

## Practice – Passing and Transitions

### Warm ups

#### Toss and shielding - control

### The Game

In each box, the attacking team plays keepaway from the other team.

If the defending team steals the ball, they try to play it to the other box where two of their teammates are waiting.

When the pass is made, the two players who stole the ball quickly follow their pass in to support.

The other team then send two players in to steal the ball back.

Play continues to transfer from one box to the other.

If the ball goes out of bounds, it goes over to the other team for a kick-in or throw-in.

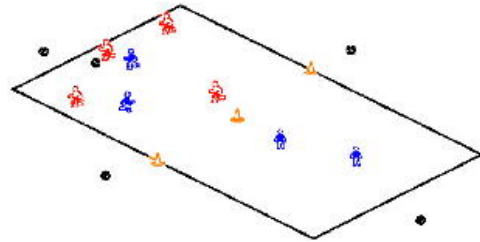
#### Coaching Points

Passing and receiving

Support

Transitions

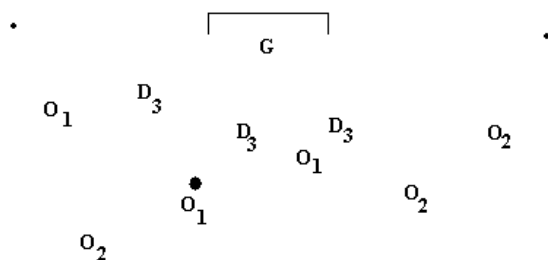
Team attacking and defending shape



#### Description:

Setup - 1/2 field with goal. Three teams of 3-4 players plus a goalkeeper. One team is designated as the defensive team, the other two teams work together as one offensive unit - the result is 3 vs. 6, or 4 vs. 8. The offensive unit tries to score for a preset amount of time, say 3 minutes. The number of goals scored in the time period is the defending team's score. After time expires, a new team is designated as the defensive team and the remaining two "attack" as one unit. After each team has a rotation as the defensive team (or two or three rotations), the team that gave up the fewest goals wins. All balls out of play are brought back in by the offensive team. Emphasize quick ball movement and player movement by the offensive team - individual attacks generally play into the defenders hands. Emphasize defensive rotation to the ball, awareness of shifting player positions, support of one another, decision making r.e. aggressively attack the ball or lay back. A lot of balls tend to end up bouncing around on the ground near the goal line - emphasize both following the shot in offensively and defensively supporting the GK by clearing the ball off the goal line.

Tips: The defensive team can clear the ball out of the penalty area but once the ball is cleared, the offensive team is allowed to take possession unchallenged (the defensive team cannot retain possession for an extended time period or kick the ball over the hill to waste time). Have an extra ball on hand to keep play moving if the ball is cleared somewhere not immediately accessible. If the defenders have trouble with the overload of offensive personnel, take one of the offensive players and designate him/her the goalkeeper, reducing the game to 3 vs. 5 or 4 vs. 7. For bigger groups of players, try using two balls in play at the same time if you want to speed up the action.



Half field – 3 teams

1 – 2 – 3 touch scrimmage

Multiple teams – resting team works the sidelines with coaches to kick the ball back into play to open space