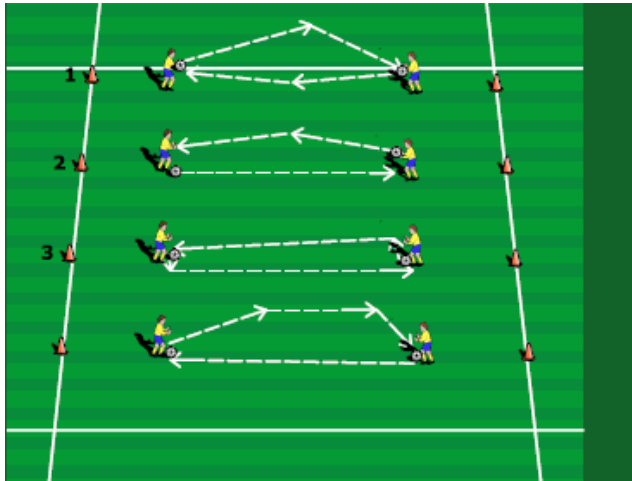


This session has a tactical focus on transitioning as a team. The technical warm-up will strive to get the players focused technically and mentally, before moving on to a number of team oriented drills that look at transitioning and working as a team.

- **Warm-up: Technical Focus**



Set up: in pairs with a ball for each player. players are roughly 5-8 yards apart, with a cone 10 yards behind each player.

Instructions: Players perform various technical exercises to force them to focus early.

Variations:

1 - Both balls are being thrown at the same time (one high, one low)

1B - Throw one ball up, head the other back to partner before catching the first one again.

2 - one ball is being thrown back and forth in the hands, while the other is being passed. Go from 2 touch, to 1 touch

3 - both balls are being passed on the ground. Accuracy must be very good so that one ball is traveling on the right and the other on the left. Move to 1 touch passing for advanced players.

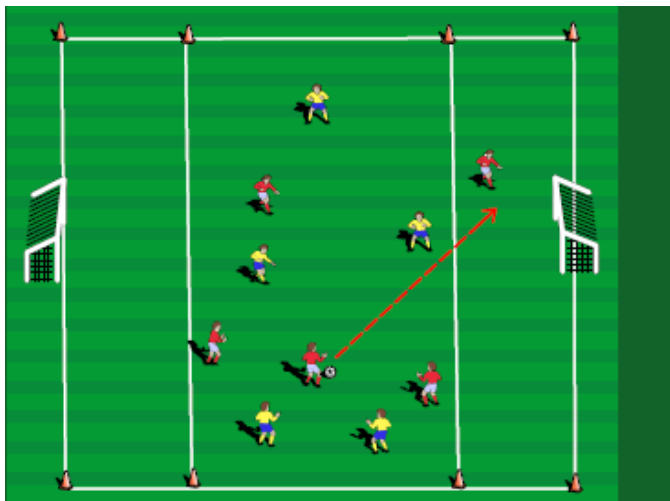
4 - One ball is being juggled back and forth, while the other is passed.

4B - both balls are juggled

Warm-up Element:

- **“Jog” command from coach:** Players jog to the cones behind them and back. Have them perform various drills and stretches on the way.
- **“Switch” command from coach:** Players switch positions as quickly as possible and continue with the drill. Reward/encourage the quickest pair.

Extended Warm-up – YOYO possession:



Set up: roughly 20x20 yard field with 2 endzones. 2 teams.

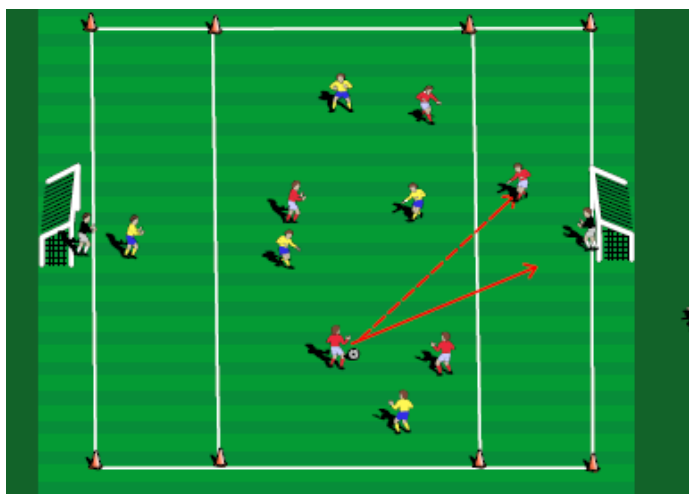
Instructions: The coach controls the purpose of the game with 2 commands, YO!, and YOYO!

YO! - teams play simple possession inside the middle grid, trying to keep the ball for as long as possible

YOYO! - teams try to find a pass into the endzone to score a point (each team attacks just one direction).

Coaching Points: As the session focus is on transition, let the teams play YO (possession) until you see a good point of transition from which to attack. For example, right after a good tackle that gives a team numerical advantage, or right after the ball has been switch from one side to the other, or when attacking shape is good and someone has initiated a good run.

Drill 2: Attacking through a target player

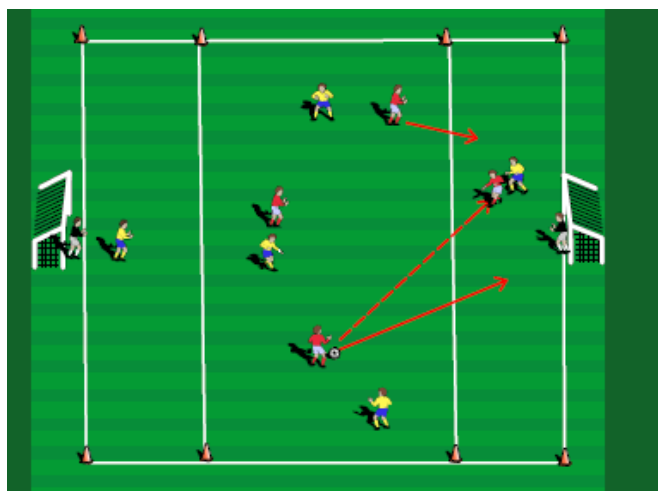


Set up: roughly 20x20 yard field with 2 endzones. 2 teams. Middle portion is 4v4 or 5v5, endzones one attacking player in the endzone for each team.

Instructions: Teams look to find their striker as quickly as possible. He/she has 2 touches to lay off for a first time finish.

Coaching Points: Players should look to find their target player as quickly as possible before moving off of him/her to get a good shot on goal. Transition then becomes key to expose the numerical advantage and counterattack the opposite way. Encourage players to find the target player early, before the defending team has a chance to set up.

Drill 3: 1v1 to 3v3



Set up: roughly 20x20 yard field with 2 endzones. 2 teams. Middle portion is 3v3 or 4v4, endzones are 1v1 with a keeper.

Instructions: Teams look to find their striker and then 2 midfielders can join him to create a 3v1 in the attacking third.

Coaching Points: To force transition, keeper has a few balls in the goal so that a quick transition can happen. Since 2 mids join the striker to attack, often this will create good opportunities to counter-attack and break the opposite way. Defending team must also transition very quickly.

Scrimmage: The above 2 drills already simulate a scrimmage in certain ways, but it's still worth removing restrictions and letting the players play freely with the hopes of applying the principles above for themselves. Be sure to encourage continued proper shape, and to encourage quick transitions as a team.