

Objectives:

1. OFFENSIVE TRANSITION

- Session 1: In the Defensive 1/3 - Practice to quickly transition to offense by playing by the same side where the ball has been recaptured, either thru quickly combination or thru a stretched ball in behind the defense. The idea is to reach the opponent's goal within 8 Seconds from the moment the ball is gained back.

- Session 2: In the Defensive 1/3

- Session 3: In the Attacking 1/3

Week 3

Session 1

Focus: Transition to Offense by the same side of ball recapture in the Def 1/3.

Players: 16 players + 2 GK's

Field: ½ field

Warm Up

Groups of 4 players and 1 ball. The first variation simulates the Attacking Midfielder laying off a ball to a fullback, which will play it long to a forward on a deeper position. Rotate the players clockwise after each attempt.



Coaching Points

- Good time of runs and lots of checking runs to the contrary direction.
- As soon as the ball is played forward all members must move up.
- Feel free to create your own combination.

Progression 1

A much simpler variation and very common in the game. A direct lay off from full back straight to the

center back, who is going to play a deep pass in the attacking field. The attacking midfielder performs an inside-out run and the forward does the opposite. Rotate the players.



Coaching Points

- Quality of the ball served by the center back. Make sure to do it as a pass and not just a kick up field.
- Time of the runs from attacking mid and forward.
- Ball reception technique.
- Fell free to create your own combinations.

Progression 2

Insertion of pressure. 4v2. The 2 defenders should play on a 1:1 formation against the 4. The ball is passed by the defense either to the center back or fullback's feet. The idea is to get in beyond them and reach the half way line as fast as possible and as safe as possible. If defense wins the ball back again then game over, no counter. Later on add counter from the defenders, which will force us to defend as we did on Week 2. Sub the defense in. Rotate defense with offense, and then switch sides (left players go to the right and right players go to the left side of the field).



Coaching Points

- Look deep first.
- Be available and give the man on the ball a satisfactory angles to work with.
- Numbers up and support once the ball finds an outlet.

Progression 3

Expand the field and play 4v3. The opposition plays on a 1:2 formation. Same execution as Progression 2.



Coaching Points

- Take advantage of the parallel line pass with the bigger field.
- Less passes is the ideal scenario.
- Angles and time of runs. Offer and re-offer help when off the ball
- Numbers up after the ball is played forward.

Progression 5

Finalize the session with a 4v4 game going to goal. Player must dribble thru the gates or run thru a gate without the ball and receive the ball from a teammate's pass thru the opposite gate.



Coaching Points

- A certain point ask to an specific team to play low pressure and try to win the ball into their defensive field (behind the yellow cones). That should invite the opposition to come forward and create space behind them. Once the ball is won try to play and move forward as fast as possible.

Cool Down