



## Session 9 – Theme: Attacking With Transition to Defend

Duration/Coach	Topic	Description of the practice
11.00am – 11.40am	Goalkeeper Training	Handling
11.00pm – 11.10am	6 v 2 + 4 Rondo	A practice designed to warm players up with emphasis on passing, decision making and positional play
11.10am – 11.20am	Ball Mastery Warm up	A practice designed to warm players up for a session with an emphasis on turns, changes of direction, 1 v 1 moves and passing
11.20am – 11.40am	3 + 2 v 3 + 2 Dribbling, Running with the Ball and Combinations	A functional practice designed to improve players decision making in a high intensity game through dribbling, running with the ball or combinations
11.40am – 12.00pm	Attacking 3 v 2 with Transition to Defend	A functional practice designed to improve players passing, movement, finishing and Transition to Defend
12.00pm – 12.30pm	11 v 11 or 9v9 Game (2 x 12 min games)	1.4.3.3 or 1.3.2.3
12.30pm – 12.35pm	Cool Down and debrief	

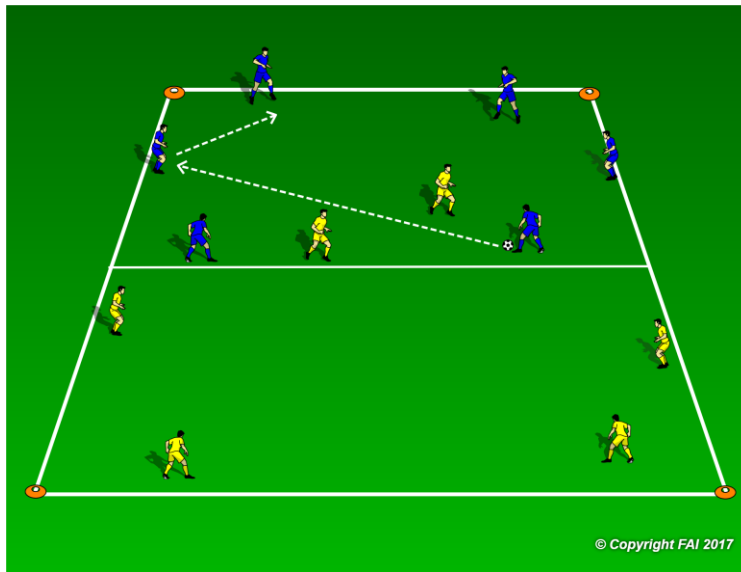


## THEME

6 v 2 + 4 Rondo

## DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A practice designed to warm players up with emphasis on passing, decision making and positional play



## ORGANISATION

- Area: 24 x 24 metres (each zone 12 x 12 metres)
- 6 blue players v 6 yellow players (6 v 2 in each zone)
- Both the blue and yellow players set up as seen above in picture
- Blue players start the practice with emphasis on keeping possession
- 2 yellow players look to gain possession of the ball and if successful, they then attempt to transfer the ball to the other zone to create a 6 v 2 overload for the yellow players
- blue players must transition to defend if they lose possession and if yellow players are successful in transfer of possession, 2 blue players must enter yellow zone and attempt to gain possession of the ball

## KEY FACTORS

- Quality and selection of pass – 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> line passes
- Body shape/first touch/back foot
- Angles and distance of support – looking to play in between and behind the opposition
- Width and depth – Penetrating pass (Up-back-through)
- Awareness of space and defender
- Patience in possession – no forced/rushed decisions
- Transition to defend – can we win ball back as quickly as possible
- Transition to attack – width and depth as quickly as possible

