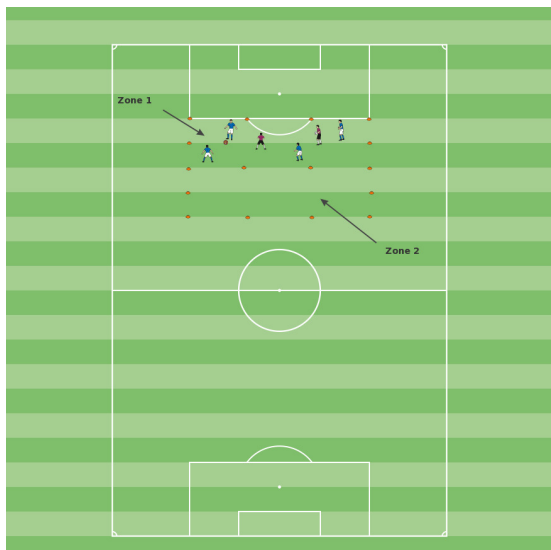








TRAINING EXERCISE

Transitional Possession



	Possession Passing and Receiving Transition
	U12 to Senior
	4 to 8 Players
	Cones, Balls, Pinnies
	Intensity: 8
	15:00 min (1 x 15:00 min, 00:00 min rest)

Objective

Pass the ball between two zones

Description

Set out a field 20x40 and split the 40 yard line down the middle to make 2 zones. Players are set up 4 vs 2. The team of 4 are attackers and the team of 2 are defenders. The team of 4 must try and make three passes in Zone 1. Once these 3 passes have been made they must try and move into Zone 2 and make 3 passes here. Once 3 passes have been made here it is back to Zone 1 etc. If the defenders win it they must also try and make the 3 passes in the Zones. A point is scored for every 3 passes. If players are struggling to be successful make it 5 v 1. Progressions: 4 v 3/ 4v4, more passes in each zone before transitioning, limit touches, make the zones smaller

Key Points

Movement into space, do not rush into next zone; pass the ball around to make space to get there, attackers should draw the defender out and then play the ball