

Session 12– Transition from Ball Possession Opponent to Ball Opponent

Passing Practice – 15 Minutes

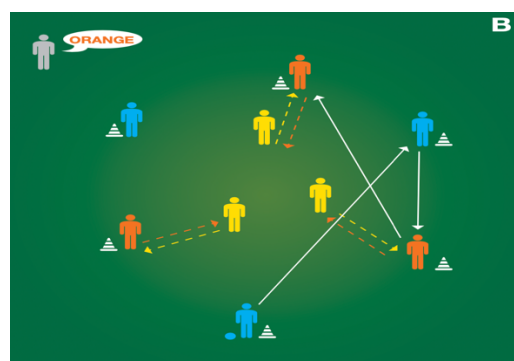
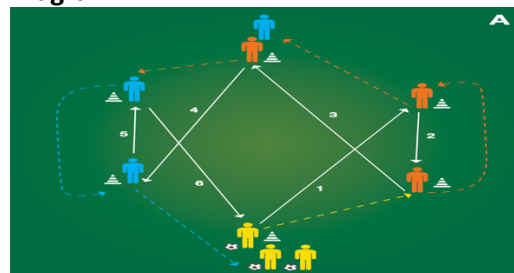
Organisation/ Explanation

- Session set up as illustrated.
- Playing Area: Cones set up 10m – 15m apart.
- Three teams of three as shown in the diagram.
- Passing sequence is random no logical order.
- Once pass is played player to move to the next cone in an anti-clockwise direction as shown.
- Players then follow the passing sequence illustrated.
- Change direction regularly.

Progression

- Perform the same exercise in diagram A but one pair now act as passive defenders as shown in diagram B on the coaches call of a colour.
- Players now stay in their positions and don't run to the opposite side.

Diagram

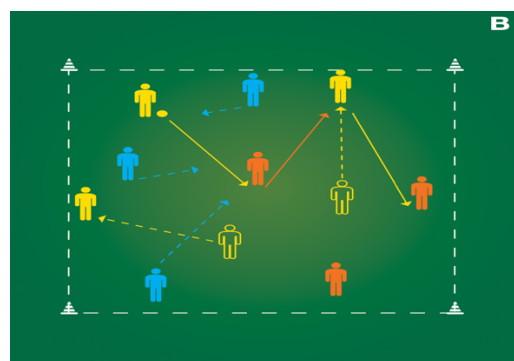
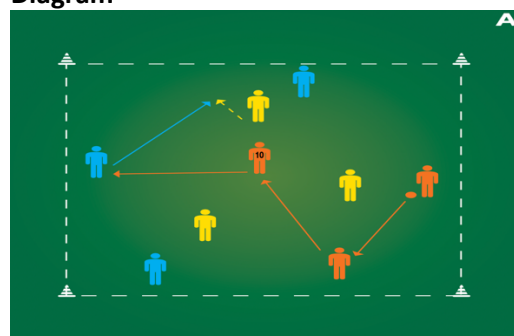


Positioning Game – 20 Minutes

Organisation/ Explanation

- 6 v 3 Positioning Game.
- Session set up as illustrated.
- Playing Area: 30m x 30m depending on the players ability.
- Practice starts with Orange and Blue team keeping possession from the yellow team.
- As shown in diagram B, if blue lose the ball, they immediately become the defending team against the yellow and red team. This will create the transition moment.
- **Step Up:** Reduce the size of the playing area or limit the amount of touches on the ball.
- **Step Down:** Make the playing area bigger.

Diagram

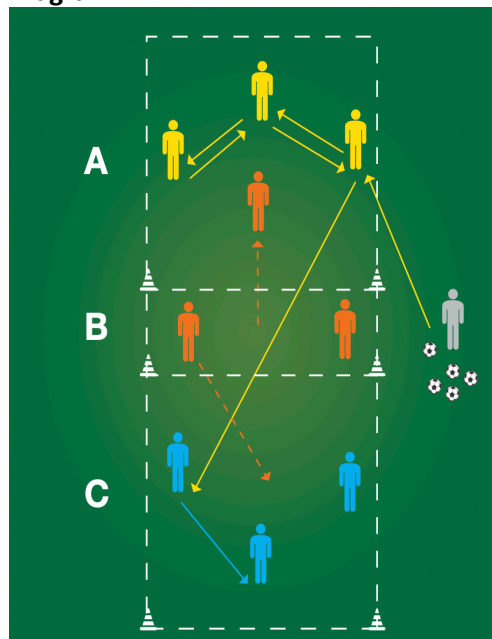


Game Training – 20 Minutes

Organisation/ Explanation

- 3 v 1 game training with 9 players.
- Playing Area: 12m x 12m (Grid A & C), 12m x 5m (Grid B).
- Session set up as illustrated.
- Coach starts the game by serving the ball into grid A as shown in the diagram.
- At that moment one orange player immediately defends the ball creating a 3v1.
- Yellow team look to keep possession of the ball and play a killer pass across into grid C.
- If successful, immediately another orange player defends the ball against the blue team.
- If a team in possession loses the ball, they immediately transfer into grid b to become the defenders and the orange team swap and become a team in possession.
- Emphasis on quick transitioning.
- Step Up: make the playing area smaller or limit amount of touches on the ball.
- Step Down: make the playing area bigger or unlimited touches on the ball.

Diagram



Training Game – 20 Minutes

Organisation/ Explanation

- 6 v 6 + 1 goalkeeper training game.
- Playing Area: 40m x 40m depending on the players ability.
- Session set up as illustrated.
- The goalkeeper acts as a neutral player.
- Practice starts with the coach located serving the ball to the yellow team as shown in the diagram.
- Objective for yellow team is to try and score.
- If the yellow team score. Game restarts with coach serving the ball to a yellow player.
- Objective for the orange team is to win the ball and score in the two small gates.
- If orange win the ball and score, the coach immediately serves the ball to an orange player and the orange team now look to score the other way in the big goals with the yellow team defending the goal.

Diagram

