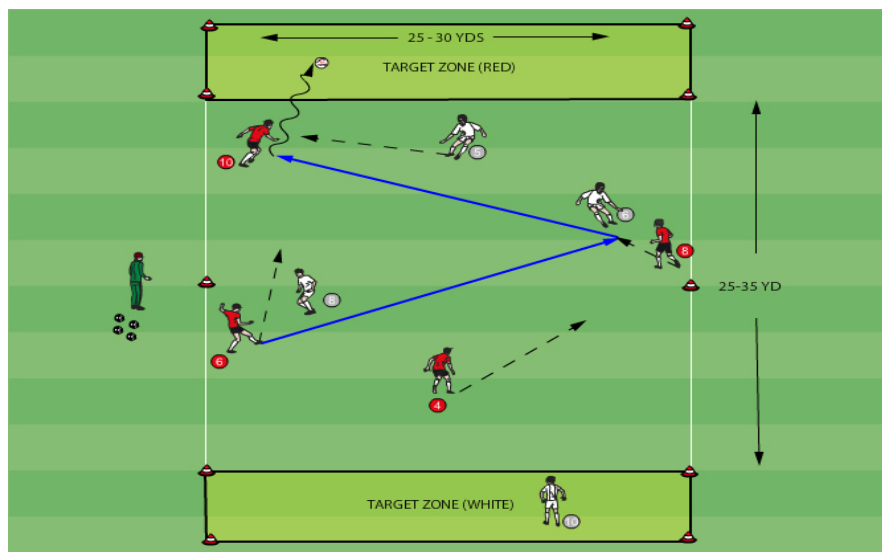




TRAINING EXERCISE

Transition to Defend (4v3 +1 Target Zones)



Transition
Defending Principles
Aerobic Power



U9 to U15



8 to 16 Players



Vests- 2 colored sets @ 4, 12 Field Markers, 6-8 balls



Intensity: High



00:24 min
(4 x 03:00 min, 03:00 min rest)

Objective

Reinforce defending principles for a functional group- the central channel players #4, 5, 6 and 8. Challenge the #4, 6 and 8 to transition from attacking into effective defending roles and positions. Define the defending roles of the #6 and #8 in the central channel. Reinforce and strengthen the communication and defending cooperation between the 4 or 5 and the two central midfielders in front of them (#6, #8)

Description

A small-sided competition focused on transition to defend an opponent's penetration into an end zone.

Key Points

Challenge the #4, 6 and 8 to transition from attacking into effective defending roles and positions. Define the defending roles of the #4, #6 and #8 in the central channel. Reinforce and strengthen the communication and defending cooperation between the 4 or 5 and the two central midfielders in front of them (#6, #8)