

DEFENSIVE STOP WITH ATTACKING TRANSITION - PHASE

Why use it?

In this phase of play activity we continue the theme of creating a defensive stop and transitioning into an immediate attack. The game is played on a modified 4v4 field with a full compliment of players on both teams.

Set up

This activity is played on a 4v4 field measuring 30x20 yards. An end zone is created at both ends of the field approximately 4 yards in depth and stretching the width of the field. A line of cones are placed 3 yards from each side line to narrow the field to begin the activity. The coach starts on the side line with a large supply of balls. One player from each team starts in an end zone and in the center play 3v3.

How to play

The coach starts play with a pass to either team in the center of the area. The attacking objective is to pass to the target player to score a point. The focus of this session is defending and both teams must attempt to win possession and transition with a counter attack to the other target player. Cones placed inside the sideline reduce the available space and consequently limit the amount of space the defenders have to cover. The defensive objective is to force a turnover of the ball by working on individual pressure and in pairs as 'pressure' and 'cover' defenders. As the defenders start to experience success, lift the cones to provide the attackers with more space.

Coaching notes

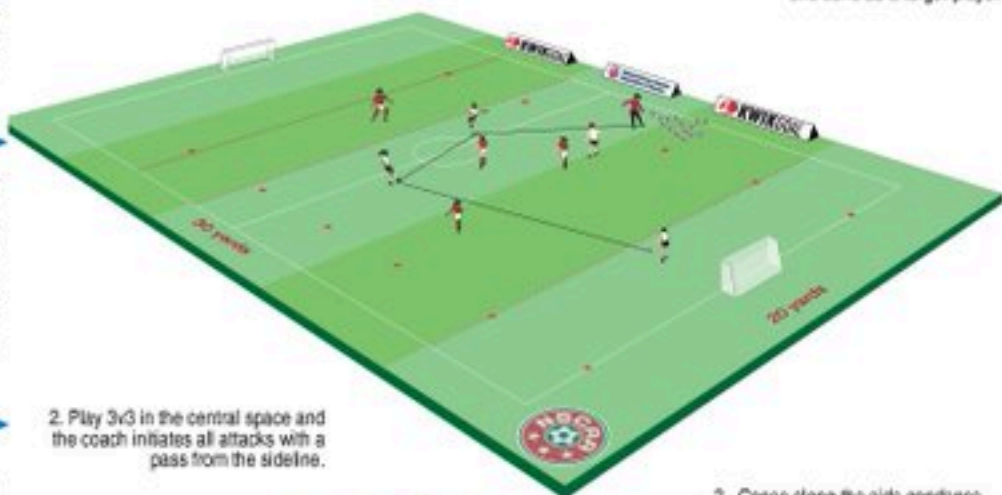
Coaching Objectives: When the defending team wins possession encourage the team losing possession to attempt to win the ball back. A pass back to the target player can alleviate pressure and provide the attacking team with controlled possession. Sometimes the players can pass directly to the target and in other situations the players can combine with another teammate before playing to the target. **Coaching Tip:** The quick transition from attack to defense necessitates clear communication between the defenders.

How to modify

Less Challenging: Do not play continuously. After an attempt to score by one team, stop the play and teams set up again, switching offensive and defensive roles. Slow down the passing by the attackers - add a minimum touch restriction. This will enable the defenders to move into position before having to move again. The coach could also make the width of activity smaller, creating compactness to benefit the defenders.

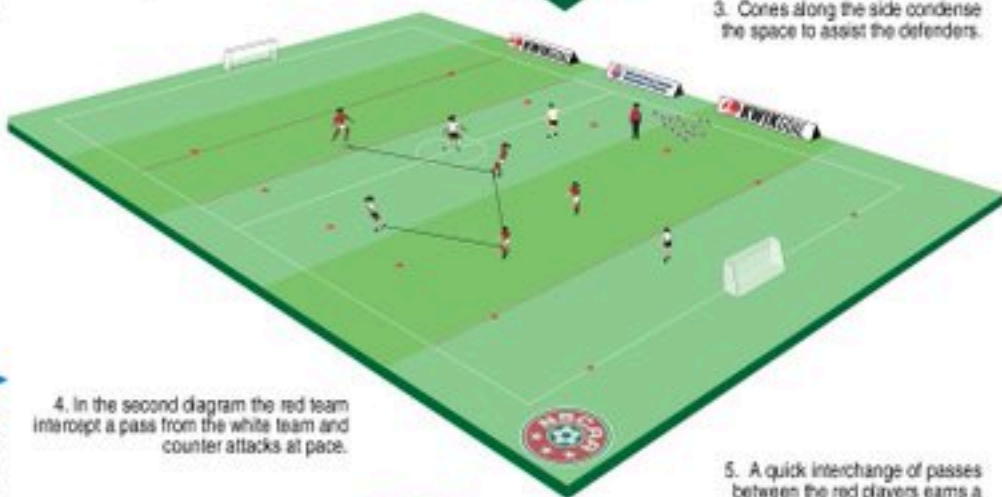
More Challenging: Limiting touches for the attackers will speed up the play, forcing defenders to think and move more quickly. The coach can also widen the field.

1. A player from each team starts in an end zone as a target player.



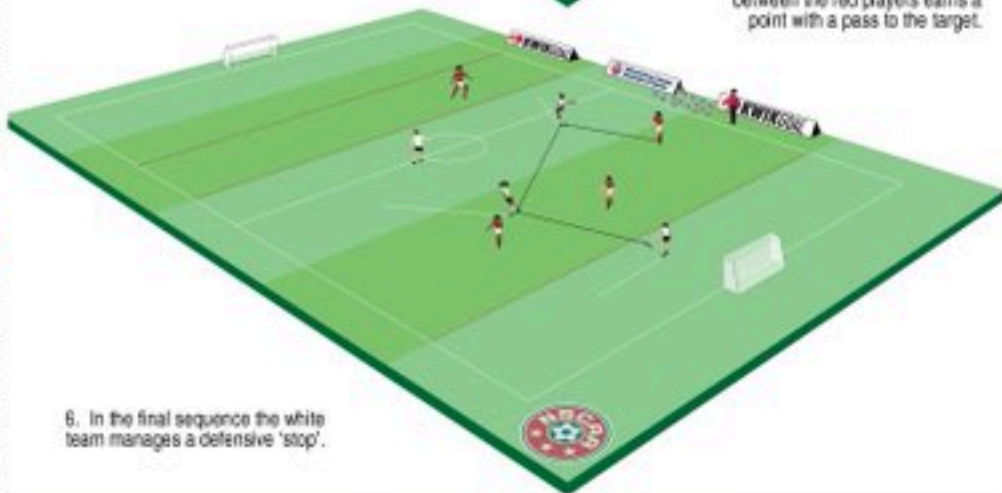
2. Play 3v3 in the central space and the coach initiates all attacks with a pass from the sideline.

3. Cones along the side condense the space to assist the defenders.



4. In the second diagram the red team intercept a pass from the white team and counter attacks at pace.

5. A quick interchange of passes between the red players earns a point with a pass to the target.



6. In the final sequence the white team manages a defensive 'stop'.

Stage/s of development covered by activity

Stages 2, 3 and 4 - 6-14 year old players.

Development themes and competencies

Top 3 Themes: Individual defending - pressure and patience, pairs defending - pressure/cover and transition.

Top 3 Competencies: 1v1 defending, support and dribbling.