

Topic: Quick Transition

Objective: Focus on defenders winning the ball and quick transition

Field Set Up	1	Organization:	14-18 Players	Coaching Points	Progressions
		<p>Coach is to arrive 10 minutes prior to session start time and set up the players soccer locker. Each player will go to 1 cone and that will be there designated cone for the entire session.</p> <p>Each cone should be 6ft away, this is the only places where the players can take a break, remove masks and have a water break.</p> <p>The coach should have his/her own square where he/she keeps equipment, sanitizer, bag etc.</p> <p>Each practice should have this set up! N/A N/A</p>	N/A	N/A	
	2	<p>Area 30x20</p> <p>Soccer balls scattered throughout the grid</p> <p>Dynamic warm up</p> <p>Jogging, high knees, open and close the gate, skipping, Side shuffle etc.</p> <p>Players then start to dribble the soccer ball around performing various skill and turns</p>	<p>Head up when dribbling</p> <p>Scan for space</p> <p>Small touches in tight areas, larger touches when space is available</p>	10 Minutes	<p>Progression: add in a couple of defenders</p>
	3	<p>Defender starts with ball beside the goal, they then pass it out to an attacker outside the penalty box and begin to close the ball down making it a 2v1 for the attackers.</p> <p>Once the defender passes the penalty spot, two other defenders come out and support which makes it a two attackers against three defenders</p> <p>If defenders win the ball they can score in the two small goals</p>	<p>Emphasis on attackers to take advantage of one defender and score quickly</p> <p>Defender who passes has to be quick to pressure and slow down attackers and they will get support from their team mates.</p> <p>Write</p>	20 Minutes	
	4	<p>Set teams up</p> <p>Follow new MYS guidance/rules</p>	<p>Can you encourage positivity?</p> <p>Can you let players make their own decisions?</p> <p>Set targets</p>	30 Minutes	N/A