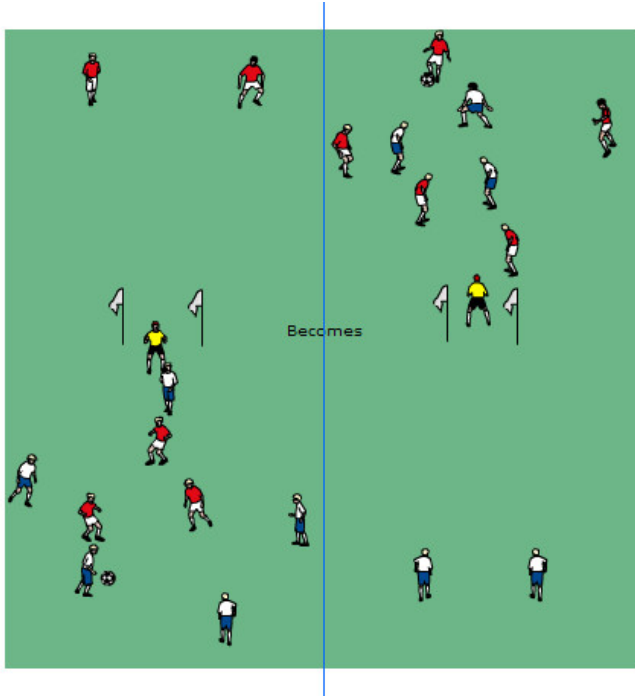


Transition Game:



The Game: 5 Whites are playing vs. 3 Red Defenders and a goalkeeper, 2 reds resting.
Note: Resting players should remain deep in their zone "stretching the field".
Rule: White needs 3 passes before they go to goal (this will allow for transition as the game gets going). When white either shoots the ball, red wins the ball, or the keeper makes a save. Play the ball quickly to the resting players & move "transition" to support. Red now is in possession 5 v3 + keeper. They need three passes before they can go to goal.

Focus:

1. *Attacking-* Quick ball movement, work for a good shot, movement off the ball, balance of team shape.
2. *Defending-* Defend in triangles, communication from the goalkeeper, patience (#'s down).
3. *Transition:* Offensively- can we support our teammates quickly.
Defensively- can we get immediate pressure? Stay organized!

Variations: If you have 2 goalkeepers have them play for a designated team. When they are on offense they play as a field player.

Restrict touches, ex. 1 touch to score, 2 touch all around.

Suite game to the number of players you have. Try to keep a plus 2 or even 3 in the attacking half.

Note: The game is very demanding physically. This is a great exercise in that it deals with all phases of the game: Possession, opponents' possession, offensive and defensive transition. It also has technical, tactical, physical and psychological components.

If you enjoy this exercise Coach Donahue recommends:

Possible Warm-up/Initial Activity:

Follow the Leader

2v1 plus 1

Possible Previous Activity:

1v1 Touch the Disc and Defend

Paul Marco Transition