



## “TRANSITION”

*Session Conducted by Region 2 National Staff Coach, Roberto Lopez, with Kentucky 1989 Boy's ODP State Pool  
ODP Pool Training, April 13<sup>th</sup>, Bowling Green, Kentucky  
(Session documented by Fran Kulas, Director of Coach and Player Development, Kentucky Youth Soccer Association)*

### WARM-UP

In half of field, players pass and move in groups of 3 with several stoppages to stretch.

### PHASES 2 & 3

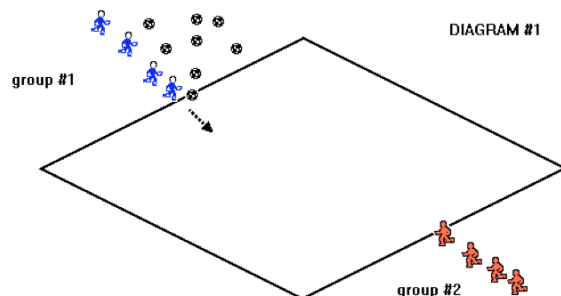
**Set-Up** – players divided into groups of 4, and play in a space of approximately 15 x 10 yards.

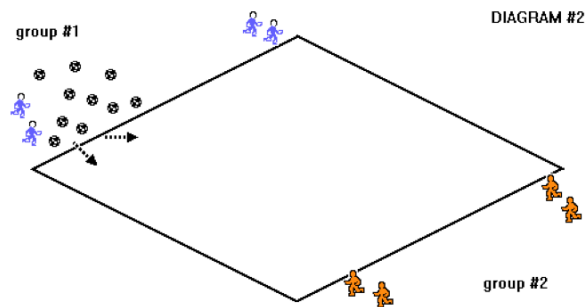
**Explanation** – The 1<sup>st</sup> player in group #1 plays a ball to the 1<sup>st</sup> player in group #2. The player who plays the ball immediately becomes the 1<sup>st</sup> defender and the player who receives the ball becomes the 1<sup>st</sup> attacker (see **diagram 1**). A goal is scored by dribbling over the opponent's goal line. If the defender wins the ball, they should be encouraged to attack the former attacker's goal line.

### Coaching Points

- If you lose the ball, immediately defend!
- If you win the ball, immediately attack!

**Progression** – same activity, only 2 vs. 2 (see **diagram 2**).





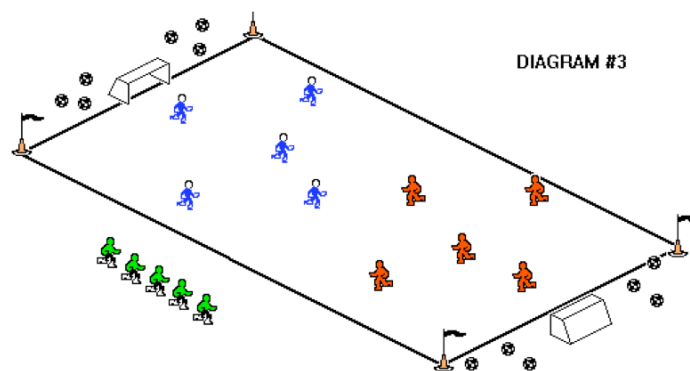
### Match Related Activity

**Set-Up** – 3 equal teams of 5 players each, with two teams playing against each other, with one team off the field, waiting to come on. Balls should be evenly distributed in each of the full sized goals and no goalkeepers are used. (See diagram #3)

**Explanation** – teams play 5 vs. 5. When a team scores, they turn around and get a ball from the goal they are defending and try and score again. While this attacking team is re-organizing for another attack, the team who was just scored against must sprint off the field and the team waiting out of play, must sprint onto the field and quickly get organized. The team that comes off the field of play, by virtue of the rules, a total of 5 times, is deemed the loser of the competition.

### Coaching Points

- The team who is re-organizing for the attack, must do so quickly and must readjust their team shape to one that is conducive for a successful attack
- The team who is entering the field of play should quickly apply pressure on the ball, and get organized defensively behind the ball
- In attacking transition, square and negative passes should be eliminated as they slow the attacking and forward momentum



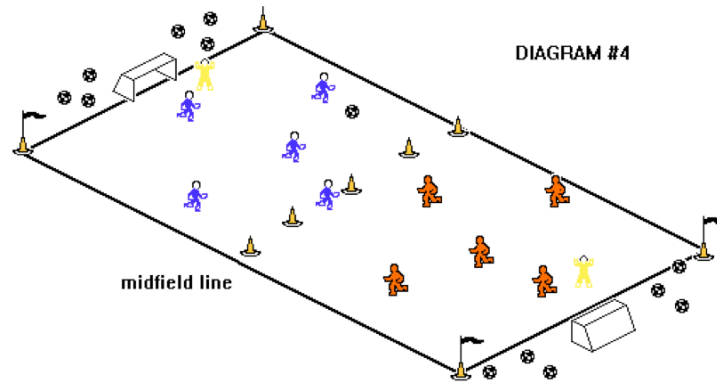
### Match Condition Activity

**Set-Up** – Players play 6 vs. 6 to two, full-sized goals. (See diagram #4)

**Explanation** – Players play normal soccer with the stipulation that all players must be in their attacking half when a goal is scored in order for it to count.

**Coaching Points**

- Mobility for all players from defending to attacking
- Pressure the ball and get into a compact defensive shape after losing the ball



*Training session concluded with players playing 9 vs. 9 soccer with no restrictions*

*Light jogging and stretching was done for the cool down*