

Objectives:

1. DEFENSIVE TRANSITION

- Session 1: Full Field
- Session 2: Team Needs
- Session 3: Full Field

Week 13

Session 1

Focus: Defensive transition

Players: 16-20 field players + 2 Goalkeepers

Field: 1/2 Field and Full Field.

Warm up

Brazilian warm up without the ball + Dynamic Stretches + Juggling BTB's (Brazilian Technical Balls).

Progression 1

7v7. 2 balls. Each will try to possess the 2 balls by the end of a 30 seconds bound. If a team has both balls then it is a point for that team. If both teams have a ball each then it is no point to anyone. Play up to 10 points.



Coaching Points

- Every out of bounds, stop the clock. Keep the game going but stop the clock to avoid cheating. Restart the clock when both ball are back on the field.
- This game will force the team with no ball to work on getting back.
- Transition to defense: immediate pressure, re-pressure, get back and occupy the spaces.

Progression 2

7v7 on full width. A team that completes 50 passes (non-consecutives) wins the game. Play 4-5 rounds.



Coaching Points

- This is a game to improve pressure on the ball right away when without the ball possession, and stay compact to no expose areas where the opponent can escape.
- Move as block and press as a unit.
- It is necessary energetic attitude and proactive mentality from the players without possession.

Progression 3

7v7 going to goal – full field. Both teams will play possession in the middle third for 30 seconds. After 30 seconds the coach signalizes that the team in possession is allowed to go to goal within 15 seconds. The team without the ball needs to transit into defense. Restart the game with both teams in the middle third.



Coaching Points

- There will be a lot of space to cover if a team has no possession after 30 seconds, therefore it is very important to sense the opponent's possible penetration into that area. A way to avoid it is to once again press the ball, cover his back and try to win the 2nd ball, deny the long pass in behind, and if not possible then drop and guard the goal entrance.

Progression 4

11v11 full field. The game starts with a team in the attacking half and the other one with all members behind the ball line. It is a regular scrimmage, but each team have specific strategies. The attacking team will try to beat the compact defense in order to score and simultaneously paying close attention to possible counter-attacks and transition to defense. Restart the game with ball possession to the attacking team in the attacking half. Switch the roles.



Coaching Points

- The attacking team must be ready for a possible change of possession.
- Players need to press immediately and get behind the ball line.
- The goalkeeper should position himself high up on the field and sweep everyone's back.
- Players in possession must also be ready to mentally shift into defense and act accordingly, with no time to decide if you should or not work defensively – JUST DO IT! The same energy spent to go forward should be doubled when needed to return to defense.

COOL DOWN

- Jog and Stretches
- Watch the Brazilian National Team Game on TV, WC South American qualifiers.