To Improve the Team's Ability to Transition to Attack in the Defensive Half

**Objectives 5W's**

**1. WARM UP**

<table>
<thead>
<tr>
<th>Duration</th>
<th>Intensity</th>
<th>Activity Time</th>
<th>Recovery Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>18 Min</td>
<td>Med</td>
<td>4 Min</td>
<td>2 Min</td>
</tr>
</tbody>
</table>

**ORGANIZATION** - (Physical Environment / Equipment / Players)

Area: 75W x 45L yard field with 1 goal and 2 targets

5v3 to Goal and 2 Targets-Target (Red): #1, #2, #3, #4, #5 - Opposition team (White): #8, #9, #10 - Targets: (Red) #6 and #8. After regaining the ball the Red team will transition to the attack by getting wider and try to pass to either of the target players to score. Ball starts with the White team.

**COACHING POINTS / KEY CONCEPTS**

- Technique - Passing, Receiving, Dribbling - Tackling to win possession
- Maintaining Possession/Playing out of Pressure - When to pass, when to dribble?

**2. SMALL SIDED ACTIVITY**

<table>
<thead>
<tr>
<th>Duration</th>
<th>Intensity</th>
<th>Activity Time</th>
<th>Recovery Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>21 Min</td>
<td>Med</td>
<td>5 Min</td>
<td>2 Min</td>
</tr>
</tbody>
</table>

**ORGANIZATION** - (Physical Environment / Equipment / Players)

Area: 75W x 60L yard field with a regular goal and 2 targets

7v5 to Goal and 2 Targets - Target team (Red): #1, #2, #3, #4, #5, #6, #8 - Opposition Team (White): #7, #8, #9, #10, #1. After regaining the ball the Red team quickly transition into the attack and try to score by passing to either of the target players.

**COACHING POINTS / KEY CONCEPTS**

- Techniques of: Passing, Receiving and Dribbling - Tackling to win possession
- Maintaining Possession/Playing out of Pressure - When to pass, when to dribble?

**3. EXPANDED ACTIVITY**

<table>
<thead>
<tr>
<th>Duration</th>
<th>Intensity</th>
<th>Activity Time</th>
<th>Recovery Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>24 Min</td>
<td>Med</td>
<td>6 Min</td>
<td>2 Min</td>
</tr>
</tbody>
</table>

**ORGANIZATION** - (Physical Environment / Equipment / Players)

75W x 90L yard field to regular goals

10v9 to Regular Goals - Target team formation 1-4-1-4 (#1, #2, #3, #4, #5, #6, #7, #8, #10 and #11) - Opposition team formation: 1-2-3-3 (#2, #3, #6, #7, #8, #9, #10, #11). Play the game to score in the opponents goal.

**COACHING POINTS / KEY CONCEPTS**

- Techniques of: Passing, Receiving and Dribbling
- Recognition of Transition moment - Maintaining Possession - Risk v Reward

**4. GAME**

11v11

<table>
<thead>
<tr>
<th>Duration</th>
<th>Intensity</th>
<th>Activity Time</th>
<th>Recovery Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>36 Min</td>
<td>Low</td>
<td>15 Min</td>
<td>3 Min</td>
</tr>
</tbody>
</table>

**ORGANIZATION**

In full field (75Wx112L) play 11v11. All FIFA Laws apply. Target Team plays 1-4-3-3 Opposition plays 1-3-4-3

**COACHING POINTS / KEY CONCEPTS**

Recognition of Transition, Speed of Play, Maintain Possession, Risk v Reward