

# 12+ Week #10 -

# PLAY — PRACTICE — PLAY

#### "Transition to attack"

## **Dribbling move** Mardona

PLAY	
10 mins	

15

mins

**Play-** as players arrive have them join in a small sided game.

**Set Up-** 3V3 or 4V4 small games. -20yrds X 20yrds fields -Set up multiple fields if needed

Let them play

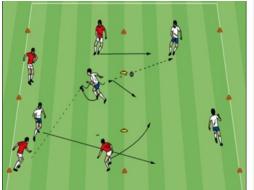
## **Activity Description**

## **Set Up Diagram**

## **Coaching Points**

#### 4v2+2 Transition:

In a 15x40 yard grid divided in halves, the #1 team of four players will keep possession against 2 defenders in one half of the grid. When the defending team wins the ball, they immediately play to their two teammates in the other grid and transition to support the ball in possession. Two nearest players from the attacking team immediately transition to the other halve and defend.



Quick ball movement

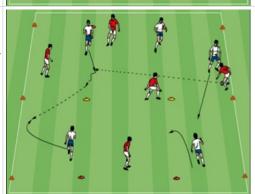
- -Supporting players must move for better passing angles
- -Split the defenders
- -Limit the touches to make it more difficult

#### 4v3+2v1 to End-zones Transition:

#2

15 mins

In a 30x40yd. grid divided in two halves with an end-zone at each end. In one half of the playing area a team of four players will try to score by dribbling or passing into the end-zone. In the other half, one defender will try to cover two attackers that will try to get the ball when the defending team regains the soccer ball and initiate the attacking transition.



Look for the penetrating ball when the defenders win the ball

-Attack quickly if you have numbers

### 5v5/6v6 + GK's:

In half a field two teams play to score by shooting at goal. Organize the teams with a formation such as:

Team 1: 3-2 or 3-1-2

15 mins

#3

Team 2: 2-1-2 or 2-3-1



Ouick counter attacks

-Look for chances to switch the field of play

# **Scrimmage**

**PLAY** 

11V11 Scrimmage

25 mins



Let them play



Organized-set up and ready to go Game like-activity must be game like Repetitions-repetition on what you are trying to achieve

Challenging-players need to be challenged Coaching-the right coaching based on the age/level of the players