

U12 - Transition - The Moment of Possession

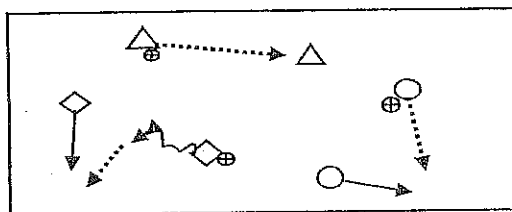
ACTIVITY

DIAGRAM

COACHING POINTS

1. Painting the Field - 2 Players - 1 Ball

- \* Each player with a partner sharing a ball.
- \* Knock a ball around.
- \* Play pass and move.
- \* Combine with quick moves on the ball and runs off the ball.
- \* Communicate
- \* Take the ball into all parts of the field.

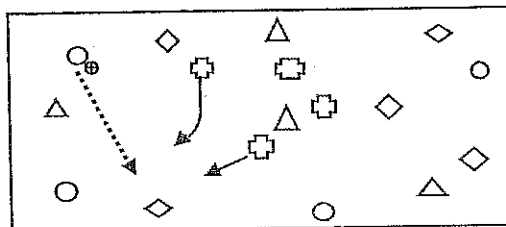


Body Awareness, Maze, Decision-Making

- \* Pass and move.
- \* Focus on soft 1st touch.
- \* Get ball out from underneath body.
- \* Vision up. Look for quick pass.
- \* Become comfortable with the ball.

2. 8 v 4 Possession [4 + 4 + 4]

- \* Use Numbers Dribble to get groups of four.
- \* Three groups of four. Play keep-away 8 v 4.
- \* When possession is won by the middle group – switch quickly with team that gave up possession.
- \* Switch middle group when ball goes out of bounds.
- \* Eight with possession use space, move quickly and treasure the ball.
- \* Inside group harass and pressure to win ball.

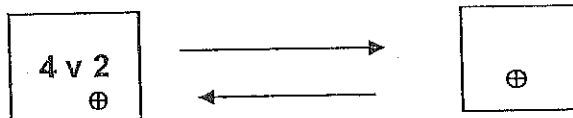


Maze, Decision-Making

- \* Play Quickly.
- \* Move to support – avoid congesting.
- \* Steal ball – pass out of danger.
- \* “Eyes in front, eyes on side, eyes behind”.
- \* Eyes down = eyes blind.
- \* Communicate off the ball.
- \* Make space big not small at the “moment” of possession.

3. Scatter – 4 v 2 to 4 v 2

- \* Play 4 v 2 in grid #1.
- \* 2 + 2 + 2 Keep Away. Three different teams of two.
- \* On Coaches signal, “Scatter”, all players flee grid #1 and race to grid #2 and continue playing 4 v 2.
- \* Last person into grid #2 will be in the middle as chasing defender with their teammate.
- \* Keep a ball in each grid.
- \* Abandon ball on each signal from the coach.

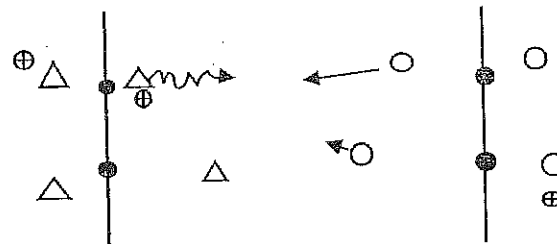


Maze, Decision-Making

- \* Make small space, big.
- \* Play simple and quickly.
- \* Be alert for coaches signal.
- \* Sprint to grid #2.
- \* Restart play quickly.

4. Transition Game - 2 v 2 and 3 v 3

- \* Play 2 v 2 to small cone goals.
- \* Step on to attack. Stay as long as you are winning.
- \* Step off to the back of your line when you have been scored on. Always return to the back of your line.
- \* Attack with partner & a ball when previous ball has crossed the goal line.
- \* Note: new attackers enter quickly once any ball has crossed your endline. Take advantage - go quickly.
- \* Play 3 v 3.