## NOTES

If players of a high quality encourage one/ two touch football when applicable

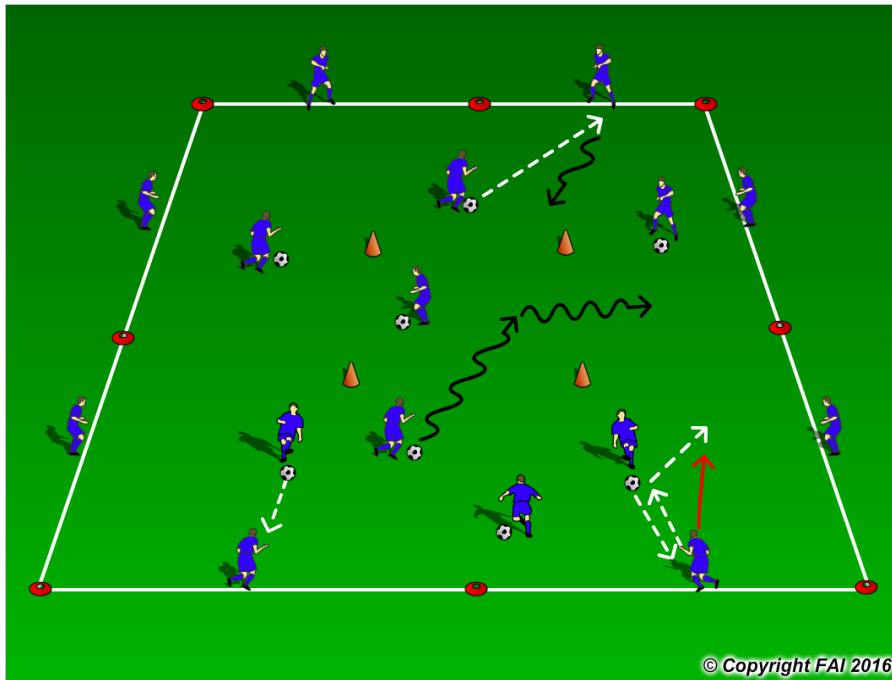


## THEME

Ball Mastery warm up

## DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A practice designed to warm players up for a session with an emphasis on turns, changes of direction, 1 v 1 moves and passing



## ORGANISATION

- Grid size 25 metres x 25 metres with small 5 metres x 5 metres square inside the area
- 1 ball for every 2 players
- Half the players inside the area with the ball and half outside of the area
- Players use inside small area to perform ball mastery – 1. Turns 2. Changes of direction 3. 1 v 1 moves and then then pass to outside player and swap roles
- Vary method of passing to outside player – Pass and switch, wall pass, pass and press

## KEY FACTORS

- Soft touch when space is restricted (Dribbling) larger touch when player see's some space (Running with the ball)
- Head up, scanning the area
- Change of direction
- Change of pace
- Awareness – where and when to turn/change direction

## NOTES

Start practice with dynamic movements and stretches then introduce footballs

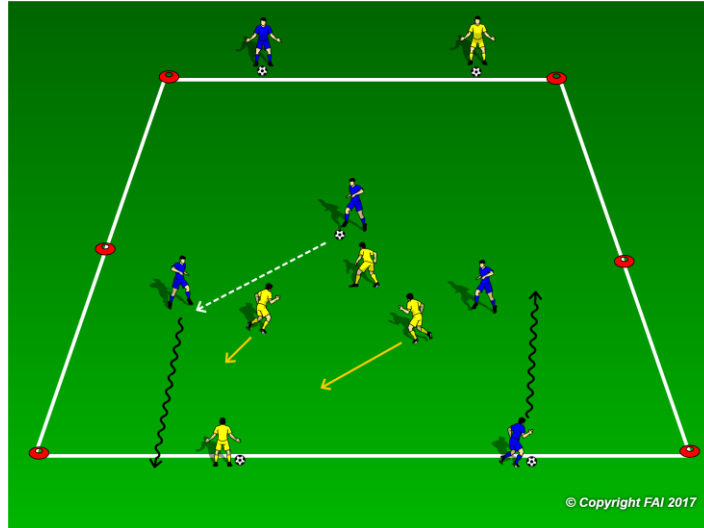


## THEME

3 + 2 v 3 + 2 Dribbling, Running with the Ball and Combinations

## DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A functional practice designed to improve players decision making in a high intensity game through dribbling, running with the ball or combinations



## ORGANISATION

- Area 30 x 20 metres
- 3 Blue players v 3 Yellow players in the area, with 1 Yellow player and 1 Blue player on each end line
- The players score by dribbling over the end line with the ball under control, once a player dribbles over the line, the end line player of same colour is allowed to join in and attempt to dribble over the opposite end line as seen by Blue players in the picture
- If the team out of possession wins the ball they must attack the opposite end line
- The players on the end line can move along the line to take advantage of any space in anticipation of their player crossing over the line

## KEY FACTORS

- Be decisive in all actions - movement, decision making, awareness and passing
- Know when to play 2 touch or 1 touch, dribble or run with the ball
- Combinations (Wall Pass, Over/Under laps, 3<sup>rd</sup> man runs)
- Weight and accuracy of pass
- Communication on and off the ball
- In possession can you play with your head up and recognize the moment to pass quickly through a gap
- Quick transition in both attack and defense
- Immediate reaction on winning possession, can you play forward pass? – transition with speed

