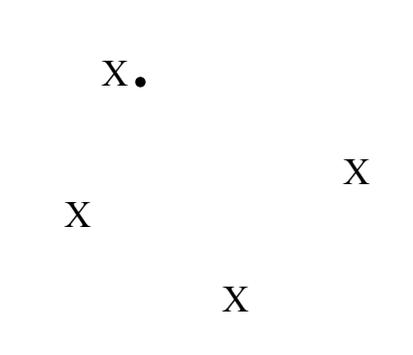
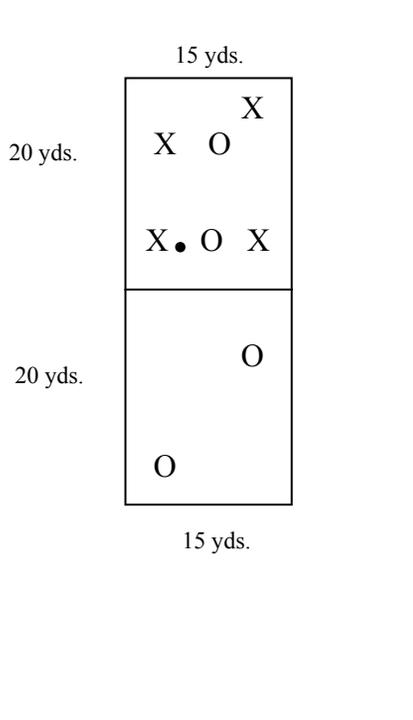
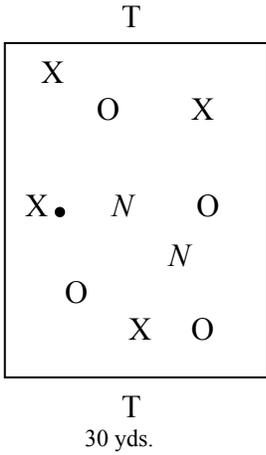
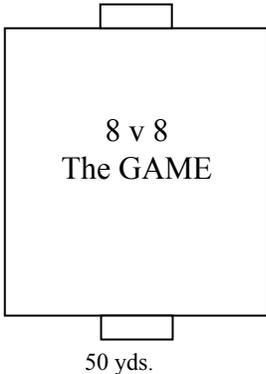


Topic: **Transition to Attack**

Organization	Variations	Diagram	Coaching Points
<b>Unrestricted</b>			
<p>Divide team into 3 or 4 groups. Each group begins with one ball passing and moving collectively. Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Vary the distance between both short and long range passing.</li> <li>▪ Two touch mandatory.</li> <li>▪ One touch mandatory.</li> <li>▪ Two touch, one touch alternating after each pass.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Body mechanics and technique</li> <li>✓ Accuracy and speed of pass</li> <li>✓ Implications of first and second touches</li> <li>✓ Keep the ball moving</li> </ul>
<b>Restricted</b>			
<p>4 v 2 + 2 transition exercise (two 15 x 20 grids, or as needed, end to end). Encourage immediate and effective transition in the attack.</p>	<ul style="list-style-type: none"> <li>▪ When the defending team wins the ball, they immediately play to their two teammates in the other grid and transition to support the ball in possession. The two nearest players from the attacking team immediately transition to the other grid and defend. Play is continuous.</li> <li>▪ Limit touches of the team in possession.</li> <li>▪ If the team in possession loses the ball out of bounds, play immediately transitions to the other team and grid.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Quick transition and penetration once possession is gained</li> <li>✓ Correct supporting angles (width and depth)</li> <li>✓ Disguise and deception of pass</li> <li>✓ Verbal and visual communication</li> </ul>

Topic: **Transition to Attack**

<b>Counter Targets or Goals</b>			
<p>4 v 4 + 2 neutral players and 2 target players (30 x 50 area or as needed). Neutral and target players play for team in possession. Utilize goalkeepers as target players to encourage linking with the team and improving distribution with their feet.</p>	<ul style="list-style-type: none"> <li>▪ Object is for attacking team to link with a target player. Once they successfully link, they immediately transition the opposite direction.</li> <li>▪ Goals are scored by linking with the target player and keeping possession while attacking the opposite direction.</li> <li>▪ Limit the number of touches to increase speed of play and movement off of the ball.</li> <li>▪ Limit the number of touches for the neutral and/or target players.</li> </ul>	<p>50 yds.</p>  <p>30 yds.</p>	<ul style="list-style-type: none"> <li>✓ Supporting shape and balance in the attack</li> <li>✓ Change of rhythm to exploit opportunities to penetrate</li> <li>✓ Speed of play and thought</li> <li>✓ Movement and timing of 2<sup>nd</sup> and 3<sup>rd</sup> man runs</li> </ul>
<b>Two Goals</b>			
<p>7 v 7 with goalkeepers to two large goals (50 x 70 or as needed).</p>	<ul style="list-style-type: none"> <li>▪ Possible formation 2:3:2.</li> <li>▪ No restrictions.</li> </ul>	<p>70 yds.</p>  <p>50 yds.</p>	<ul style="list-style-type: none"> <li>✓ Quick and effective counter attacks</li> <li>✓ Look for early opportunities to switch the point of attack</li> <li>✓ Find the most efficient way possible to score</li> <li>✓ All of the above</li> </ul>
<b>Cool Down</b>			
<p>Players jog (dynamic movements). Stretch.</p>	<ul style="list-style-type: none"> <li>▪ Focus on major muscle groups.</li> </ul>		<ul style="list-style-type: none"> <li>✓ Reduce Heart Rate</li> <li>✓ Static Stretching</li> <li>✓ Review Session</li> </ul>