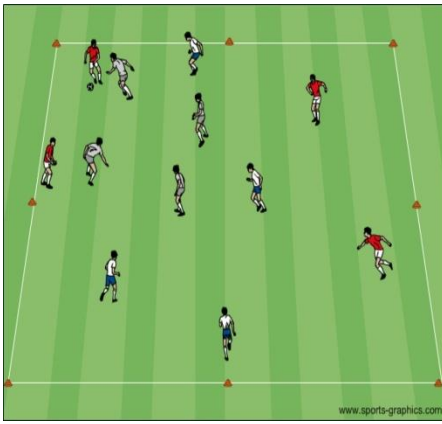
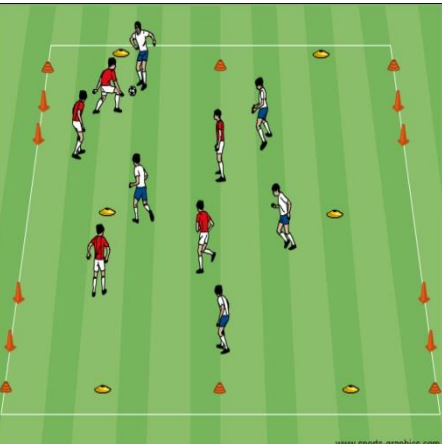



12+ Week 10

Topic: Defensive Transition

<p style="text-align: center;">Technical Warm up</p> 	<p style="text-align: center;">Organization</p> <p>4v4+4 Transition to Defend: Two teams of 4 players each will try to keep possession of the soccer ball while one team is trying to defend and regains possession. As soon as the defensive team regains the soccer ball, the team that has lost possession becomes the defending team and tries to regain it.</p>	<p style="text-align: center;">Coaching Pts.</p> <ul style="list-style-type: none"> • Recognition of change in situation • Apply pressure on the ball quickly if possible: <ul style="list-style-type: none"> ○ force attacking team to play the ball back or to the side ○ angle the run to the ball to force the attacker one way • Deny penetrating channels • Communication between defenders: <ul style="list-style-type: none"> ○ short, concise & energetic <p style="text-align: right;"><i>Time: 15 minutes</i></p>
<p style="text-align: center;">Small Sided Game</p> 	<p style="text-align: center;">Organization</p> <p>5v5 or 6v6 w/four small goals: The midfield line is the restraining line (offside line). Each team attempts to score in one of the 2 goals opposite them. When attacking team losses possession they must make a quick defensive transition and regroup behind the ball.</p>	<p style="text-align: center;">Coaching Pts.</p> <ul style="list-style-type: none"> • Mentality to transition instantly (e.g. immediate chase) • Close down the space as quickly as possible <ul style="list-style-type: none"> ○ delay the opponents attack • Defend with patience and predictability <ul style="list-style-type: none"> ○ pressure/cover roles • Hunt for the bad first touch, and then win the ball! • Communication between defenders: <ul style="list-style-type: none"> ○ short, concise & energetic <p style="text-align: right;"><i>Time: 20 minutes</i></p>
<p style="text-align: center;">Exp. Small Sided Game</p> 	<p style="text-align: center;">Organization</p> <p>6v6 (5v5+Gk's): On a half field play 6v6. Each team concentrates on defensive transition once they lose the ball, by pressuring the ball immediately, and getting organized behind the ball as soon as possible to maintain a good defensive shape. When the defensive team gets possession, the attack begins (transition) as quickly as possible.</p>	<p style="text-align: center;">Coaching Pts.</p> <ul style="list-style-type: none"> • Defend collectively and with a purpose to gain possession of the ball • If high pressure cannot be applied, drop toward own goal, squeezing space <ul style="list-style-type: none"> ○ Compactness • Communication between defenders: <ul style="list-style-type: none"> ○ short, concise & energetic <p style="text-align: right;"><i>Time: 30 minutes</i></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;">7v7 or 8v8 Scrimmage</p>	<p>Play in a 55x 80 yd. grid with Goalkeepers. Encourage him/her to communicate with teammates</p>	<ul style="list-style-type: none"> • All of the above <p style="text-align: right;"><i>Time: 30 minutes</i></p>
<p style="text-align: center;">COOL DOWN</p>	<p>Activities to reduce heart rate, static stretching & review session. Time: 5-10 Minutes</p>	