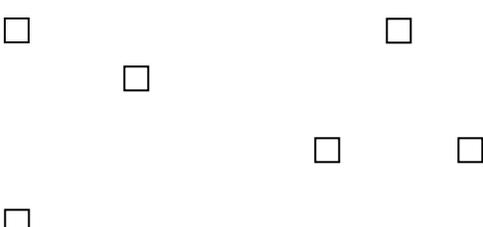
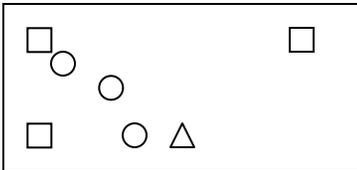
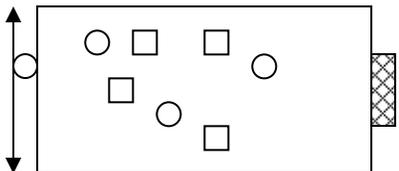




Name: Matt Callahan

Topic: Transition

Date:

<b>UNRESTRICTED SPACE – WARM UP</b>	<b>ORGANIZATION</b>	<b>KEY COACHING POINTS</b>
	<ul style="list-style-type: none"> <li>▪ Ball between three players – moving and passing</li> </ul>	<ul style="list-style-type: none"> <li>▪ Players constantly moving</li> </ul>
<b>RESTRICTED SPACE</b> 	<ul style="list-style-type: none"> <li>▪ Team plays 3v3+1 in a 35-x-30 yard area</li> <li>▪ Triangle is a neutral player who plays for both teams</li> <li>▪ Teams try to complete 5 consecutive passes – get one point for doing so</li> </ul>	<ul style="list-style-type: none"> <li>▪ When losing possession:               <ul style="list-style-type: none"> <li>○ Nearest players applies pressure to disturb opponent</li> <li>○ Remaining players recover to defending positions to limit time and space</li> </ul> </li> <li>▪ When gaining possession:               <ul style="list-style-type: none"> <li>○ 1<sup>st</sup> attacker tries to penetrate</li> <li>○ players offer support as well as make the field long and wide</li> </ul> </li> </ul>
<b>ONE GOAL WITH COUNTER</b> 	<ul style="list-style-type: none"> <li>▪ Play 4v3 to goal</li> <li>▪ Team of four attacks goal</li> <li>▪ After defending team wins ball they can score by passing to the target player</li> </ul>	<ul style="list-style-type: none"> <li>▪ Turnovers from forward passes rarely result in quick counterattacks               <ul style="list-style-type: none"> <li>○ Exercise caution when passing the ball square or backwards</li> </ul> </li> <li>▪ Player who lost ball should immediately pressure the player that one the ball to take away time and space</li> <li>▪ Player who won ball looks to play the ball forward as quickly as possible</li> </ul>
<b>GAME – TWO GOALS</b> 	<ul style="list-style-type: none"> <li>▪ Play 4v4 + GK's</li> <li>▪ No restrictions on players</li> </ul>	<ul style="list-style-type: none"> <li>▪ Observe to see if the team transitions from offense to defense and from defense to offense well</li> </ul>