

## U13 Boys Possession / Transition

**Category:** Tactical: Penetration  
**Difficulty:** Academy Sessions

Am-Club: Kickers FC  
Gordon Ferguson, Brooklyn Park, United States of America

### Warm up - Possession to Penetrate (20 mins)

#### Organization:

40x30 yard area divided into four 10 yard channels.  
2 teams of 6, 3 players per channel.  
10 cones, 1 ball, spares balls nearby.

#### Instructions:

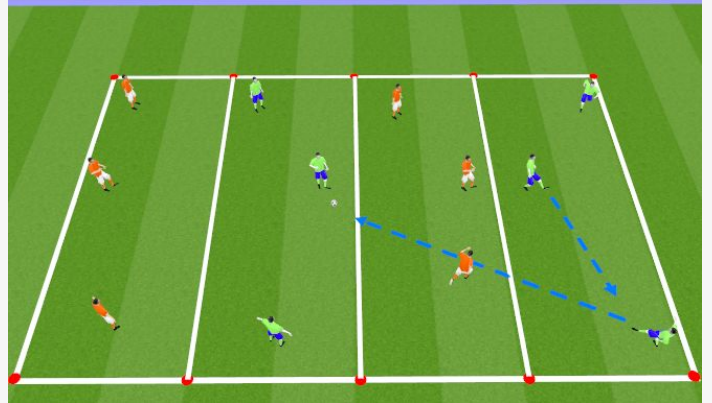
- Team with the ball attempts to keep possession.
- Score points by passing between defensive lines (as shown in diagram)
- Possession may be kept around defensive lines but will not score point
- Players must remain in their channel throughout
- If defensive team wins the ball, they transition into attacking team
- Rotate channels players are in after set period

#### Coaching Points:

- Keep the ball moving in possession
- Draw defensive line out of shape
- Movement of the ball to find gaps and receive a pass
- Play penetrating pass when it presents itself
- Do not force passes and surrender possession
- Disguise penetrating pass by using outside surface of foot

#### Progression:

- Play with time limit for ball in each channel



### Main Activity - Penetrate and Transition

#### Organization:

40 x 30 yard area divided in two 20 yard areas  
2 teams of 6 players  
6 cone, 1 ball

#### Instructions:

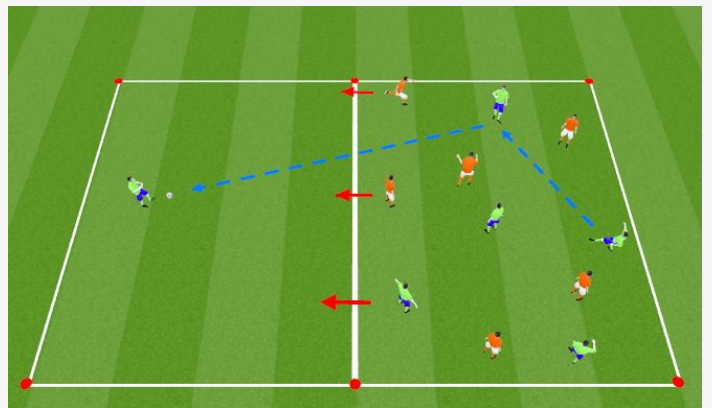
- The team that is in possession plays with 5 in one half while the defending team has all 6 players defending in the area.
  - The 6th player of the green team is located on the other half and his role is to move off the ball and find gaps to receive a penetrating pass. This target player is always different in each turn
  - The green team must complete a minimum of 3 passes before they can try to find the through ball to the player on the opposite half.
  - If they pass successfully they have to cross over to the other half as a team to support their teammate and keep possession. The orange team is transitioning to defend
  - A successful penetrating pass counts for 1 point
- Change roles after 8 min, first team to 10 points win

#### Coaching points:

- Timing of movement off the ball to create angles and distances of support
- Passing mentality - only penetrate if the possession is not compromised
- Be composed and patient while trying to find gaps
- Constant verbal communication to keep shape
- Be careful of distances when transitioning from one half to the other
- Movement of target player to find the passing lanes

#### Progressions:

- If defenders win ball they then play 6 vs 5 and if they make 4 passes they get a point.



## Conditional Game

### Organization:

40 x 30 yard area divided in two 20 yard areas

2 teams of 6 players

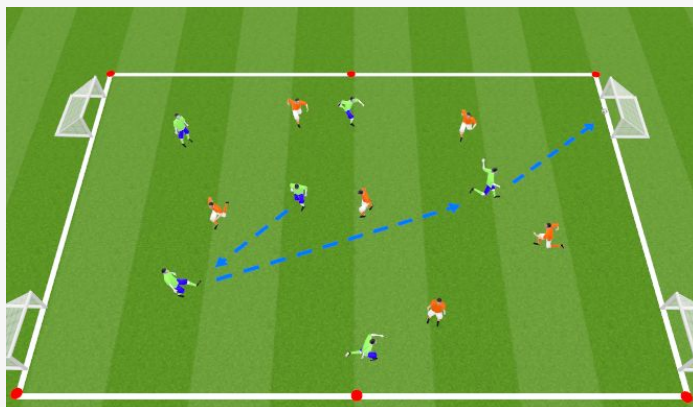
6 cones, 1 ball, 4 small goals

### Instructions:

- Goal counts as double if we find the penetrating pass and score.
- Offensive transition when we win the ball. Defending transition when we lose it.

### Coaching Points:

- Having space in behind to play penetrating passes
- Head up, eye contact, communication to know when to play
- Unbalancing defenders with ball movement and movement off ball to create penetrating opportunities
- Timing angles of runs and angles of penetrating passes.



## Final Game

### Organization:

40 x 30 yard area divided in two 20 yard areas

2 teams of 6 players

6 cones, 1 ball, 4 small goals

### Coaching Points/Questions:

- Are we composed when we are in possession?
- Do we know when to pass and when it can be risky?
- Do we communicate?

