

# 7 V 7 TRANSITION DEFENDING TO ATTACK

## REINFORCEMENTS

- When a player delays the opponent allow team to get shape to win it
- When a player recognizes cues to win it quickly and does
- When a player wins it and goes forward with speed
- When a team wins it and teammates create support options forward
- When teammates create forward options quickly
- When we win it and provide support behind the ball in space to allow an option to go backward to go forward
- When we play a ball behind an opposing line quickly after we win it

## COACHING POINTS

- Receiving
  - Across body with inside of the foot
  - Into space if space is there
  - Away from pressure
  - Into the attack beating a line, if possible
- Passing
  - Inside of both feet - Heel down and toe up
  - Introduce long ball - instep
- Where is the space - Read defenders, where are they?
  - Possibly backwards
  - Where is the space when we win it?
  - What does space look like behind their backline?
  - Where are the 2v1s
- Dribbling/Driving - with pace, top of foot (pinky toe)
- Communicate effectively and work together to create space or find space

## QUESTIONS

- When does a transition occur? What does it mean?
- What is the first thing you should do if you win the ball?
- What is the first thing you should do if your teammate wins the ball?
- Why is it important to move quickly after winning the ball?
- If you win the ball near your own goal, what are some options?
- What risks are there when we win it near our own goal?
- How can you create space in transition?
- Who should you look for after winning the ball?
- How does our body position help us to transition quickly?
- How can you recognize when to counter quickly or when to try and keep it or use support behind?
- What are risks of transitioning too quickly? too slowly?
- What specific things can we say to help our teammates transition quickly when we win the ball?

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

## NOTES

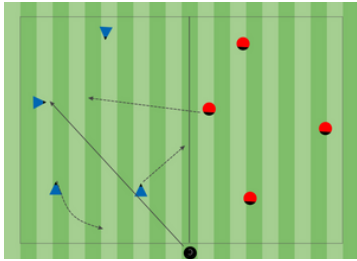
- Use Play-Practice-Play
- Start simple - go complex
- Use 2-3(max) activities per session in addition to play phases
- Dashed arrow - movement without ball
- Squiggly arrow - movement with ball
- Solid arrow - movement of ball

## STANDARDS

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li>• Dribbling                             <ul style="list-style-type: none"> <li>◦ To penetrate</li> <li>◦ To find space</li> <li>◦ To change speed</li> <li>◦ To beat or commit defender</li> </ul> </li> <li>• Passing                             <ul style="list-style-type: none"> <li>◦ Inside of both feet</li> </ul> </li> <li>• Shape - Width/Depth</li> <li>• 2v1s                             <ul style="list-style-type: none"> <li>◦ Find them</li> <li>◦ Use them</li> </ul> </li> </ul> | <ul style="list-style-type: none"> <li>• Receiving                             <ul style="list-style-type: none"> <li>◦ Across body with inside of both feet</li> <li>◦ Bouncing balls</li> <li>◦ Where to go- 1st touch</li> </ul> </li> <li>• Reading defensive shape</li> <li>• Combination play</li> <li>• Teamwork</li> <li>• Self-Analysis</li> </ul> |
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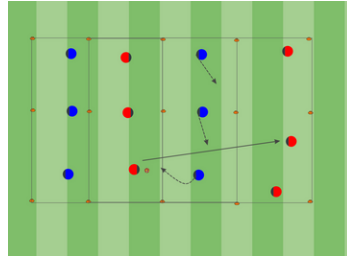
# 7 V 7 TRANSITION DEFENDING TO ATTACK

## D.42 4v1/5v2 Transition



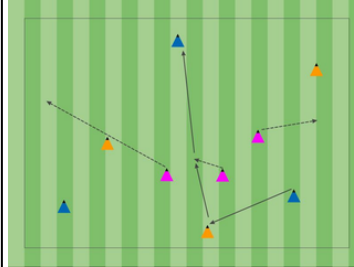
- 2 grids - about 15x25
- 3-5 players in each grid
- Play a ball to one side, then one player goes to defend. If team gets four passes, another player can go. Add until they win it.
- Win a player wins the ball, they play to their side
- Transition quickly
- Can you find space quickly to get in the attack
- Work together to press and cover passing lines

## 2 team - 4 zone



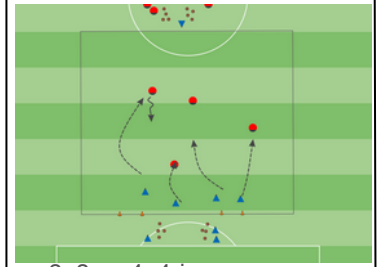
- Four grids - about 10x20 each.
- Score by winning and playing to your team in end zone
- One team in 1<sup>st</sup> and 3<sup>rd</sup> grid, other in 2<sup>nd</sup> and 4<sup>th</sup>
- Play ball only into 2<sup>nd</sup> or 3<sup>rd</sup>
- Five passes or pass across for a point
- One opposing player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

## 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



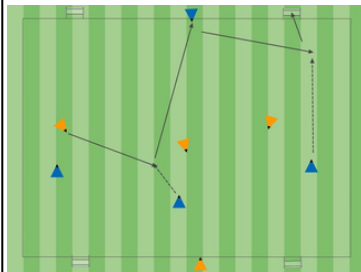
- 3v3 or 4v4 in space as shown above - Can alter numbers
- Can use third line in attack to play a ball in to cue pressure
- Play to two goals for attacking team and endline/target for defending team
- Dribbling over endline will allow for quick transition into the attack if they have space - if you have space after winning - GO!
- The target will allow a quick pass forward

## 1v1 or 2v1 to Goal



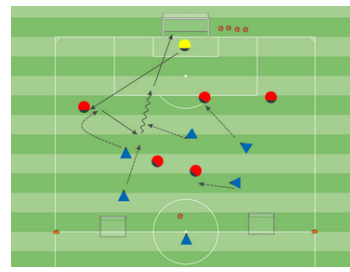
- Area marked as shown - wide areas with a diagonal to central
- 1v1 or 2v1
- GK plays out to 2 or 3 and its 1 v1
- Red dribbles across endline
- Blue wins it and goes to goal quickly
- Can add blue shown at top of 18 WHEN we win the ball to create a 2v1 or pass and touch/shot option
- Good training for GK repetition as well

## 3v3+1 to 2 goals



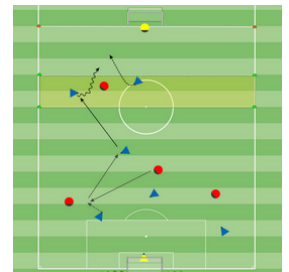
- Area between box and the half line.
- 3v3, 4v4 or 5v5 to targets
- Teams play to two goals and defend the other two goals
- Focus on finding target then getting numbers forward to support and score
  - Can make it a requirement
- Can add an offensive neutral
- Use the extra players to create space

## 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

## 6v4 to zone and Goal



- Attacking 2/3 of the field
- 6 "coached" players in blue - 4 opposing in red
- 4v3 in half field - 3v2 in endzone area
- Red in endzone can deny a pass, but if ball goes into blue in endzone, opens up to 2v1 to goal
- Can we press and cut down supporting passes?
- Can we transition quickly to goals?
  - Can we play through target in quick transition to score?