



TRAINING EXERCISE

Transition - Defending



Objective


To improve transition from attacking to defending and the verbal and visual communication in the application of the defensive principles of play for individual, group and lines of the game.

Description

2 Large goals, Field 60 by 44 yards (length and width this may vary pending upon the number of players per team and fitness component desired out come)
4 teams of 4 (or 5, or 6), teams can be functionally organized (i.e. #2, #3, #4, #5 or #5, #3, #6, #11 or #4, #5, #6, #8), four color of bibs. Team A attacks team B, when team A scores, takes a shot or loses the ball team C initiates an attack from the attacking half where team A tried to score, team A must then defend their goal vs. team C, team B steps off the field and prepares to attack team D, team C upon loss of possession defends vs. team D

Coaching Points

Transition in the verbal and visual communication of the application of the defensive principles of play to individual, group and lines of the game.
Role and functions of the goal keeper. Application of technique in defending principles. Off side tactics. Recovery and tracking runs to develop a line of defensive confrontation.

 **Transition**
Defending Principles
Zonal Defending
Retreat & Recovery
Compactness
1v1 Defending
Perception & Awareness

 **U14 to Senior**

 **26 Players**

 **2 Large goals, bib 4 colors, cones, extra balls**

 **Intensity: 5**

 **00:24 min**
(4 x 03:00 min, 03:00 min rest)