



# TRANSITIONS TO ATTACK

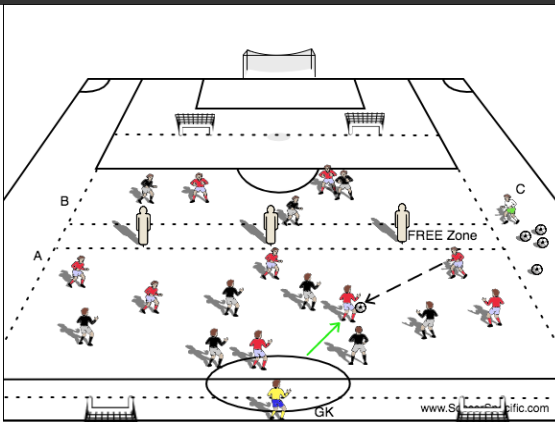
Date: Dec 10, 2017

Duration: 40 min

Team: SoccerSpecific

Intensity: ● (8/10)

Category: Tech / Tact, Conditioning



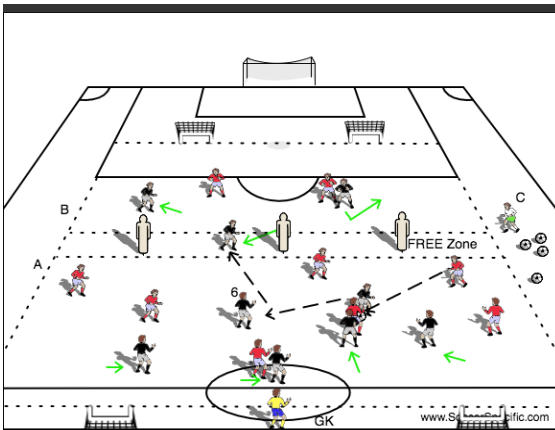
1

⌚ 6-8min ↗ Shown

**Setup:** A 10v9 is organised as follows: Zone (A) - 7v6+ Goalkeeper; Zone (B) - 3v2.

**Instructions:** EMPHASIS - TRANSITIONS TO ATTACK ON GAINING POSSESSION: Play starts with a pass from the Coach (C) to any of the Red team; this creates a 7v6 for the team in possession. The Red team must complete 10 consecutive passes before attempting to score in their opponents mini-goals. The Goalkeeper for Red is included and primarily acts to organise the players in front; GK may also be used on gaining possession. Emphasis is placed on coaching the Black team to pressure the opponent, regain possession and quickly play forward to their Attacking players in Zone (B). This creates a 3v2 advantage - the Attacking players are encouraged to score as quickly as possible! \*FREE zone - attackers may receive the ball unopposed in this area. 6-8min games.

**Coaching Points:** Attacking / Transition Team: Organised defensively / Press to force errors + win possession. On winning possession look to play forward quickly. 3 Attacking players; correct moment to receive passes! Constant movements to disrupt 2 Defenders. Body position - receive half-turned and look forward immediately. Quick combination play in 3v2

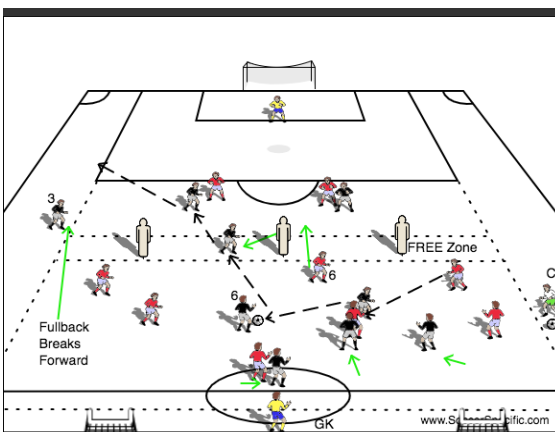


2

**Setup:** A 10v9 is organised as follows: Zone (A) - 7v6+ Goalkeeper; Zone (B) - 3v2.

**Instructions:** EMPHASIS - TRANSITIONS TO ATTACK ON GAINING POSSESSION: In the Diagram two players have PRESSED the opponent to win possession. One lateral pass to #6 is then followed by a pass in front. The attacking players must constantly move to find passing channels and also to create space for each other.

**Coaching Points:** Attacking / Transition Team: Organised defensively / Press to force errors + win possession. On winning possession look to play forward quickly. 3 Attacking players; correct moment to receive passes! Constant movements to disrupt 2 Defenders. Body position - receive half-turned and look forward immediately. Quick combination play in 3v2 situation.



3

⌚ 6-8min ↗ Shown

**Setup:** A 10v9 is organised as follows: Zone (A) - 7v6+ Goalkeeper; Zone (B) - 3v2.

**Instructions:** EMPHASIS - TRANSITIONS TO ATTACK ON GAINING POSSESSION: Progression: One Fullback must now join the attack into the attacking zone; Fullbacks can enter the wide channels. Also, Red #6 can also go back to support his teammates - this creates a 4v3+GK in the attacking zone.

**Coaching Points:** Attacking / Transition Team: Organised defensively / Press to force errors + win possession. On winning possession look to play forward quickly. 3 Attacking players; correct moment to receive passes! Constant movements to disrupt 2 Defenders. Body position - receive half-turned and look forward immediately. Quick combination play in 3v2 situation.