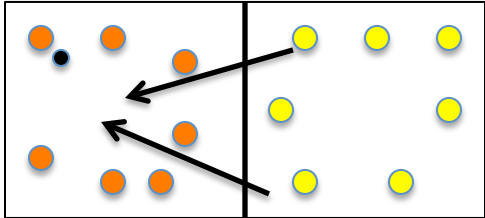
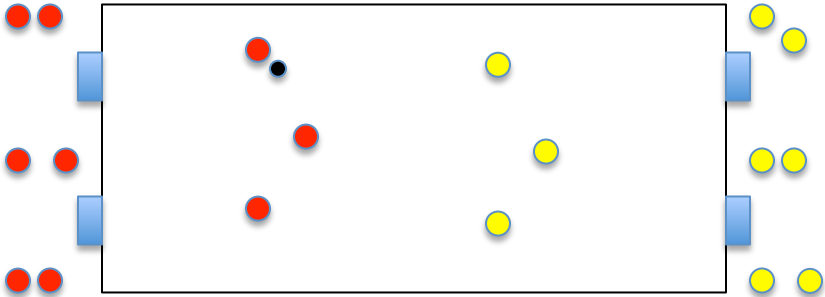
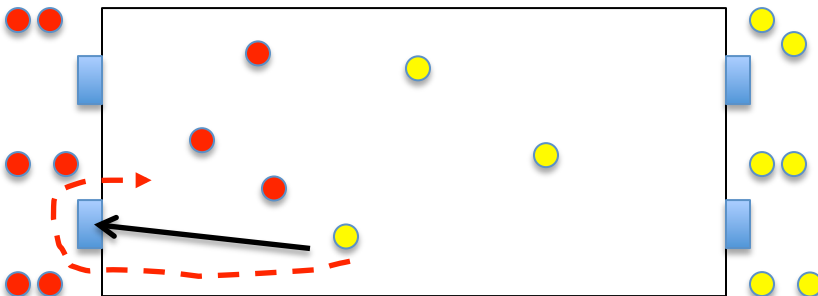


Practice Plan: Transition

<p>Objective</p>	<p>The focus of this practice session is to encourage players to recognize moments of transition, and to act quickly to respond to those few seconds when a numerical or special advantage is present.</p>
<p>Technical Warm-up 12 Minutes</p>	<p>Circle Warm Up: Organize players in a large circle, roughly the diameter of the center circle. Six players should have a ball. Progress through the following:</p> <ul style="list-style-type: none"> • Players with a ball begin to dribble into the center of the circle. Once they get about half-way across the circle, they find a player on the perimeter without a ball, and pass the ball to that player. The receiver now repeats the process. • Variation 1: The two players combine on a wall-pass on the perimeter of the circle. • Variation 2: Perform a change of direction/speed or deceptive move as you dribble across the circle.
<p>Activity 1 12 minutes</p>	<p>5v2 box keep-away: Organize two teams of 7 as shown below. The coach plays a ball into the grid with the red players, and immediately 2 yellow players from the opposite grid cross over and try to win the ball. If they do win the ball, they play it back across the line into their own square. They return to their home square, and two red players must quickly transition and try to win the ball back. If the ball goes out of bounds, the coach plays a new ball into the opposite side.</p>  <p>To add a competitive element, award each team a point for 5 consecutive passes. The coach should stand outside the grid at the midline, prepared to serve balls in rapidly. Encourage players to react quickly, transitioning both to offense on a possession change (try to get 5 passes quickly), and to defense (try to prevent 5 passes).</p>
<p>Activity 2</p>	<p>4-Goal Transition Game: This is a great game to emphasize transition, as well as giving players match-specific fitness. Organize a rectangle, roughly 35 yards long, by 20 yards wide. (Adjust for younger players.) Place two goals on each end line as shown in the diagram. Two teams should be arranged in three lines on both ends of the grid.</p>  <ul style="list-style-type: none"> • This game moves extremely quickly, and is a great fitness activity in addition to emphasizing transition. • To start the game, three yellow and three red players enter the grid. The coach serves a ball, and both teams try to score on either of the goals they are

	<p>attacking.</p> <ul style="list-style-type: none"> When a shot is taken (let's assume it was the yellow team), whether it goes into the goal or not, the yellow player who took the shot has to run around one of the goals he was attacking, leaving his two remaining yellow teammates to defend their two goals.  <ul style="list-style-type: none"> As soon as the shot is taken and the yellow player is running around the goal, a new group of three red players enter the grid with a ball. They attack the two yellow players as quickly as possible, trying to score before the trailing yellow player (who is running around the goal) can recover. <ul style="list-style-type: none"> The game goes back and forth very quickly, and numerous moments of transition present themselves on every possession. Be sure to have a good supply of soccer balls on each end of the grid. When the ball goes out of bounds, the coach can choose to have two new groups enter the grid, or the teams can continue to play after bringing the ball back into play. Coaching Point: Look to attack the space on the field that was just vacated by the player who has to run around the goal Coaching Point: Look to attack areas of the field where you have the numerical advantage. Coaching Point: Try to avoid attacking in three parallel lines; add overlaps, diagonal runs, and movement to offset the defense, particularly when they are trying to defend short a player.
Game	<p>Finish the training session with a large field scrimmage to big goals. Play a normal game, with the only restriction being that after every attempt on goal that results in a shot on goal, a goal or a goal kick, two players on the attacking team must run and touch the end line of the goal they are attacking. The defending team restarts the ball from the keeper as quickly as possible to try to exploit the two-man advantage while until the players recover.</p>
Conditioning/Cool-Down	<p>This practice session is quite demanding on players – mentally and physically. Depending on where you are in the season and the week when you implement this training plan, add additional conditioning at your discretion. All training sessions should end with some sort of cool down for players.</p>