

Objectives:

1. DEFENSIVE TRANSITION

- Session 1: In the Defensive 1/3

From ball possession to transition to defense during the build up in the defensive 1/3. Turning the ball over by the flanks and by the center. Outnumber the back 4 with an overload of opponents.

- Session 2: In the Middle 1/3
- Session 3: In the Attacking 1/3

Week 5

Session 1

Focus: Transition to defense in the def 1/3. Flanks and Central areas.

Players: Back 4 + GK vs 5 to 6 forwards.

Field: ½ field

Warm up

1v1. The defenders pass the ball to their opponents and have to step up to play defense. From possession to transition to defense. If the defender gets beaten then the forwards can be reward by taking a shot in goal. If the defender wins it back, then game over. The ball starts always with the defense.



Coaching Points

- 1v1 defense techniques
- Vary the way the defenders serve the ball to simulate transition. For instance: tossing the ball with his back to the forward, tossing the ball sitting down, tossing the ball laying down on you stomach, roll over and toss the ball or even pass the ball and do a somersault.
- Be creative and invent a way to force the defenders to come from unbalanced body positions. Create unexpected situations for the defense to react and still defend as good as possible.

This session will have 2 progressions. It will consist of the Back 4 plus Goalkeeper trying to build up an attack from the defensive third and all of the sudden losing ball possession and being outnumbered by 5 to 6 opponents. Progression 1 will work on turning the ball over by the flanks and react to most common

situations that may be done by the opponent. Progression 2 will deal with turning the ball over by the central area of the defensive third and how to cope with counter attack from there (most common situations). Let the game flow and coach the players through the situations.

Progression 1

The ball starts with the left fullback that executes the rotation #1 thru the back 4 all the way to the right back. When the ball gets there, the right back will play it to the opponent (playmaker), simulating a turn over. Do it by the left and right side.



Coaching Points

- Note that the team building up is not focus in loss of possession. That mind set has to be shared among the players, preparing everyone for a possible turn over.
- Also as we build up forward we leave space behind us, suitable for a counter attack. The Goalkeeper and weak side players must be alert to a possible emergency (covering situation).

Here are some situations that may occur in this transition.



- The playmaker may pass to Player A who is overlapping.
- The playmaker may switch the point of the attack to central Player C.
- Player C can combine with players from the same side where the ball came from or keep switching to Player D.
- The playmaker may try to reach Player D directly.
- Others.

Let the game run. Coach the defense on how to deal with each one of these situations when they occur. As soon as the playmaker makes up his mind on which play will be developed, then analyze the defenders reactions/speed of action, tactical solutions (recovery runs and pressure) and technique.

The Overlap:

As soon as the right back turns it over, he should step up and press the man on the ball. If he is still beaten, then he needs to recover centrally. Automatically the center back from the same side will cover his back. The other two defenders must slide close to the side of the ball but no neglect a possible switch and position themselves in front of the goal as well.



Coaching Points

- Good pressure on the ball.
- Recovery runs. "If he is covering you, you get back and cover him".
- Watch runners coming from behind. Track them.
- Execute your 1v1 defensive technique as perfect as possible. Remember the defender is already outnumbered, so any isolation works in the defender's favor.

Solo Plays and Combinations:

When the playmaker finds Player B's feet, then B can either try to dribble thru the back 4 on a solo play tentative or combine with A. The center back from the same reads the pass and step up to press, at the same time the right back follow A so no combination occurs. The other two defenders slide and squeeze, and increase numbers around the ball.



Coaching Points

- 2v2 defend techniques. Press and cover.

The Switch:

The playmaker switches the point of the attack towards the center of the field, Player C. That is the option that gives a lot of time for the defense to recover its shape. While the ball is traveling towards the middle, the weak side center back becomes the main player to press the ball, and the other defenders drop back and cover his back.



Coaching Points

- First try to block this pass.
- Second try to intercept the pass. It is a difficult pass to be done, and it may be possible that the playmaker miscalculate the target and the ball lands on a different area. Be ready to collect short or wrong passes.
- As the ball travels in the air, it becomes predictable where it is going. So shift as fast possible to that side.
- In the example above do not let the left fullback alone. No isolation, stay compact.
- If the pass goes in behind the defenders, the goalkeeper should be alert for a possible chance to come out and collect the ball.

Progression 2

This time the turn over will be done in front of the 18-yard box – central area.



Let's go through the possibilities that a central playmaker has in this situation.

From Inside to Outside:

The Playmaker finds player B who will continue to play the ball outside and in behind the defense towards incoming Player A (wide option). From there a cross may happen or a diagonal penetration.



Coaching Points

- The right back mindset was possession, therefore he was wide open, when the center back turned the ball over centrally. There is a lot of space behind the right back position. B recognizes that and plays it to A, in quick transition. The right back should now track back, forcing the play outside and corner Player A against the sideline and end line, denying the cross.
- The left center back will switch places momentarily with the right center back and cover the right side, he is the closest. The right center back covers the middle.

Solo Play:

The right back was wide and the right center back made a mistake and turned the ball over. Even worse he steps up and get beat by the playmaker 1 touch pass to Player B. B sees the chance to penetrate in that gap towards the goal.



Coaching Points

- One way to minimize the damage is to have the left center back come over and intercept B and at the same time the right back recovers diagonally inside.
- The right center back then drops centrally.
- Squeeze as fast as possible.

Combination Play:

In this situation many combination plays could happen. Many. Lets just work with one possibility. The playmaker finds Player C that one touch the ball to incoming Player B in behind the right center back.



Coaching Points

- The left center back should first stop Player C to receive the ball and/or combine with B, by stepping up and press his actions.
- The right back needs to squeeze and track B's runs on the blind side of the play.
- The right center back needs to drop as fast as possible as soon as he realizes that his pressure on the ball was poor. No ball watching allowed, drop and help teammates – remember that he started the turn over so he should run double to salvage the play (instigate the attitude of recapturing the ball).

Shot:

C sees a chance to surprise the Goalkeeper by shooting from outside the box.



Coaching Points

- The right center back dropped quick and denied C to combine with player B. So that option is not available for C.
- The left center back has to step and reduce the space between him and C. Do not dive and over commit.
- Both fullbacks must squeeze immediately.

The Switch:

C receives the ball from the playmaker and turns. He plays the ball wide to Player D.



Coaching Points

- The left back that have squeezed, now has to move wide and deny Player D.
- It would be helpful with the left center back could block Player C of finding D's feet.
- The left center back and left fullback should double team and isolate D as soon as the ball goes wide.
- In the mean time the weak side players tuck in and cover the front of the goal and prepare to defend a possible cross.

BOTH PROGRESSIONS ARE 30 MINUTES LONG EACH. LET THE GAME RUN AND STOP WHEN IT IS NECESSARY TO CORRECT THE PLAYERS DURING THE FIRST 30 MINUTES. DURING THE SECOND 30 MINUTES TRY TO CORRECT ON THE FLY, DO NOT STOP THE GAME TOO MUCH OR DO NOT STOP AT ALL.

Cool Down – Jog and stretches