



Transition from Defense to Offense

Category: Tactical: Counter attack

Difficulty: Moderate

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Description

Circle of passing receiving and dribble (Warm Up)

Organization:

- Circle 20 yards
- 12 Players
- 3 Balls

Instructions:

- Player inside the circle passes to player outside the circle
- Player outside the circle receives the ball, the first touch should be back into the circle
- When the player inside makes the pass, they switch positions with the outside player

Coaching Points/Questions:

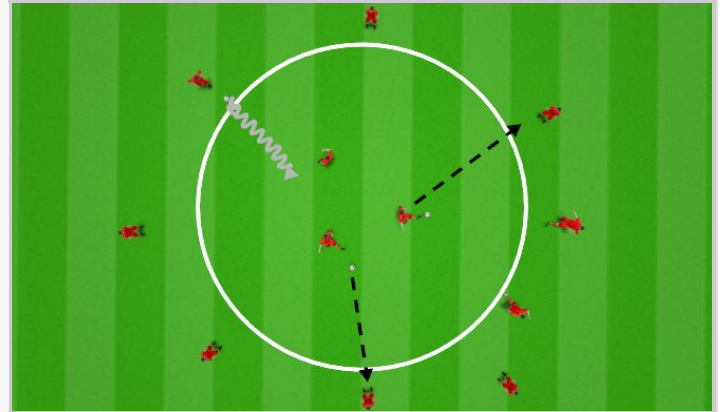
- Quality of passing
- First touch
- Looking up

Progressions:

- 1 more ball

Regressions:

- 1 less ball



Transition Off/Def

Organization:

- 20 x 15
- 2 vs 1
- 2 Small goal offense side
- 1 Small goal defensive side

Instructions:

- Defender green passes to Offense player, red
- Defender: Apply pressure right after the pass and try to steal the ball and score
- Offense: Score in the defenders goal

Coaching Points/Questions:

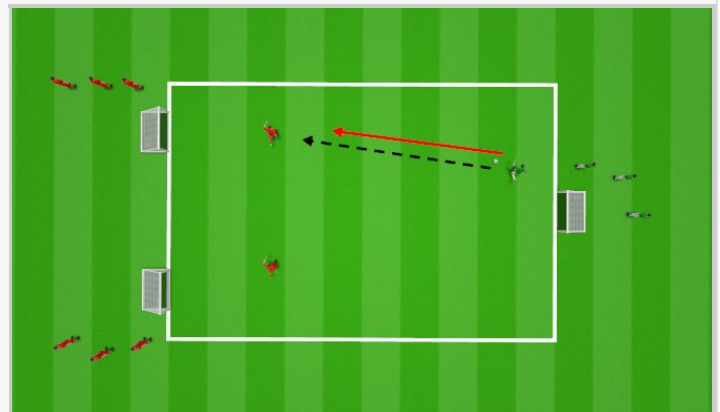
- High pressure (Defender)
- Quality of the first touch (Offense)
- Transition (Offense)

Progressions:

- 1 vs 1, 2 vs 2, 3 vs 2

Regressions:

- 3v1



5 vs 3 + 2 Def/Off transition

Organization:

- Box of 20 x 20, box starts at the halfway line as wide as the penalty box
- 5 vs 3 inside the box
- 2 neutral Player outside the box
- 1 goalkeeper

Instructions:

- Team of 5 to keep possession and after 3 passes, pass to one of the outside players
- If the team of 3 steal the ball, they can pass directly to the outside players
- Only one defender can follow the outside players when they have a ball
- They then play 2 vs 1 to the goal

Coaching Points/Questions:

- High pressure and quick transition
- Quick making decision
- Team of 3, play vertical when you steal the ball



Scrimmage

