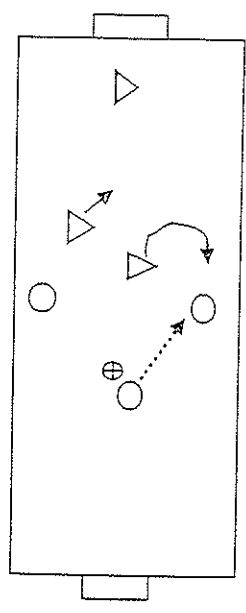


ACTIVITY

DIAGRAM

1. Numbers Up – 3 v 2 + Keeper
Play 3 v 3.

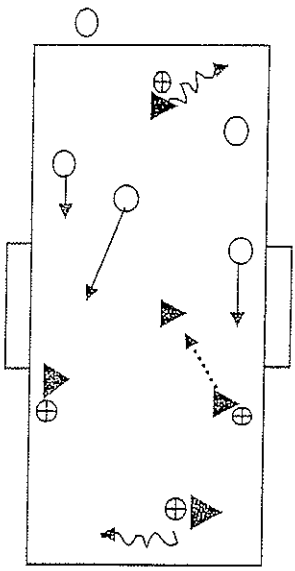
Defensive team must drop deepest person into goal. Keeper becomes attacking field player when new possession is gained.
Roles change when transition is made from offense to defense and back.
Out of bounds: End line – defense kick-in. Sidelines - use the "hustle rule".
Have plenty of soccer balls to keep it going.
Option : Have deepest defensive player drop off field. To regain possession the two defenders have to work harder to regain the ball.



- Maze, Target, Decision-Making
- * Attack numbers up.
 - * Transition moment happens quickly and often.
 - * Support with angle and distance.
 - * Use voice as support.
 - * Prior look – have knowledge ahead of time should possession moment be won.

2. Team Knockout to One Goal - 5 v 5

Two Teams.
Offensive team – each with a ball.
Defensive team - start outside the grid.
On coach signal, defense rushes in to steal balls and knock them out.
If your soccer ball has been knocked out stay in to help teammates with possession. When last ball is kicked out then time stops.
Switch roles. Find out which team can survive the longest.

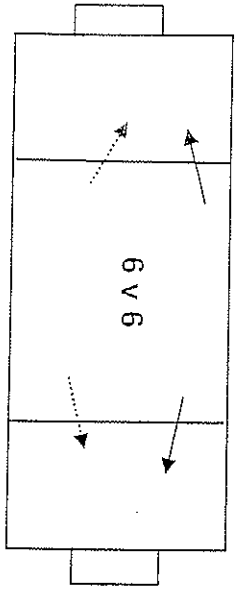


- Maze, Decision-Making, Target
- * Have a team plan.
 - * Lots of communication.
 - * Be comfortable with ball while under pressure.
 - * At moment of possession – look to pass and score.

Option: Once the ball is stolen kick it into goal.

3. Middle Zone Attack to Two Goals – 6 v 6

Two teams play keep-away in the middle zone. After three consecutive passes – break out and score on either goal.
Any ball out of bounds the coach serves in another ball.
Options: Only one defender goes in.
Go directionally. 3 Passes – attack one way.
Vary how many attackers and defenders may go in.
Start with a defender and attacker already in the attacking zone.

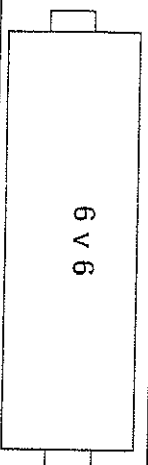


- Maze, Decision-Making, Target
- * Get a rhythm in ball possession.
 - * 1st Touch - soft and into space.
 - * 2nd Touch - critical pass for quality transition.
 - * Attack to goal with quick decisions and pace.

Vary the challenges. Balls served in quickly.

4. 6 v 6 to Two Goals

Play 6 v 6 with Keepers to two goals.
Focus on quick transitions.



- Maze, Target, Decision-Making
- * At the "moment" secure the ball.
 - * Get comfortable with the ball.
 - * Score when they relax and their minds go out of bounds.

5. Pass

Dribble

Pass	Dribble	
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U12 - Transition - The Moment of Possession		MYSA - Phil Johnson	
ACTIVITY		COACHING POINTS	
		DIAGRAM	
<p>1. Painting the Field - 2 Players - 1 Ball</p> <ul style="list-style-type: none"> * Each player with a partner sharing a ball. * Knock a ball around. * Play pass and move. * Combine with quick moves on the ball and runs off the ball. * Communicate * Take the ball into all parts of the field. 		<p><i>Body Awareness, Maze, Decision-Making</i></p> <ul style="list-style-type: none"> * Pass and move. * Focus on soft 1st touch. * Get ball out from underneath body. * Vision up. Look for quick pass. * Become comfortable with the ball. 	
<p>2. 8 v 4 Possession [4 + 4 + 4]</p> <ul style="list-style-type: none"> * Use Numbers Dribble to get groups of four. * Three groups of four. Play keep-away 8 v 4. * When possession is won by the middle group - switch quickly with team that gave up possession. * Switch middle group when ball goes out of bounds. * Eight with possession use space, move quickly and treasure the ball. * Inside group harass and pressure to win ball. 		<p><i>Maze, Decision-Making</i></p> <ul style="list-style-type: none"> * Play Quickly. * Move to support -- avoid congesting. * Steal ball - pass out of danger. * "Eyes in front, eyes on side, eyes behind". * Eyes down = eyes blind. * Communicate off the ball. * Make space big not small at the "moment" of possession. 	
<p>3. Scatter - 4 v 2 to 4 v 2</p> <ul style="list-style-type: none"> * Play 4 v 2 in grid #1. * 2 + 2 + 2 Keep Away. Three different teams of two. * On Coaches signal, "Scatter", all players flee grid #1 and race to grid #2 and continue playing 4 v 2. * Last person into grid #2 will be in the middle as chasing defender with their teammate. * Keep a ball in each grid. * Abandon ball on each signal from the coach. 		<p><i>Maze, Decision-Making</i></p> <ul style="list-style-type: none"> * Make small space, big. * Play simple and quickly. * Be alert for coaches signal. * Sprint to grid #2. * Restart play quickly. 	
<p>4. Transition Game - 2 v 2 and 3 v 3</p> <ul style="list-style-type: none"> * Play 2 v 2 to small cone goals. * Step on to attack. Stay as long as you are winning. * Step off to the back of your line when you have been scored on. Always return to the back of your line. * Attack with partner & a ball when previous ball has crossed the goal line. * Note: new attackers enter quickly once any ball has crossed your endline. Take advantage - go quickly. * Play 3 v 3. 		<p><i>Maze, Target, Decision-Making</i></p> <ul style="list-style-type: none"> * Make possession certain. * Attack at speed. * Take chances to score. * Be alert when off the field. Seize the "moment" * Avoid pausing to celebrate. 	
<p>Run → Pass →</p>	<p>Dribble →</p>		