

Tons of Transition

Large Sided

Transition, Finishing



Procedure:

During the game, the attacking team must pass the ball from the midfield zone into a flank zone before scoring. From there, the attackers have ten seconds to cross the ball. Once the ball has been passed into a flank zone, the players in the opposite flank zone can run into the box to play the cross. (Diagram A). If the defender wins the ball inside of the flank zone, he can dribble the ball into the box ALONE to try and finish 3 v 1. The attackers have ten

Procedure (con't):

seconds to score (Diagram B). Upon completion, the ball is played back out into the midfield zone by the GK in order to re-start play.

Progressions:

- 1 Once the ball has been played into a flank zone, a player from each team can enter the box from the midfield zone to try and play the cross (Diagram C).
- 2 After the ball has been played out into a flank zone, the players in the midfield zone can finish a rebound or a ball played back out into the midfield zone (Diagram D).

*Note: If the teams are having difficulty with possession and playing the ball out to a flank zone, add a neutral attacker in the midfield zone to play 5 v 5 plus one.

Coaching Points:

- 1 Speed of Play – Anticipate turnovers and be the first player to move into the correct space.
- 2 Transition – When your team wins the ball, step away from the player that you were covering and expand the space.
- 3 Re-Possession – The best time to win the ball back is immediately after you have lost it. Rather than “switch off” or rest, the entire team should work hard for the next 6 seconds to try and win the ball back.