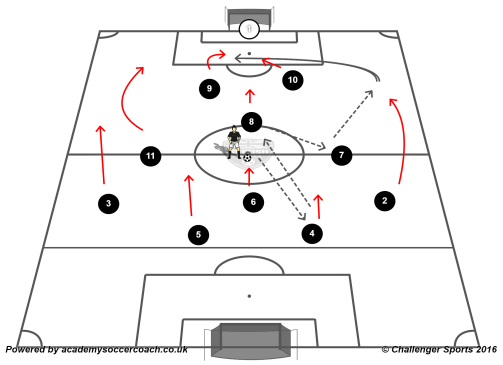
Organization: **Lucan Soccer Club**
Age Group: **U15-U18**
Category: **Competitive**
Week: **Week 7**
90 Minutes

Topic: Negative Transition (compactness)

Objective: To learn how to transition from an attacking shape to a defensive one, to efficiently get back behind the ball

Session Part: Technical Warm-up

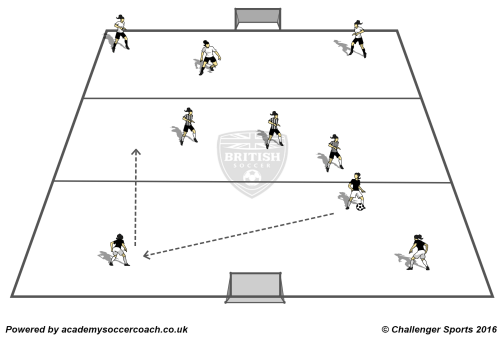


Organization	Time: 15
Area:	60x50 / Middle & Attacking thirds
Numbers:	11

- Shadow play for a team of 11 in a defensive shape. The coach always starts the play by passing back to a defender or midfielder who begins the attack. Attacks can vary and should look to utilize at least 4 players to give enough movement and disruption to the initial defensive shape. Once the attack has finished the players quickly retreat back into their defensive shape before the keeper can get the ball back to the coach - to help the center forward may 'stand on' the keeper to delay the distribution.

Progressions	Coaching Points
- Add a time constraint in how quickly they must get back in position - Change the formation	- As soon as there is an attempt on goal team must retreat, rest on defense! - Movement back into defensive shape, keeping eye on the ball when can but should turn and run if there is a quick counter

Session Part: Small Sided Game

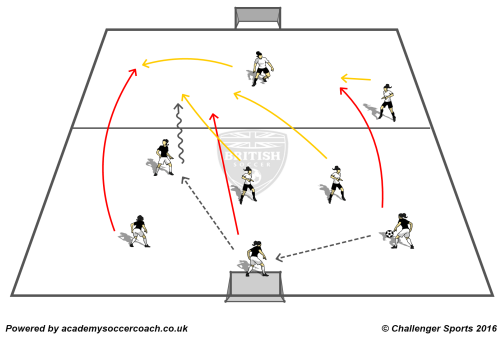


Organization	Time: 20
Area:	40x25
Numbers:	9

- 3 teams of 3. 2 teams work in end channels (15 yrds) and central team play in middle channel (10 yards). The teams in the end channels aim to pass the ball until they find a passing lane to switch the ball. The middle channel is the defending zone with players looking to block the route and intercept passes. Once the middle team intercept a pass the immediately attack the team who lost the ball. The end team must now get into a defensive shape to prevent the middle team from scoring in the goal

Progressions	Coaching Points
- If one of the end teams lose the ball out of bounds the coach can play a ball into the middle channel for them to attack the side who lost control of the ball	- Quick recognition of changing from attacking to defending mode - Defensive shape to prevent a successful attack

Session Part: Expanded Small Sided Game

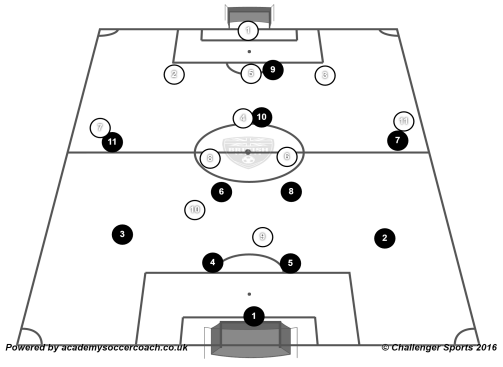


Organization	Time: 25
Area:	40x25
Numbers:	8

- Players number themselves 1 to 4 and number 1 begins as the 'center back'. The aim is to score in the opponents goal with all of the attacking team over the half way line. However, the center back has to stay at the defensive goal until their team gains possession, plays the ball back to them and then goes forward. This will create quick turnovers where the defending team must quickly prevent the ball getting back to the opponents CB and then retreating into a defensive shape once they attack.

Progressions	Coaching Points
- After number 1 joins the attack number 2 has to become the new CB, but only once the opposition are successful in getting the ball back to their CB.	- Mental awareness on when to defend high to prevent getting the goal to the CB and when to retreat into defensive shape under an attack

Session Part: Game



Organization	Time: 30
Area:	
Numbers:	

- 4-2-3-1 vs 3-5-2
- Black team working with a back 4 and defensive mids to give good congestion through the middle on defense.

Progressions	Coaching Points
- Tactics change - high/low press	- Can the forwards be the first line of defense and prevent a quick counter - Discipline of defensive mids and defenders to re-group rather than chase loose balls

Email Session
Print Session
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