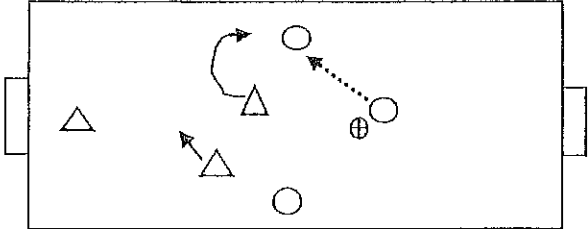
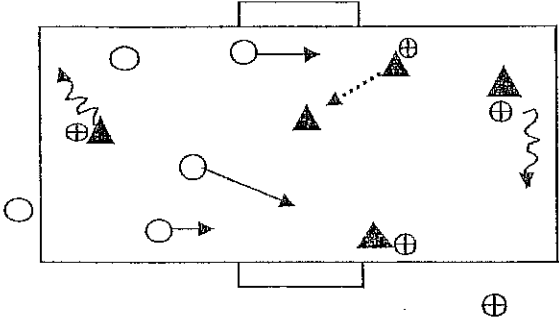
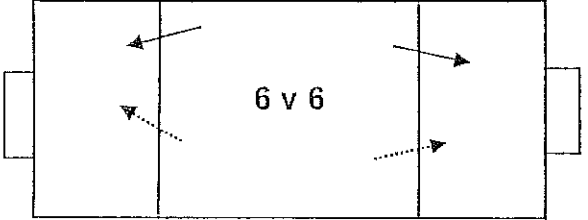
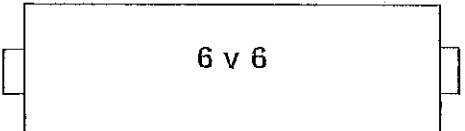





Maze, Target, Decision-Making

- \* Make possession certain.
- \* Attack at speed.
- \* Take chances to score.
- \* Be alert when off the field. Seize the “moment”
- \* Avoid pausing to celebrate.

Run → Pass .....→

Dribble ~~~~~→

U12 Transition		Phil Johnson - MYSA
ACTIVITY	DIAGRAM	COACHING POINTS
<p><b>5. Numbers Up – 3 v 2 + Keeper</b></p> <ul style="list-style-type: none"> <li>* Play 3 v 3.</li> <li>* Defensive team must drop deepest person into goal.</li> <li>* Keeper becomes attacking field player when new possession is gained.</li> <li>* Roles change when transition is made from offense to defense and back.</li> <li>* Out of bounds: End line – defense kick-in. Sidelines - use the "hustle rule".</li> <li>* Have plenty of soccer balls to keep it going.</li> <li>* Option : Have deepest defensive player drop off field. To regain possession the two defenders have to <u>work harder to regain the ball.</u></li> </ul>		<p><i>Maze, Target, Decision-Making</i></p> <ul style="list-style-type: none"> <li>* Attack numbers up.</li> <li>* Transition moment happens quickly and often.</li> <li>* Support with angle and distance.</li> <li>* Use voice as support.</li> <li>* Prior look – have knowledge ahead of time should possession moment be won.</li> </ul>
<p><b>6. Team Knockout to One Goal - 5 v 5</b></p> <ul style="list-style-type: none"> <li>* Two Teams.</li> <li>* Offensive team – each with a ball.</li> <li>* Defensive team - start outside the grid.</li> <li>* On coach signal, defense rushes in to steal balls and knock them out.</li> <li>* If your soccer ball has been knocked out stay in to help teammates with possession.</li> <li>* When last ball is kicked out then time stops.</li> <li>* Switch roles. Find out which team can survive the longest.</li> <li>* <u>Option; Once the ball is stolen kick it into goal.</u></li> </ul>		<p><i>Maze, Decision-Making, Target</i></p> <ul style="list-style-type: none"> <li>* Have a team plan.</li> <li>* Lots of communication.</li> <li>* Be comfortable with ball while under pressure.</li> <li>* At moment of possession – look to pass and score.</li> </ul>
<p><b>7. Middle Zone Attack to Two Goals – 6 v 6</b></p> <ul style="list-style-type: none"> <li>* Two teams play keep-away in the middle zone.</li> <li>* After three consecutive passes – break out and score on either goal.</li> <li>* Any ball out of bounds the coach serves in another ball.</li> <li>* Options: Only one defender goes in. Go directionally. 3 Passes – attack one way. Vary how many attackers and defenders may go in. Start with a defender and attacker already in the attacking zone.</li> <li>* <u>Vary the challenges. Balls served in quickly.</u></li> </ul>	<p style="text-align: center;">C ...</p> 	<p><i>Maze, Decision-Making, Target</i></p> <ul style="list-style-type: none"> <li>* Get a rhythm in ball possession.</li> <li>* 1st Touch - soft and into space.</li> <li>* 2nd Touch - critical pass for quality transition.</li> <li>* Attack to goal with quick decisions and pace.</li> </ul>
<p><b>8. 6 v 6 to Two Goals</b></p> <ul style="list-style-type: none"> <li>* Play 6 v 6 with Keepers to two goals.</li> <li>* Focus on quick transitions.</li> </ul>		<p><i>Maze, Target, Decision-Making</i></p> <ul style="list-style-type: none"> <li>* At the "moment" secure the ball.</li> <li>* Get comfortable with the ball.</li> <li>* Score when they relax and their minds go out of bounds.</li> </ul>
<p>Run  Pass </p>	<p>Dribble </p>	