



U13/14 Week 4 Create space in transitions

Category: Academy: Attacking transition game
Difficulty: Moderate

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Individual-Adult Member

Pass and Move

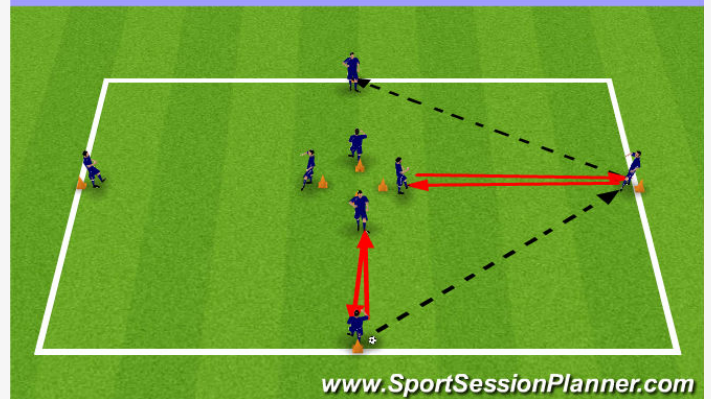
4 players start centrally facing 4 players on the outside.
Players on the outside pass to their right and then switch with their partner in the middle.
Go in both directions.

Coaching Points:

Maintaining good technique, while making multiple decisions.
Quick movement after playing the ball.

Progressions:

Player now plays a 1,2 with their partner before playing wide.



4v4+3

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Neutral players play down the spine of the exercise (2 on the end lines and 1 centrally). Team rotate roles depending on who has possession. In the image the Red team starts defending, the yellow team are the attackers and are spread along the sides of the grid. On a loss of possession the yellow and red team switch roles.

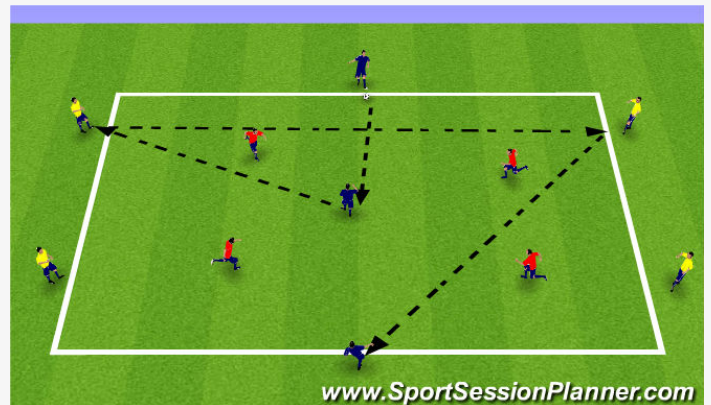
1 goal is scored by finding both end neutral players.

Coaching Points:

Quick transition when you gain possession. Expand quickly.

Progression:

Possession must go through the central neutral to gain a point.



5v5 with Wide Channel

5v5+GKS and Wide Channels

When a team regain possession they must play into a side channel once before they can score. No one is restricted to these areas, the idea is to create width when regaining possession to help with transitions.

Coaching Points:

Encourage quick speed of play, keep the ball moving at all times and keep the number of touches to a minimum.

Progression:

Put a time limit on how fast the attacking team must get the ball into a wide channel.



Scrimmage

Play a scrimmage between 2 equal teams.

Coaching Points:

Speed of transition

Ability of players to use the space which is being purposefully created by teammates expanding the space.

Lead players to space with your passes.

Progression:

As soon as a team wins possession Wingers must touch the sidelines. Helps create width.

