

Mass Youth Soccer Coaches Clinic

Topic: **Transition Play**



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Warm-up..."Speed of Play" (10-12 minutes)

- * Set the tone for the session
- * Get the brain and muscles going
- * Get the body warm prior to stretching
- * 4+4 v 4+4 / 1 ball per group to two balls per group
- * Blues 1 touch, reds 2 touch
- * Alternate, reds 1 touch, blues 2 touch
- * Switch on call - talking breeds confidence

Transition Activity 1...3v2+1v2 *Two zone game*

- * Keep possession until you can play it forward to the lone striker
- * Lone striker creates depth and angle
- * Supporting & 3rd man runs come out of the back zone
- * Decision making when to go forward
- * Knowing when to penetrate the support in numbers

Transition Activity 2...6v6+2v2 *Two zone game*

- * Always have 6v6 on one half of the field and a designated 2v2 on the other half. Same as before, keep possession until you can go forward. The 2v2 designated players switch from defenders to attackers depending upon who is in possession.
- * Introduce playing off the shoulder
- * Decision making on possession to transition (possession with a purpose).

Transition Activity 3...Make it directional & to goal

- * Introduce twin striker movements, decoy runs, across the face runs, overlaps, must always try to finish and keep moving with strikes on goal. GK's can not go direct to strikers yet.

Water break

Transitional Counter Attacking Game-- *divide field into 1/3's, 7v7*

- * 14 players +2 gk, 4 Def +3 attackers in opposite 1/3rds of field (middle third is open), no defs allowed in the middle third, unless transition to attack.
- * Quick combination play to release counter attack, 4v3 to 4v4
- * Weak side attacker recovers to make it 4v4 when attack breaks down. Other defenders balance.
- * Variation/progression... Defender or gk can go direct to a striker moving into the middle 1/3rd to receive, marking defender only can follow, the striker can now create a passing option, the runner from the back can make a 3rd man run. The striker can now look to create space by doing a blind side run, to peel off or get across.