

Name: Arsenal - Alex Mason

Topic: Coach to Improve Transition

Date: \_\_\_\_\_

X = Attacker O = Defender T = Target N = Neutral S = Server ▲ = Cone ● = Ball ← = Run ←..... = Pass

<p><b>Fundamental - Warm Up</b>     <b>15 min.</b></p> <p>4 v 4</p> <p>-open possession</p> <p>- coach calls a number teams play within that area, 1 top left, and 5 is the whole field</p> <p><b>* STRETCH</b></p>	<p><b>Organization</b></p> <p>20 yds</p> <p>30 yds</p>	<p><b>Key Coaching Points</b></p> <ul style="list-style-type: none"> <li>-speed of thought</li> <li>-speed of play</li> <li>- support</li> <li>- team work</li> <li>- change of direction</li> </ul>
<p><b>Match Related Activity</b>     <b>15 min.</b></p> <p>4 v 4 to multiple goals</p> <p>-open possession</p> <p>- can add a third team of 4 or 5 players</p>	<p>20 yds</p> <p>30 yds</p>	<ul style="list-style-type: none"> <li>-communication</li> <li>- longer passes</li> <li>- team understanding</li> <li>- (X1) plays along ball to (X2) the whole team goes to support (X2)</li> </ul>
<p><b>Match Related Activity</b>     <b>20 min.</b></p> <p>5 v 5 + keeper</p> <p>- limit touches on the ball</p> <p>- time possession time</p>	<p>30 yds</p> <p>40 yds</p>	<ul style="list-style-type: none"> <li>- (O1) has lost the ball to (X1), (X1) passes to (X2), the (O) team all react from attacking to defending</li> <li>- team shape and balance</li> </ul>
<p><b>Match Condition Game</b>     <b>40 min.</b></p> <p>11 v 11 game</p>	<p>full field game</p> <p>Arsenal Soccer</p>	<ul style="list-style-type: none"> <li>- to understand how to support each other in transition from attack to defense and also from areas on the field</li> </ul>
<p>Cool Down</p>	<p>Light Jog &amp; Stretch</p>	