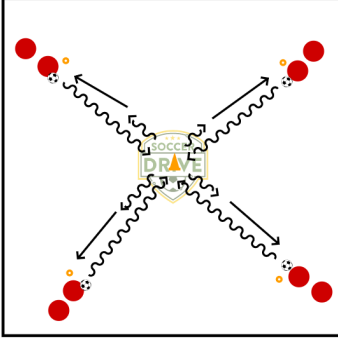
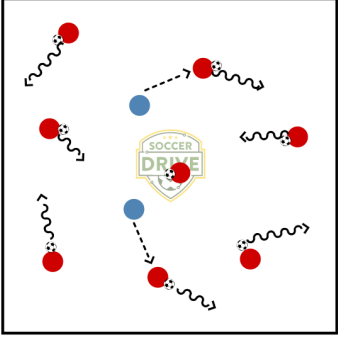
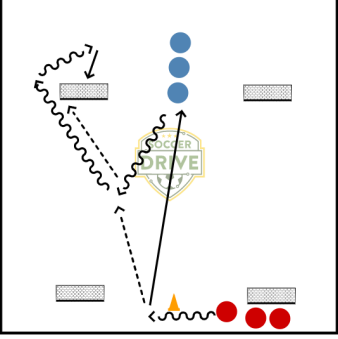
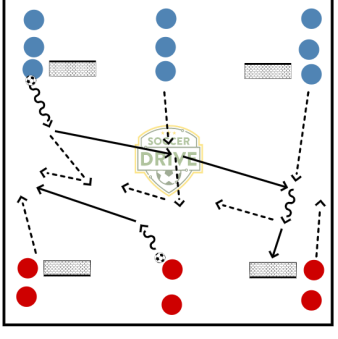




Zone 1 Training Session
Age: U12 / Cycle 3 - Week 3
Topic: Transition Attacking to Defending
Skill: Inside and outside foot turns
Created by Ruud Pompert



ACTIVITY	ORGANIZATION	FOCUS POINTS
<p>1. Dribbling Skills - The #5</p> <p>Set up 5 cones as in a Number 5 shape on dice. Outside cones 8 yards from center cone. Two or three players per cone</p> <p>Players dribble to the center cone, turn and pass the ball back to the next player in line. back.</p> <p>Variation: Players make 3 turns before passing the ball back.</p>		<p>Dribble as close as possible to the center cone. Controlled dribble, quick turn, stick out outside arm to hold off imaginary defender, followed by quick, accurate pass.</p> <p>Communication.</p> <p>Use: Inside Cut, Outside Cut, Cruyff Turn, Pull Back, Scissors Turn, Step Over Turn.</p>
<p>2. Tage Game - Cops and Robbers</p> <p>Players in a 20 x 20 grid. Two players without a ball try to steal the ball from another player. The player who just lost the ball, must now steal a ball from another player. After 90 seconds, take one more ball away and have three robbers. One minute active rest: juggle.</p> <p>Keep taking a ball away every 90 seconds until you end up with half of the player without a ball.</p>		<p>Players must constantly move. Dribble, don't stand still. Use a variation of turns to escape the robber.</p> <p>Transition Attacking to Defending: Immediate reaction after losing the ball. Try to win a new ball back in 5 seconds</p> <p>Energy!</p>
<p>3. 1v1 Transition Games</p> <p>Field 12 x 18. Four small goals. Two small goals are facing the other direction.</p> <p>Player 1 starts with a 1v1 move and passes the ball to the attacker; the 1v1 starts.</p> <p>After winning the ball, the defender tries to score on one of the 2 small goals. Because they are faced the other way, the opponent has a chance to track back and win the ball again. Switch sides after every turn.</p>		<p>Transition Attacking to Defending: Immediate reaction after losing the ball. Try to win the ball back in 5 seconds Don't stop defending.</p> <p>Transition Defending to Attacking: After winning the ball, immediately attack: pass the ball to an open teammate, dribble into space, score.</p> <p>Reaction!</p>
<p>4. 3v3 Transition Game</p> <p>Scoring on two small goals. Field 20 yards wide, 20 yards long.</p> <p>As soon as a goal is scored, a new attacking team steps onto the field to attack and the team that just scored starts to defend.</p>		<p>Transition Attacking to Defending: Immediate reaction after scoring a goal. Defend!</p> <p>Transition Defending to Attacking: Immediate reaction after a goal is scored: Attack!</p> <p>In ball possession keep the field wide.</p> <p>Energy and Quick Reactions!</p>
<p>5. Large Game 6v6 / 7v7</p>		<p>Transition Attacking to Defending: Five Second Rule!</p>