

9 V 9 TRANSITION ATTACK TO DEFEND

REINFORCEMENTS

- That was smart - you pressed, but did it under control and didn't dive - this prevented them from countering
- Great tracking - Your efforts stopped opportunities
- I love how you reacted after we lost the ball - that is awareness!
- That delay gave your teammates time to recover - excellent decision and great patience
- You read that cue and (won the ball back, delayed, recover) - well done
- You closed space-stopped forward passing opportunities - good scanning!
- You thought about the whole team when deciding to recover - great leadership!
- You are really understanding when and how to press - Great growth!

COACHING POINTS

Goal is to continue focus of quick reaction and coach pressing cues, support defending, balance between win, delay, recover.

- React quickly
 - Don't watch, start moving quickly
- Can you be the first defender?
 - Close quickly, but under control - bad time to dive and get beat
- Show them away from goal if close to goal - show them to help or away from quick passing options
- Delay while teammates recover - buy time, don't need to win it
- Supporting players
 - Recover with urgency
 - Track runners if dangerous
 - Close space
 - Get compact - close gaps, keep closed

QUESTIONS

- What should you do when your team loses the ball?
- Who should press first when we lose the ball?
- Why is it important to try and win the ball back quickly here?
- What does "get behind the ball" mean?
- When should you press and when should you drop behind the ball?
- How can you help your team delay the opponent's counter?
- What does it mean to "delay" the attacker?
- How can pressing too early hurt the team if you are not organized?
- How do midfielders and defenders prepare in case we lose the ball?
- What cues would tell us to drop? Press?
- Does a square pass, rather than a diagonal or vertical pass, create a better counter for the opponent if they win it?
- What is the difference between individual and team transition to defend?
- What is our forwards role in transitioning to defending?

Red - Base level questions Orange - Mid-level questions Green - Upper level questions

NOTES

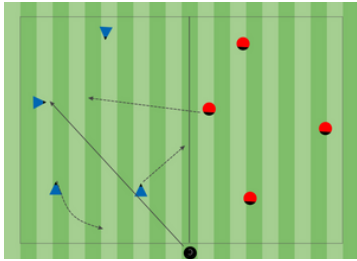
- Use Play-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play phases
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

STANDARDS

- Defending
 - Pressure
 - Cover
 - Delay
- Awareness
 - Scanning
 - Body position
 - Quick reaction
- Team work
- Preventing Counter-Attack
- Role of 1st Defender
 - Where are we forcing?
 - Do we try to win or delay?
- Role of 2nd Defender
 - Close gaps, keep them closed
- Individual and team discipline
- Player communication

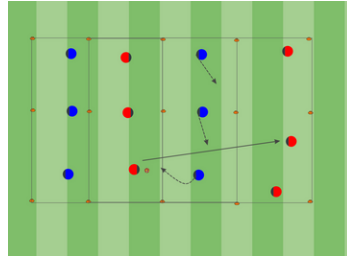
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D.42 4v1/5v2 Transition



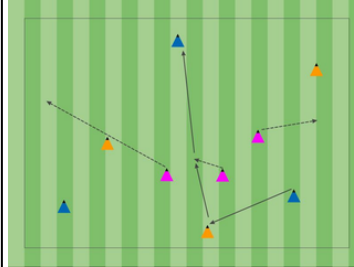
- 2 grids - about 15x25
- 3-5 players in each grid
- Play a ball to one side, then one player goes to defend. If team gets four passes, another player can go. Add until they win it.
- Win a player wins the ball, they play to their side
- Transition quickly
- When we lose it, how many do we have vs them?
- Easier to win it 4v1/5v2 or wait until they play it and have the advantage?

2 team - 4 zone



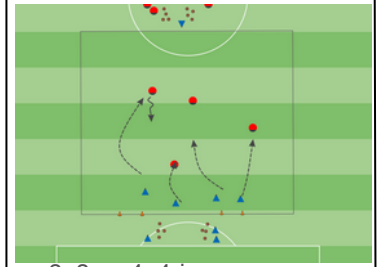
- Four grids - about 10x20 each.
- Score by winning and playing to your team in end zone
- One team in 1st and 3rd grid, other in 2nd and 4th
- Play ball only into 2nd or 3rd
- Five passes or pass across for a point
- One opposing player can go in and win it.
- If defending team wins it, how can we deny them the ability to play quickly to their team?

6v3 (3v3v3)



- Three teams of even numbers (3 or 4) in fairly large area
- Two teams trying to keep possession, one team trying to win the ball
- Whichever team loses possession becomes the defending team
 - Guide for a few minutes, "who is on defense", "blue is on defense" - then let them figure it out
- When we lose it, are they in good shape? Win it quickly!

4v4 Central



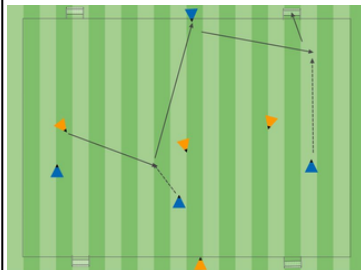
- 3v3 or 4v4 in space as shown above - Can alter numbers
- Play to two goals for attacking team and endline/target for defending team
- Dribbling over endline will allow for quick transition into the attack if they have space
- The target will allow a quick pass forward
- Get immediate pressure if we lose it
- Get cover and compact to prevent target pass
- Close gaps - keep closed

1v1, 2v1, 3v2 to Goal



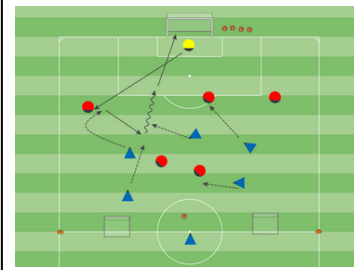
- Area marked as shown - wide areas with a diagonal to central
- 1v1 or 2v1
- GK plays out to 4/2 or 5/3 and its 1v1 or 2v2
- Red dribbles across endline
- Blue wins it and goes to goal quickly
- Can add blue shown at top of 18 WHEN we win the ball to create a 2v1 or 3v2
- Prevent quick counter - force wide
- Good GK repetition

3v3+1 to 2 goals



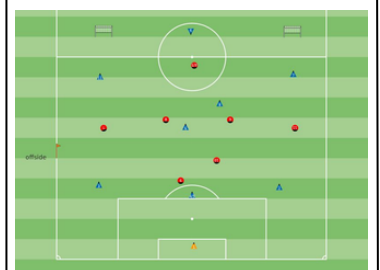
- Area between box and the half line.
- 3v3, 4v4 or 5v5 to targets and two goals
- Teams play to two goals and defend the other two goals
 - Can make it a requirement to play to target
- When we lose it, can we prevent forward movement and cut off pass to target
- Close gaps - keep gaps closed

5v5 to GK



- Area between 18 yard line and the half line.
- Can work transition from the back and near opponents goal
- 4v4 or 5v5 with GK and Target
- Blue attempts to win the ball and attack quickly
- Reds attempt to find target and play into goals
- Focus on cutting supporting options, delay, winning through interception, then going to goal/target quickly

D.47 9v7+Gk



- Attacking 2/3 of the field
- 9 "coached" players defending goal
- 7v9+GK or 8v9+GK going to counter goals
- If we lose the ball, do we win or get shape and delay
- Can we prevent quick counter
- Drop, delay, prevent pass to target
- If successful, may need to alter goals to score in