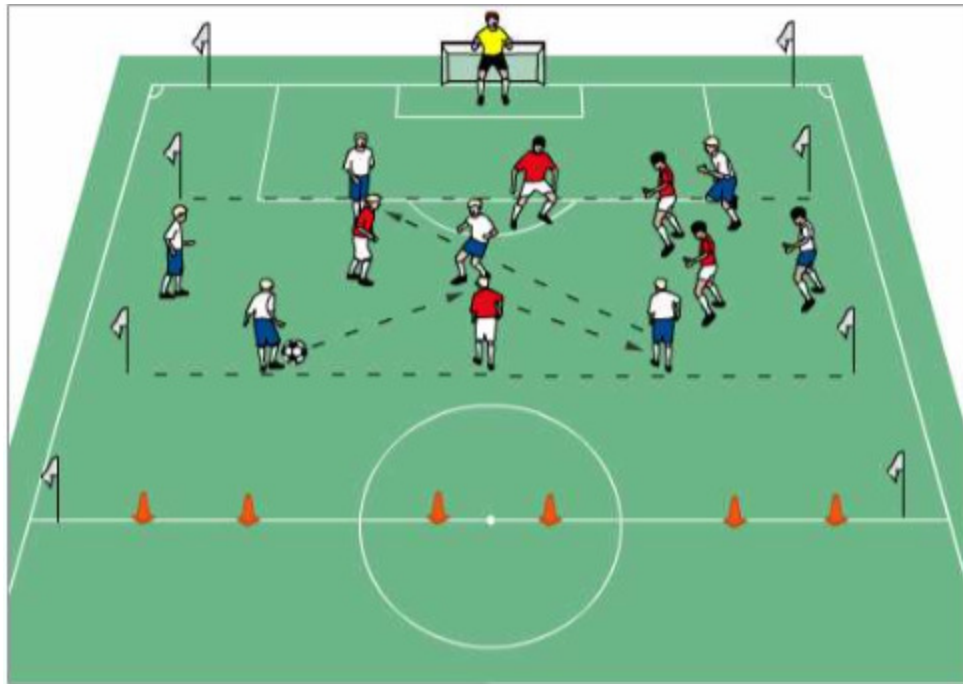
Breakout game

Use 3 equal zones of 30 – 35 yards across the full width of the pitch – 8 v. 8 with keepers

Teams play a possession game in the middle zone and on a turnover, the team winning the ball, should release the deepest player to go to goal. The player with the ball should look for and find that player and deliver a ball that will take the best chance possible to score. Any delay in the action will result in lower percentage chance at goal. You may choose to release a chasing defender or not. When the keeper gets possession, the ball is played back into the middle zone and possession starts.

Coaching Points

- Look for cooperation and communication when the ball changes to the attacking team. The timing of the run and the ball will be crucial to the success of the breakout
- Defenders try to deal the ball being played into the attacking zone – put immediate pressure on player with ball



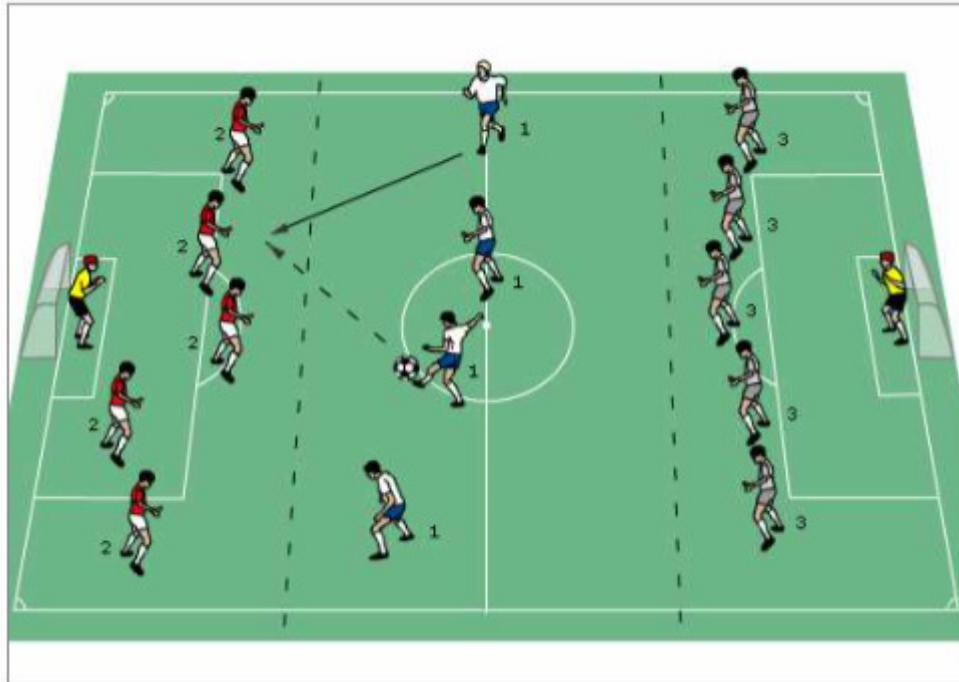
Transition 6

7 + keeper vs. 5 in 3 zones of 25 yards x 50 yards width

the team of 5 plays to the goal with the keeper, while the team of 7 play to the small goals. The team of 5 must transition to goal within 4 touches, while the team 7 + k must play 2 touch to the small goal

Coaching Points

- The team of 7 must open the field up with a good shape in order to keep possession
- The team of 5, must stay compact in defence
- Keeper plays with team of 7



Transition 7

Turnover Game

In this game 3 even numbered teams play to 2 goals with keeper in 3 zones. Team 1 will attack, team 2 will defend and team 3 will be waiting.

Team 1 attacks team 2 – should team 2 win the ball, they must clear out of the back zone into the middle zone with ball possession. They can then regroup and build an attack vs. team 3 at the opposite end of the field. If an attacking team scores, they keep the ball and attack the third team

Coaching Points

- Value the possession – get a good shape and keep the ball
- Look for chances to score
- When possession is lost, immediately transition into defence
- Once the ball is in the middle zone, under pressure play stops

