

## Session 11– Transition from Ball Possession to Ball Possession Opponent.

### Passing Practice – 15 Minutes

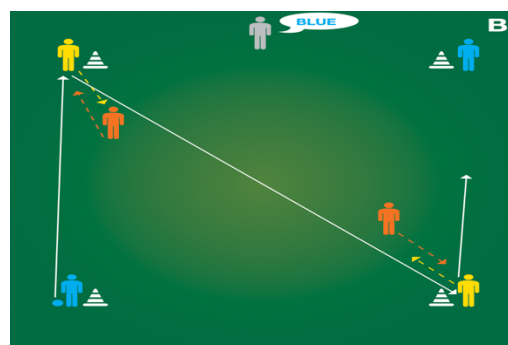
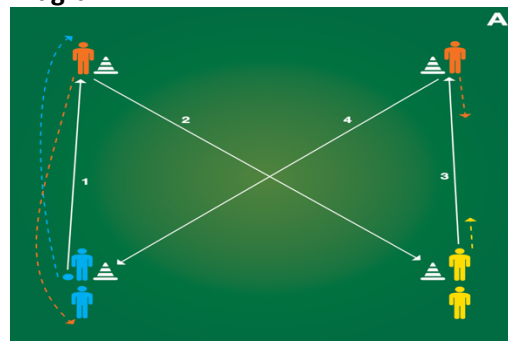
#### Organisation/ Explanation

- Playing Area: 15m x 15m.
- Players set up as shown in the diagram.
- Passing sequence in logical order (1-4) and players then run to their opposite side. Don't follow their pass.
- Change direction regularly.
- Encourage good ball speed and accuracy.

#### Progression

- Perform the same exercise in diagram A but one pair now act as passive defenders as shown in diagram B.
- Players now stay in their positions and don't run to the opposite side.
- Change direction regularly.

#### Diagram

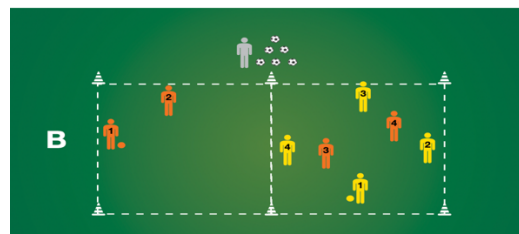
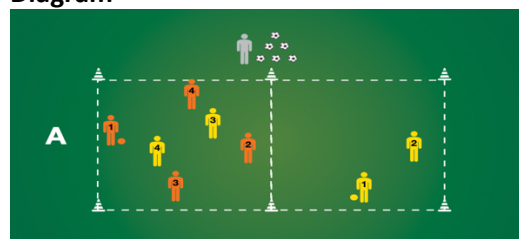


### Positioning Game – 20 Minutes

#### Organisation/ Explanation

- 4 v 2 positioning game with 8 players.
- 8 players divided into two groups as shown in the diagram.
- Playing Area: 10m x 10m / 15m x 15m depending on players ability.
- Session set up as illustrated in diagram A.
- Orange team look to keep possession from defending yellow players in a 4
- If yellow win the ball through or the ball goes out of play, the game immediately transfers across (diagram B) with two orange players immediately defending four yellow players.

#### Diagram

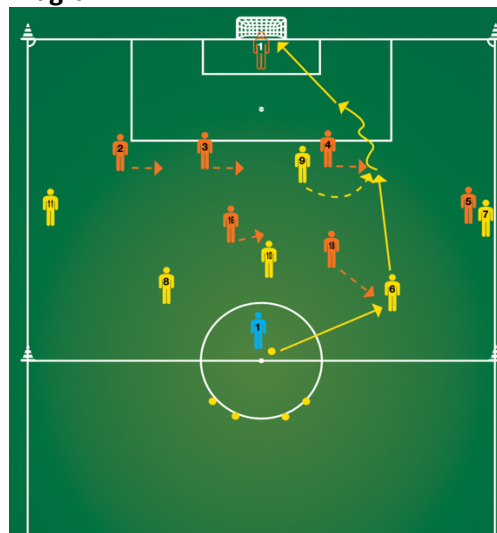


## Game Training – 20 Minutes

### Organisation/ Explanation

- Transitioning game. Yellow team with the ball then without the ball, orange team without the ball then with the ball.
- Session set up as illustrated.
- Playing Area: Half pitch depending on the players ability.
- Blue goalkeeper has a dual role.
- Practice starts with blue goalkeeper feeding into the yellow team.
- Objective for the yellow team is to keep possession and try to score against the orange goalkeeper.
- Objective for the orange team is to win possession off the yellow team, maintain possession and try and play forward into the hands of the blue goalkeeper.
- The yellow team must try and stop the orange tea, quickly transitioning the ball to the blue goalkeeper.

### Diagram



## Training Game – 20 Minutes

### Organisation/ Explanation

- Same organisation as the game training component of the session.
- Non-stop game with no coaches' stoppages.
- Coach only on the run.
- 3 points for every goal scored by yellow, 1 point for every time orange successfully get the ball into the hands of the blue goalkeeper.
- Usual game rules apply.
- Observe improvement in yellow's team's ability to collectively pressure the opposition immediately when they lose possession.

### Diagram

