

## Objectives:

### 1. OFFENSIVE TRANSITION

- Session 1: In the Defensive 1/3
  - Session 2: In the Middle 1/3
  - Session 3: In the Attacking 1/3
- Transition in the Attacking 1/3 + Finishing

## Week 7

### Session 3

Focus: Transition in the Attacking 1/3 + Finishing

Players: 18-22 field players including 2 Goalkeepers.

Field: 2/3 of a full field.

### Warm up

Brazilian warm up without the ball. Dynamic stretches and ballistic movements.

### Progression 1

Transition game going to goal. 3 + 2 v 3

The white shirts will attack the black shirts. The two red shirts are two extra forwards and they always play with the attacking team (the pairs of red shirts remain in their halves of the field during the entire game). If the white shirts either score or the ball goes out of bounds, a new game starts from the goalkeeper's hand – now going the other black shirts versus blue shirts. But if the white shirts do not score and the black shirts steal the ball during the run of play, then they can quickly counter attack the other way against the blues. In any situation if the white shirts game is over or they get defeated then they have to stay on the top half and wait as defenders until a next opponent comes and attack them.



### Coaching Points

- Be direct and aggressive going to goal.
- Shooting is also an option. Players are in the attacking 1/3, very close to goal, so shoot.

As you see below, the game white vs black is over (either because of a goal, ball out of bounds or the black shirts stole the ball and transition into the other half) and now we have a new game black shirts vs blue shirts going the other way. If the Black score or the ball goes out of bounds or the blues transition into the other half then we have another new game blues vs white. Black shirt exits the field and orange position themselves for a next game in the bottom half.



### Coaching Points

- If a defending team steal the ball from an attacking team it does not mean the game is over. As in the diagram above. Black vs blues. If the black shirts lose the ball to the blues and, the blues are in the process to transition to the other half, the black shirts should not quit until the blues or the ball enter the top half. If the ball is still in the bottom half the black team should fight to get the ball back and never quit before the end.
- A transition into the other half can be done thru dribbling or thru a penetrating pass direct to one of the red shirts.
- Think about: quickness, numbers up, aggressive runs in the attack, direct game, quick combos, minimize touches on the ball, see the goal and chances to finish, diagonal runs off the ball, follow for rebounds or to receive an assistance, sustain the attack if the goal does not happen, go to possession mode if penetration is not available.

### Progression 2

2 games of 4v4. The defending team starts with the ball always and they score on the small sided goals. The attacking team chases and as soon as they gain ball possession they have 10 seconds to capitalize an opportunity to score a goal, if they fail then game is over, and a new restart takes place.



As you can see the attacking team has stolen the ball and they are playing towards the goal within 10 seconds.



### Coaching Points

- Variation 1: have the defending team complete 10 consecutive passes before going to the small-sided goals. That may give the attacking team a chance to steal the ball and counter attack.

- Variation 2: have the attacking team play an indirect free kick (short, quick and good) every time they regain the ball possession and before they counter to goal.
- Variation 3: the teams switch roles every time the defending team scores in the small-sided goals. But the games always restart from the goalkeeper's hand and the defending team in possession (whoever they are).

### **COOL DOWN**

- Jog and Stretches.