



Training Session U14 & Up / Cycle 3 - Week 3
Topic: Transition Attacking to Defending
Skill: Inside and outside turns
Physical: Intensive Endurance - Step 10
Created by Ruud Pompert



ACTIVITY	ORGANIZATION	FOCUS POINTS
<p>1. FIFA WARM UP</p>		
<p>2. RONDO 4v2 on 12 x 12 GRID</p> <p>Attackers play on ball possession. The defenders try to win the ball and try to connect two passes after winning the ball. After two completed passes, the defender who has been in the middle the longest, switches out with the attacker who lost the ball. However, after losing the ball, the attackers immediately pressure (BLITZ) and try to win the ball back asap. 3 x 4 minutes</p> <p>Variations: Attackers, maximum 2 touch, must two touch, no pass back to the player you received the pass from. Defenders: dribble the ball out of the grid, combine out of the grid.</p> <p align="right">15 minutes</p>		<p>Attackers: Don't start in the corners. Get into the corners when the ball is with the player on the side; constantly move. Correct passing and receiving, open up, correct speed on the ball. Immediate reaction after losing the ball: BLITZ!</p> <p>Defenders: Stay together, work together. Attack the ball at the right moment: bad first touch, bad pass, ball through the air, attacker receives the ball in the corner. After winning the ball, immediately try to get a pass off to your teammate.</p> <p>Depending on level of play, increase or decrease the size of the grid.</p>
<p>3. TRANSITION GAME 6v3 + 3 + GKs</p> <p>Field 25 x 40 yards, split field in two, plus add 2 large goals. Place large cones (obstacles) on the halfway line.</p> <p>Team of 6 + GK plays on ball possession against 3 defenders.</p> <p>When the defenders win the ball they pass the ball quickly to their three teammates in the other half and 6v3 starts in this half.</p> <p>Variation: After a certain amount of passes (6 for example), the team in BP can score on the goal. Goalie has to make a quick transition from being attacker to defender.</p> <p align="right">25 minutes</p>		<p>Attackers: Proper spacing and movement. Correct passing and receiving, open up, correct speed on the ball. Immediate reaction after losing the ball: BLITZ!</p> <p>Defenders: Stay together, work together. Attack the ball at the right moment: bad first touch, bad pass, ball through the air, attacker receives the ball in the corner. After winning the ball, immediately try to get a pass off to your teammate on the other half..</p> <p>Depending on level of play, increase or decrease the size of the field.</p>
<p>4. INTENSIVE ENDURANCE ACTIVITY</p> <p>3 series of 8 sprints of 24 yards, 10 second rest between the sprints, 3 minutes between the series. 3 yards hard stop. 100% sprint.</p> <p align="right">15 minutes</p>		
<p>5. 6V6 / 7v7 WITH PRESSURE POINTS</p> <p>Field with 1 large goal and 2 counter goals.</p> <p>Four spots (the pressure points) with balls outside of the field where the game starts every time for the team in ball possession. So the pressure area constantly changes. When there is a goal kick, free kick, kick off, or throw in, the ball starts at one of those points.</p> <p>The coach calls out the spot. This could also be resting players who have a ball at their feet. Defending team quickly has to go to that area to pressure the ball.</p> <p>Variation: can also be played with large goals</p> <p>Progression: Regular Game</p> <p align="right">25 minutes</p>		<p>Defenders: Immediately put pressure on the ball when it is brought back into play. High intensity of pressure. Quick positive reaction after winning the ball. Pass to teammates, attack space or try to score.</p> <p>Attackers: Proper spacing and movement. Correct passing and receiving, open up, correct speed on the ball. Try to create scoring chances and score! Immediate reaction after losing the ball: BLITZ!</p>