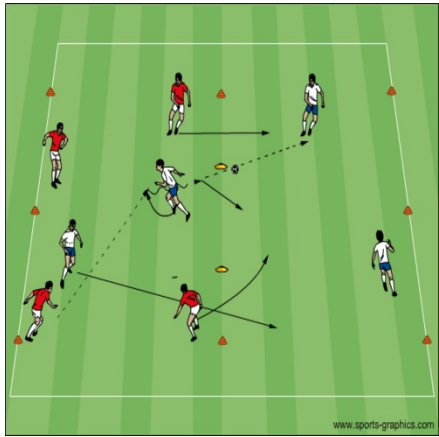
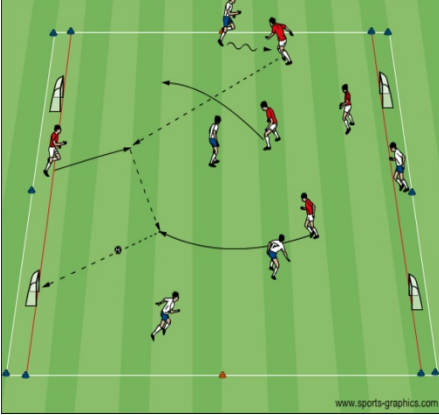



14U-18U *** Week 19

Topic: Transition to Attack

Technical Warm up	Organization	Coaching Pts.
	<p>4v2+2 Transition: In a 15x40 yard grid divided in halves, the 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 half and defend.</p> <p>Coach: Limit touches of the team in possession. If the team in possession loses the ball out of bounds, play immediately transitions to the other team and grid.</p>	<ul style="list-style-type: none"> • Quick transition and penetration once possession is gained • Correct supporting angles (width and depth) • Disguise and deception of pass • Identification of visual cues <ul style="list-style-type: none"> ◦ space – dribble the ball forward ◦ furthest player forward - pass • Communication <p style="text-align: right;">Time: 15 minutes</p>
Small Sided Game	Organization	Coaching Pts.
	<p>4v4+Targets – Transition: In a 30x40 yard grid two teams try to score by either passing the ball into any of the two goals on the end-line or dribbling over the end line. The target man only enters the field of play when his/her team regains the ball in order to offer him/herself as an option.</p> <p>Coach: The last player that connects with the target switches.</p> <p>Scoring: Pass to goal: 2 points Dribble in to the end zone: 1point</p>	<ul style="list-style-type: none"> • Quick penetration once possession is gained • If the ball cannot be played forward: <ul style="list-style-type: none"> ◦ look to possess, move the ball away from the area where possession was won • Speed of play and thought • Movement and timing of 2nd and 3rd man runs • Communication and Visual cues identification <p style="text-align: right;">Time: 20 minutes</p>
Exp. Small Sided Game	Organization	Coaching Pts.
	<p>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:</p> <ul style="list-style-type: none"> ➢ Team 1: 3-2 or 3-1-2 ➢ Team 2: 2-1-2 or 2-3-1 	<ul style="list-style-type: none"> • Quick and effective counter attacks • Look for early opportunities to switch the point of attack • Find the most efficient way possible to score <p style="text-align: right;">Time: 30 minutes</p>
Game	Organization	Coaching Pts.
11v11 Scrimmage	<p>Play with Goalkeepers. Encourage keepers to communicate with teammates.</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;">Time: 30 minutes</p>
COOL DOWN	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	