Training Session Form

Name: JOHN BURKE

Topic: TRANSITION - POSSESSION INTO ATTACK: HYBRID TACTICS

Session Objectives: Teach players how to use possession to attack using both deliberate build-up and direct penetration tactics. Too often players conceive possession as either build-up or penetration but the most effective approach recognizes the importance of incorporating the best tactical ideas from both approaches in attack.

Equipment Needed:
- Number of balls equal to half the number of players
- 20 cones
- 3 colors of scrimmage vests - 12 each
- Corner flags

Coaching Points

Warm-up #1 - Coaches teach players how to strike passes over a variety of distances with a variety of surfaces of the foot. Emphasis placed on driven passes to feet and players should look to split other players as they would in a match.

Warm-up #2 - Coaches emphasize purposeful movement off the ball, properly weighted passes, and playing with as few touches as possible to get forward.

Activity #1 - 4 players work to get a pass into targets. When successful, the four targets become a team while the team that got beat splits into new target pairs. Winning team stays on going in same direction.

Activity #2 - EVB restricted touch.

Warm-up #1 - 2 players w/ball

Warm-up #2 - 3 players w/ball

Rotation after first passing cycle, passer (A) goes to defender (B), recipient (B) goes to passer (A), defender (C) goes to receiver (B), movement off ball - vision, weight of passes - play the way you want...
**Match Restricted - Play Begins**

1. Coach places different restrictions on Xs. Going forward when they win it, for example, no more than one pass.
2. Before crossing midfield, coach will direct Xs to apply a variety of pressure - e.g., high pressure, high line of restraint.
3. Note - Instead of just rolling the ball into Xs, Xs need to win the ball then look to transition in a more match realistic way.

**11 v 11 No Restrictions**

Coach teaches team about how to read the kind of pressure the opponent applies, and how that pressure is different with each possession. For example, if attack, lose possession, and are disorganized and a man down in back, the tactical and technical demands for the X team require quick penetration.