

# 1 1 V 1 1 T R A N S I T I O N D E F E N D T O A T T A C K

## REINFORCEMENTS

- When a player delays the opponent allow team to get shape to win it
- When a player recognizes cues to win it quickly and does
- When a player wins it and goes forward with speed
- When a team wins it and teammates create support options forward
- When teammates create forward options quickly
- When we win it and provide support behind the ball in space to allow an option to go backward to go forward
- When we play a ball behind an opposing line quickly after we win it

## COACHING POINTS

- Receiving
  - Across body with inside of the foot
  - Into space if space is there
  - Away from pressure
  - Into the attack beating a line, if possible
- Passing
  - Inside of both feet - Heel down and toe up
  - Introduce long ball - instep
- Where is the space - Read defenders, where are they?
  - Possibly backwards
  - Where is the space when we win it?
  - What does space look like behind their backline?
  - Where are the 2v1s
- Dribbling/Driving - with pace, top of foot (pinky toe)
- Communicate effectively and work together to create space or find space

## QUESTIONS

- When does a transition occur? What does it mean?
- What is the first thing you should do if you win the ball?
- What is the first thing you should do if your teammate wins the ball?
- Why is it important to move quickly after winning the ball?
- If you win the ball near your own goal, what are some options?
- What risks are there when we win it near our own goal?
- How can you create space in transition?
- Who should you look for after winning the ball?
- How does our body position help us to transition quickly?
- How can you recognize when to counter quickly or when to try and keep it or use support behind?
- What are risks of transitioning too quickly? too slowly?
- What specific things can we say to help our teammates transition quickly when we win the ball?

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

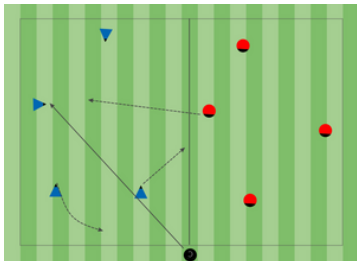
## STANDARDS

- Dribbling
  - To penetrate
  - To find space
  - To change speed
  - To beat or commit defender
- Passing
  - Inside of both feet
- Shape - Width/Depth
- 2v1s
  - Find them
  - Use them
- Receiving
  - Across body with inside of both feet
  - Bouncing balls
  - Where to go- 1st touch
- Reading defensive shape
- Combination play
- Teamwork
- Self-Analysis

# 1 1 V 1 1 T R A N S I T I O N

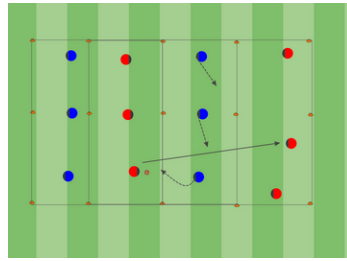
## D E F E N D I N G T O A T T A C K

### D.42 4v1/5v2 Transition



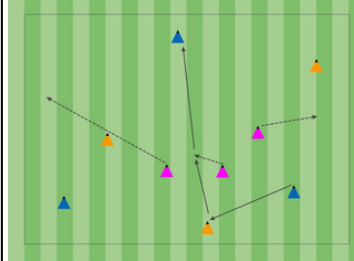
- 2 grids - about 15x25
- 3-5 players in each grid
- Play a ball to one side, then one player goes to defend. If team gets four passes, another player can go. Add until they win it.
- Win a player wins the ball, they play to their side
- Transition quickly
- Can you find space quickly to get in the attack
- Work together to press and cover passing lines

### 2 team - 4 zone



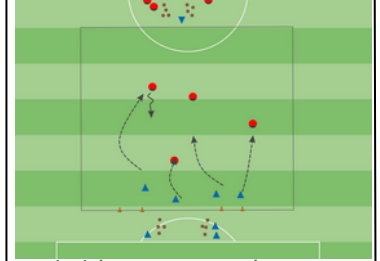
- Four grids - about 10x20 each.
- Score by winning and playing to your team in end zone
- One team in 1<sup>st</sup> and 3<sup>rd</sup> grid, other in 2<sup>nd</sup> and 4<sup>th</sup>
- Play ball only into 2<sup>nd</sup> or 3<sup>rd</sup>
- Five passes or pass across for a point
- One opposing player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

### 6v3 (3v3v3)



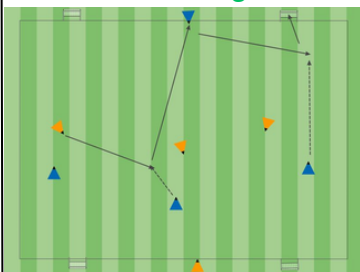
- Three teams of even numbers (3 or 4) in fairly large area
- Two teams trying to keep possession, one team trying to win the ball
- Whichever team loses possession becomes the defending team
  - Guide for a few minutes, "who is on defense", "blue is on defense" - then let them figure it out
- When we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

### 4v4 Central



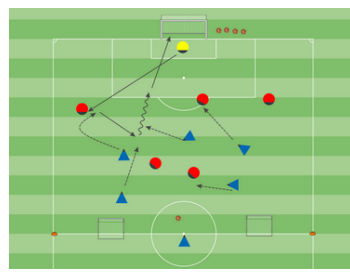
- 4v4 in space as shown above - Can alter numbers
- Can use third line in attack to play a ball in to cue pressure
- Play to two goals for attacking team and endline/target for defending team
- Dribbling over endline will allow for quick transition into the attack if they have space - if you have space after winning - GO!
- The target will allow a quick pass forward

### 3v3+1 to 2 goals



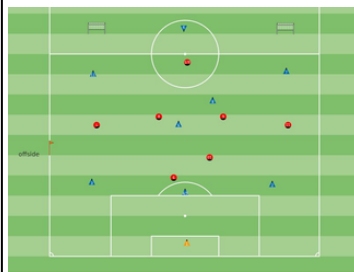
- Area between box and the half line.
- 3v3, 4v4 or 5v5 to targets
- Teams play to two goals and defend the other two goals
- Focus on finding target then getting numbers forward to support and score
  - Can make it a requirement
- Can add an offensive neutral
- Use the extra players to create space

### 5v5 to GK



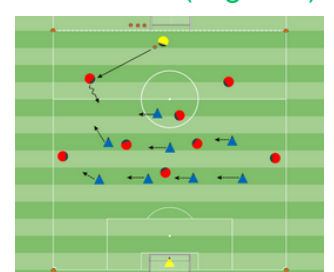
- Area between 18 yard line and the half line.
- Can work transition from the back and near opponents goal
- 5v5 or 6v6 with GK and Target
- Blue attempts to win the ball and attack quickly
- Reds attempt to find target and play into goals
- Focus on cutting supporting options, delay, winning through interception, then going to goal/target quickly

### D.47 9v7+Gk



- Attacking 2/3 of the field
- 9 "coached" players defending goal
- 7v9+GK or 8v9+GK going to counter goals
- Can we press and cut down supporting passes?
- Can we transition quickly to goals?
  - Can we play through target in quick transition to score?
  - Could adjust points for going through target

### D.48 8v8 (2 goals)



- Attacking 2/3 of the field
- 8v8 + GK to two large goals
- How are we winning the ball back?
- When we win the ball back, where do we go? How?
- When do we press together?
- When do we delay to get defensive shape?
- Are there cues or triggers to press or drop?