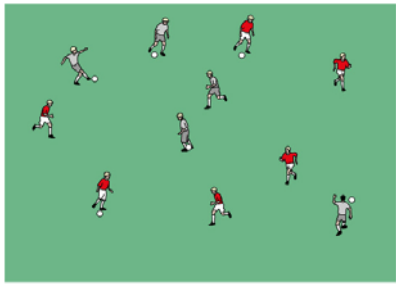
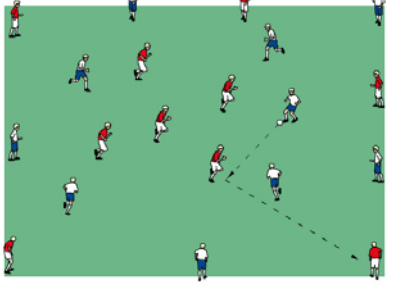
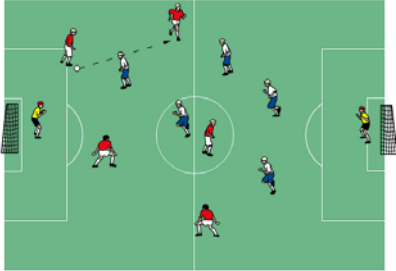


## Topic: Transition from Attack-Defense

Activity Name	Description	Diagram	Purpose/Coaching Points
<p>1</p> <p><b>Warm-Up</b>  <b>Warm-up</b>  <i>Include Dynamic Stretching</i></p>	<p>12 players-6 balls</p> <ol style="list-style-type: none"> <li>1) Pass and move</li> <li>2) Receive it-take it somewhere new</li> <li>3) Pass-chase-make receiver turn away</li> <li>4) Pass and move-if you don't have a ball-get one!</li> <li>5) Same as #4 thing in pairs</li> </ol>		<p>Preparing to close down.</p> <p>Prepare your eyes and body to play Quickly.</p> <p>Mentality to transition</p>
<p>2.</p>			
<p><b>4v4/5v5 Transition</b></p>	<p>Four or Five players on inside. The rest of the players are on the outside. Players on the outside are there for outlets for both the attacking and defending teams. Players can only pass to their own color. Team in the middle try to connect 5 passes for a point. When the defense wins the ball, they play it outside to on of their teammates who then comes in the middle. The player who passes the ball outside switches with them.</p>		<p>Transition from attack to Defense.</p> <p>When win ball back, pass out of the switch.</p> <p>Decision by outside players entering the field. Do they pass or dribble on?</p>
<p>3.</p>			
<p><b>Transition-match.</b></p>	<p>Divide teams into two. Play to two goals. When the coach calls for the ball, the attacking team passes the ball to him/her and then the coach plays the ball to the defending team who quickly attacks. Watch how attacking teams who pass the ball to the coach react when going to defense.</p>		<p>Speed of transition from attack-defense.</p> <p>When they get the ball from the coach, do they look for the farthest option?</p>
<p>4.</p>			
<p><b>Match w/bonus points.</b></p>	<p>Play a normal match and observe.</p>	