

Transition Square

Small Sided

Transition, Possession

Procedure:

Part One: Groups of four pass the ball within their square, working on combinations, runs without the ball, 1 and 2 touch play, etc.

Progression 1 – One player moves into the center of the square and distributes the ball to the other three players.

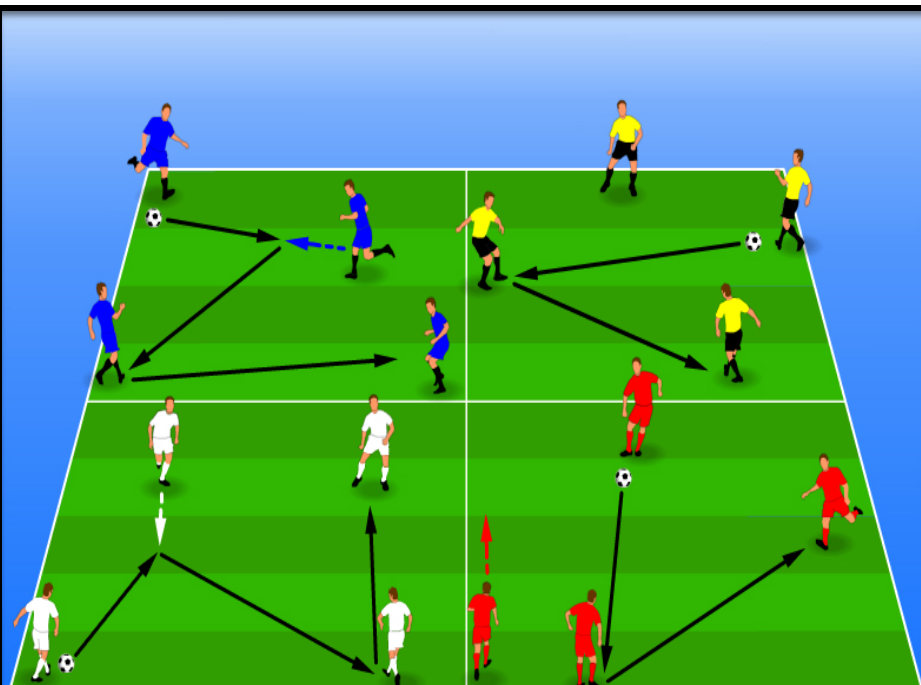
Part Two: On the coach's signal, one player from each group leaves his square and runs into the square to his left, creating a 3 v 1 in each square. When a group of three loses possession, the attackers must sprint across their square as a penalty.

On the coach's signal, the players return to their own square and resume their passing patterns.

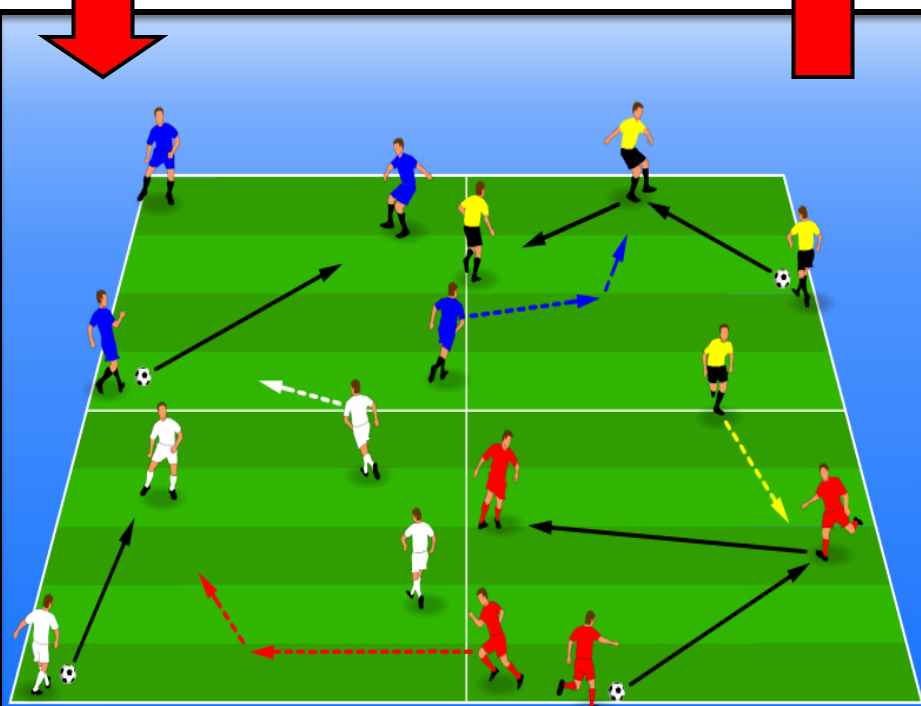
Progression 1 – During the 3 v 1, defenders can switch out with teammates on the fly.

Coaching Points:

- 1 **Decision Making** – The player closest to the ball becomes the defender.
- 2 **Speed of Play** – Play in a 1 and 2 touch rhythm and force the defender to chase.
- 3 **Attacking Runs** – As the defender enters, make runs to the outside of your square.



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