

## **Objectives:**

### **1. DEFENSIVE TRANSITION**

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

## **Week 5**

### **Session 2**

Focus: Transition to defense in the Middle 1/3.

Players: Back 4 + 2 Holding Midfielders GK vs 6 forwards/Midfielders.

Field: ½ field

### **Warm up**

Transition flying changes 2v2. A attacks B. If A scores (or the ball goes out of bounds that way) then C attacks A right away. A jump in transition to defense against C. B exits the field. But when A is playing B and B scores (or the ball goes out of bounds this other way), then it is A out of the game and D attacks B. And so on.

### **Coaching Points**

- Prepare players for high tempo transition with special attention to the defensive one.
- Execute 1v1's and 2v2's defense at precision of pressure and covering.
- Goalkeeper must sense when to come out of the goal and intercept breakaways.

### **Progression 1**

At the middle 1/3 a Back 4 + 02 holding midfielders execute rotation #1 free of pressure.

Then rotation #2 thru the 02 holding midfielders. When the ball gets to the second holding midfielder he will then 01 touch pass and turn the ball over to one of the playmakers and simulate a transition to defense situation. At the moment the game turns into a 6v6 going to goal.



### Coaching Points

- The key here is to quickly change the mindset from build up to defense. To apply pressure on the ball is a must, but if for some reason it does not occur, then the concern is with the space behind the back 4 where a long penetration pass from the opponent could reach a fast incoming forward.
- If pressure on the ball occurs and the first defender gets beat, then a covering player should step up and try to win the ball from the opponent. Even if he gets beat he will at least disrupt the opponent's tentative of playing the long ball or dribble at the back 4. The action of the covering player will buy some time for the back 4 to drop and take that space away. That will keep the opponent in front of the defense for some time giving a chance to recovering midfielders to return and help.
- If the long ball occurs the goalkeeper has to be alert and come out of the goal.



The playmaker now has many options to play. The defense should deny them and recapture the ball back. When in possession the defenders should cross the line of cones in front of them and then the game is over. The game restarts with the other fullback and rotation #1 and #2 going the other way.

**Progression 2**

Now the back 4 + 02 holding midfielders have to play fullback 1 to fullback 2 to fullback 1 versus 2

forwards (100% pressure). If they complete the task then they will turn the ball over to a playmaker and the whole transition game starts over again. However, if during the build up play one of the forwards steals the ball then the counter attack starts right there, and the rest of the opponents join them.



### Coaching Points

- Even though the ball will be turned over at the end of the drill, the defense should try to play good possession game. The exercise aims transition to defense but it serves the possession objective as well.
- Now the need to sense danger is more realistic because there is always the potential danger to lose the ball to a forward that is much closer to the goal than the playmakers. Double the attention.
- Attention to space left in behind as a team builds up field and how vulnerable to counter attack the defense is. Be prepared for transition.
- Players must have the attitude of hunting for the ball back. Every time the pressure around the ball is high and the defense is relentless and ruthless.

### Progression 3

Finish the session with a regular 6 v 6 game. 3 teams of 6 = 2 attacking teams and keep the same defense over and over.



### **Coaching Points**

- Game variation: 2 defending teams and 1 attacking team. If the attacking team scores then they play offense one more time and the defensive team comes out and the new one comes in. If the defense team beats the attacking team by crossing the line of cones with ball possession, then the attacking team is out and the defense team turns around and plays offense versus the new defensive team from outside. Quick turn around and lots of transition moments.

### **Cool Down**

- Swimming Pool stretches.