



## Transition - stage 1

Category: Tactical: Counter attack  
Skill: U15

Continental Football Club, Philadelphia, United States  
of America  
Individual-Adult Member

### Warm-Up (20 mins)

#### **Organization:**

- player with ball 25 yards away from player across from him/her
- Orange player with ball
- one-two player in the middle depending on numbers

#### **Activity:**

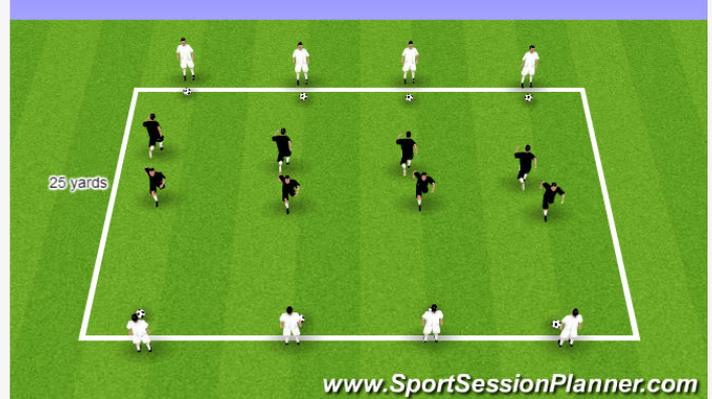
- Connect passes
- Aerial Control
- Volleys

#### **Variation:**

- Inside of foot right & left
- Laces Right & left foot
- Limit touches
- Turning with and without the ball
- Turning with the ball

#### **Coaching Points:**

- Aerial Control of Ball
- Communication
- Pace on Ball
- Technique on pass quality over quantity



### Small Activity (20 mins)

#### **Organization:**

- Grid 48 x 30
- Three teams
- One ball

#### **Activity:**

- Team Red holds possession, connect 5 passes and switch field
- Next team to hold possession connects 8 passes and switch field
- Every time the ball is switched 5 more passes are added to connect before switching field, continue until reach number 25 or defending team has taken ball away
- Defending wins ball and play to opposing team
- Team that loses ball becomes the defending team

#### **Progression:**

- Limit number of touches per player
- Time limit to switch the field

#### **Coaching Points:**

- Play with head up – decision making
- Big touch when in space/small touches when it's tight
- Use both feet
- Change of pace
- Pass when there is space



### Small Side Activity (20 mins)

#### **Organization:**

- Grid size 40 x 40 into four small grid of 20 x 20 each
- Three teams
- Team Red hold possession
- Team white defends
- Team blue supporting

#### **Activity:**

- Red team connects 5 passes, then looks to connect to supporting team
- Supporting team becomes the team that holds possession
- Yellow team stands in the middle one defender applies pressure, if ball is won they play ball to supporting team, transition to become supporting team. Attacking team becomes defending team.

#### **Variation:**



- Connecting different amount of passes
- Limit touches on the ball

**Coaching Points:**

- Players are to penetrate open space
- Connection of passes quickly
- Defenders pressure quickly and try to gain ball possession as soon as possible

**Shooting & Finishing in a SSGame (25 mins)**

**Session Organisation**

36x44yds with goals at each end & half-way line marked with cones, as illustrated.

14 players (incl. 2GK's), working in 2 teams of 6, organised 4 Defenders v 2 Attackers in each half of practice area. • Supply of balls at side of each goal. • Practice starts with: GK rolling-out to D, who combines with team mates against 2A's to create an opportunity to shoot at goal from within defensive half. • 2A's in attacking half, look for rebounds & deflections to score.

• GK restarts practice from opposite end if a shot misses the target or plays on if a save is made.

**Detail**

Early assessment & awareness of space available before/whilst spreading-out to receive from GK. Patience in build-up & possession to establish good opportunities to shoot.

1st touch to set-up shooting opportunity, or shoot with 1st touch.

Shooting skills: swerving the ball, power shooting, lofting over GK, keeping shots low, angled shooting across face of goal etc A's expect ball to become available from GK mishandling or from frame of goal.

Simple progressions for this practice are: A team defender moves forward with ball into attacking half to create 3v4. Introduce a wide player on each side of the pitch outside main practice area who plays for team in possession, looking to cross or drive ball into main playing area.

**Four Corners**

**Technical**

Work on passing, receiving, and shooting skills, dealing with the ball under pressure in tight areas

**Tactical**

Understand movement and angles to receive in tight areas

**Physical**

Aerobic Fitness through Game Situations. Speed/Strength and Power will be achieved through game specific work.

**Psychological**

Test the ability to work under pressure and set personal objectives.

**Social**

Communicate and encourage team mates

