

1v1

Transitional

TECHNICAL	TACTICAL	PHYSICAL	PHYSIOLOGICAL
<ul style="list-style-type: none">• Dribbling to beat an opponent• Change of direction• Finish	<ul style="list-style-type: none">• Beating an opponent for a shot on goal• Defending a goal• Transition	<ul style="list-style-type: none">• Speed, Agility. Coordination• Acceleration	<ul style="list-style-type: none">• Winning/losing the ball•

Duration 15 min **Area Size** 30x15 **Players** 12



Organization

- Set up a 15x30 field with two goals and keepers (**Fig 1**)
- Set up a 5x5 grid in the middle of the field with a neutral player
- 2 even teams face each other in the middle of the field, each player with a ball.
- Play starts with player in team A passing the ball to B to receive it on one side of the field.
- Player in C will go to the opposite side to defend the goal. (**Fig 2**)
- As soon play is over C will start play again and the attacking player on the field will become defender

Coaching Points

Attackers

- Attack defender straight on
- Unbalance defender and change direction
- Accelerate
- Finish

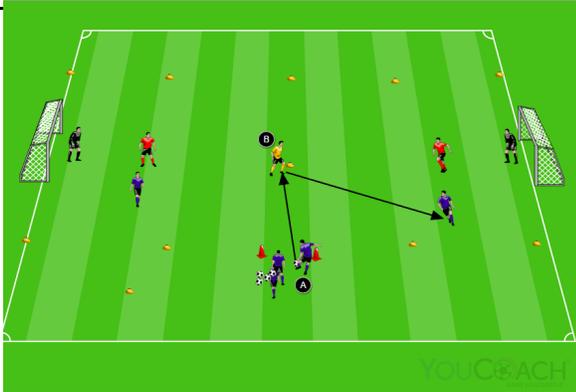
Defenders

- Get goal sided
- Shorten distance to attacker
- Defending stand
- Channel attacker away from goal

3v1 Transitional

TECHNICAL	TACTICAL	PHYSICAL	PHYSICOLOGICAL
<ul style="list-style-type: none"> • Passing and receiving 	<ul style="list-style-type: none"> • Keeping possession • Supporting angles • transition 	<ul style="list-style-type: none"> • Speed, Agility. Coordination • balance • Acceleration 	<ul style="list-style-type: none"> • Keeping/loosing the ball • Strength in numbers

Duration 15 min **Area Size** 30x15 **Players** 12



Organization

- Set up a 15x30 field with two goals and keepers (**Fig 1**)
- Field is divided in two zones
- Each zone has an attacker and a defender
- Play starts with the a player of the attacking team in A passing the ball to the neutral player B and getting back to begin a 3v1 in one zone
- After 5 consecutive passes, the attacking team can score by passing the ball to the opposite zone to their teammate for a 3v1 on a goal.
- After each attack play restarts in the middle again but to the opposite side
- After 5 minutes switch attacking teams

Coaching Points

- Quality of passes
- Open body to receive the ball
- Attacker on the opposite side to get in a position to receive the ball in transition
- Quick combo play to score