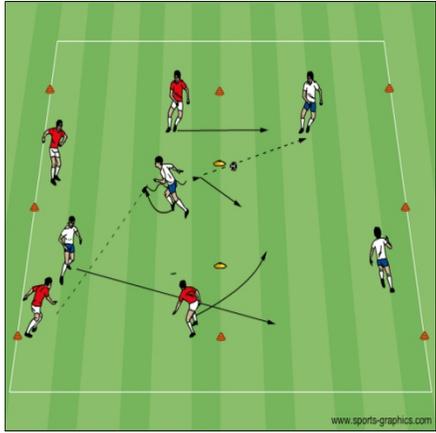
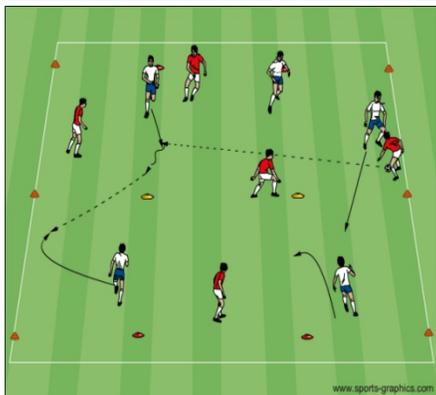
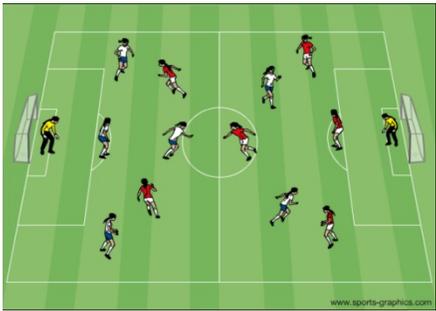


14U-18U *** Week 9

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>
<p style="text-align: center;">Small Sided Game</p> 	<p>4v3+2v1 to End-zones Transition: 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.</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 • Communication and Visual cues identification <p style="text-align: right;">Time: 20 minutes</p>
<p style="text-align: center;">Exp. Small Sided Game</p> 	<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>
<p style="text-align: center;">Game</p>	<p style="text-align: center;">Organization</p>	<p style="text-align: center;">Coaching Pts.</p>
<p style="text-align: center;">11v11 Scrimmage</p>	<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>
<p style="text-align: center;">COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	