

7 V 7 TRANSITION ATTACK TO DEFEND

REINFORCEMENTS

- Nice effort to get back - you are helping your team!
- You remembered to defend right after we lost the ball - great reaction!
- Way to slow them down - you are learning how to defend as a team!
- You made it hard for them to attack quickly - awesome positioning!
- When you chose to delay instead of try and win it, you were thinking about the team - that is awesome!
- You made a really smart choice to win the ball back quickly when you saw the attacker facing away (or any other cue that would trigger a player to try and win it quickly!
- You chose to delay because your teammates weren't close - well done

COACHING POINTS

Goal is to build basic awareness of losing possession and reacting quickly to either regain possession or put pressure on the ball

- React quickly
 - Don't watch, start moving quickly
- Can you be the first defender?
 - Pressure the ball if you are the closest
- Get behind the ball - get goal side
 - Move between the attacker and your goal to prevent forward movement
- Recover into a good position - Close holes
 - Run back into a helpful space to help
- Stay connected/Compact - Keep holes closed
 - Are you close to your teammates
 - Are there spaces where they can pass through?
- Do we attempt to win it back immediately or get shape?

QUESTIONS

- When should you do when your team loses the ball?
- Why is it important to try and win the ball back quickly here?
- What does "get behind the ball" mean?
- What can you do if you are closest to the ball when your team loses it?
- How can you help your teammates when you're not near the ball when we lose it?
- What happens if everyone is forward and we lose the ball?
- Why is it bad to just stand still when your team loses the ball?
- How does getting into a good position help your team defend faster? What is a good position?
- What could happen if we don't react quickly after losing the ball?
- When would be a good time to try and win it immediately after losing the ball?
- When would be a good time to delay and get behind the ball when we lose it?

Red - Base level questions Orange - Mid-level questions Green - Upper level questions

NOTES

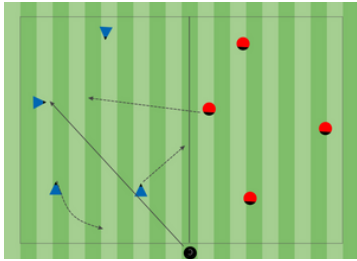
- Use Play-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play phases
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

STANDARDS

- Defending
 - Pressure
 - Cover
 - Delay
- Awareness
 - Scanning
 - Body position
 - Quick reaction
- Team work
- Role of 1st Defender
 - Where are we forcing?
 - Do we try to win or delay?
- Role of 2nd Defender
 - Close gaps, keep them closed
- Sustained Focus
- Competition

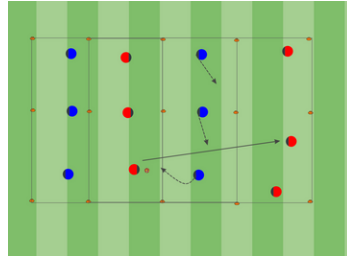
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D.42 4v1/5v2 Transition



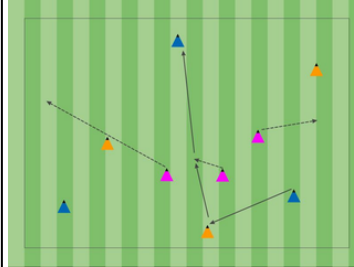
- 2 grids - about 15x25
- 3-5 players in each grid
- Play a ball to one side, then one player goes to defend. If team gets four passes, another player can go. Add until they win it.
- Win a player wins the ball, they play to their side
- Transition quickly
- When we lose it, how many do we have vs them?
- Easier to win it 4v1/5v2 or wait until they play it and have the advantage?

2 team - 4 zone



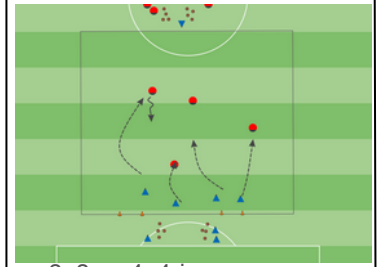
- Four grids - about 10x20 each.
- Score by winning and playing to your team in end zone
- One team in 1st and 3rd grid, other in 2nd and 4th
- Play ball only into 2nd or 3rd
- Five passes or pass across for a point
- One opposing player can go in and win it.
- If defending team wins it, how can we deny them the ability to play quickly to their team?

6v3 (3v3v3)



- Three teams of even numbers (3 or 4) in fairly large area
- Two teams trying to keep possession, one team trying to win the ball
- Whichever team loses possession becomes the defending team
 - Guide for a few minutes, "who is on defense", "blue is on defense" - then let them figure it out
- When we lose it, are they in good shape? Win it quickly!

4v4 Central



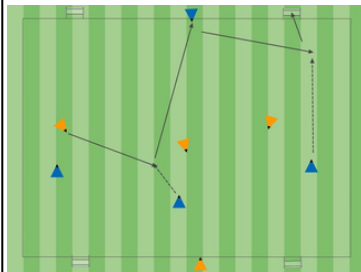
- 3v3 or 4v4 in space as shown above - Can alter numbers
- Play to two goals for attacking team and endline/target for defending team
- Dribbling over endline will allow for quick transition into the attack if they have space
- The target will allow a quick pass forward
- Get immediate pressure if we lose it
- Get cover and compact to prevent target pass
- Close gaps - keep closed

1v1 or 2v1 to Goal



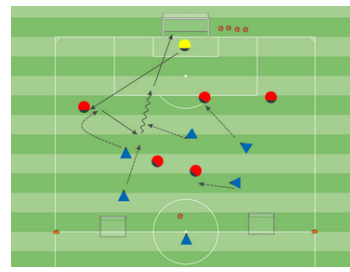
- Area marked as shown - wide areas with a diagonal to central
- 1v1 or 2v1
- GK plays out to 2 or 3 and its 1 v1
- Red dribbles across endline
- Blue wins it and goes to goal quickly
- Can add blue shown at top of 18 WHEN we win the ball to create a 2v1 or pass and touch/shot option
- Prevent quick counter - force wide
- Good GK repetition

3v3+1 to 2 goals



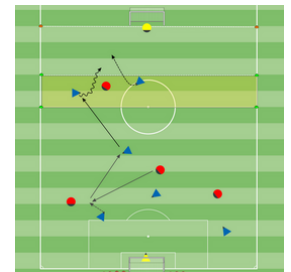
- Area between box and the half line.
- 3v3, 4v4 or 5v5 to targets and two goals
- Teams play to two goals and defend the other two goals
 - Can make it a requirement to play to target
- When we lose it, can we prevent forward movement and cut off pass to target
- Close gaps - keep gaps closed

5v5 to GK



- Area between 18 yard line and the half line.
- Can work transition from the back and near opponents goal
- 4v4 or 5v5 with GK and Target
- Blue attempts to win the ball and attack quickly
- Reds attempt to find target and play into goals
- Focus on cutting supporting options, delay, winning through interception, then going to goal/target quickly

6v4 to zone and Goal



- Attacking 2/3 of the field
- 6 "coached" players in blue - 4 opposing in red
- 4v3 in half field - 3v2 in endzone area
- Red in endzone can deny a pass, but if ball goes into blue in endzone, opens up to 2v1 to goal
- If we lose the ball, do we win or get shape and delay
- Can we prevent quick counter
 - Drop, delay, prevent pass to target
 - If successful, may need to alter goals to score in