## NOTES

High intensity practice play for 3 minutes with 1 minute Rest – Coach during rest periods (Active Rest)

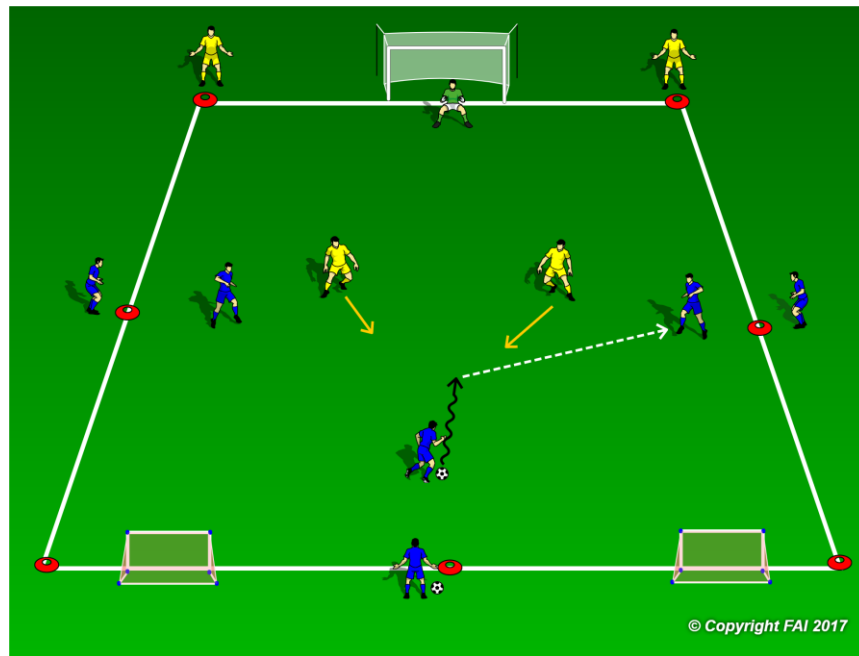


## THEME

Attacking 3 v 2 with Transition to Defend

## DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

A functional practice designed to improve players passing, movement, finishing and Transition to Defend



## ORGANISATION

- Area: 30 x 20 metres
- 3 Blue players v 2 Yellow players + 1 Goalkeeper
- Blue players start with possession and try to score
- The Yellow players must try and win the ball and if successfully can score into either of the small goals
- If the Blue players lose possession of the ball they must quickly Transition to Defend
- If Goalkeeper saves a shot from a Blue player, the game continues with Goalkeeper and Yellow players trying to score in either of the small goals

## KEY FACTORS

- Quality and selection of pass
- Body shape/Back Foot/First Touch
- Angles and Distance of support
- Awareness of space and defender – Attack defender to free players – Entice to exploit
- Finishing, assess position of Defender and Goalkeeper
- Transition to Defend – can Blue players win ball back as quickly as possible?
- Transition to Attack – can Yellow players play quick pass into either of the small goals?

## NOTES

Offside is in Play. Introduce time limit to score if players of a high quality



## THEME

11 v 11 Game Formation – 1.4.3.3

## DESCRIPTION OF PRACTICE (TECHNIQUE / SKILL)

11 v 11 game designed to improve players all round technique and tactical awareness



## ORGANISATION

- Formation 1.4.3.3

## KEY FACTORS

### In Possession

- Starting positions of Defenders – wide and high, open body shape, awareness and ready to receive on back foot
- Midfield with holding Midfielder (6) and 2 advanced midfielders (8 and 10)
- Quality and selection of pass – 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> line passes
- Body shape and first touch – looking to play forward
- Angles and distance of support
- Awareness and communication
- Transition to Defend if ball is lost, can they win it back as quickly as possible – Press as a unit

### Out of Possession

- Starting Positions – narrow and compact, make it difficult for attacking team to play through passes
- Midfield with 2 holding Midfielder and 1 advanced Midfielder
- Make play predictable, curved runs and getting them to play into traps
- The rest of the team move in relation to pressing players – Pressure/Cover/Balance
- Communication from players behind is key
- Opened body shape when Defending see ball and man
- When ball is won, look to play forward as quickly as possible through quality passing or dribbling