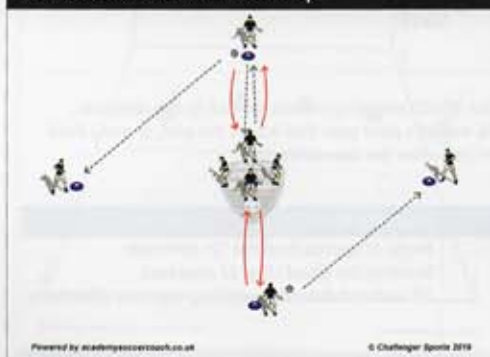


Topic: **Positive Transition**

Objective: **Understanding how and where to expand the field when regaining possession**

### Session Part: Technical Warm-up



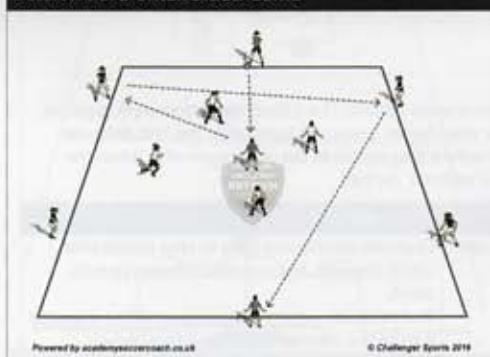
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Organization	Time: 15
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Area: 20x20  
 Numbers: 8  
 4 players start in the middle of the grid facing their partner on the outside. Players on the outside pass to their right and switch positions with their partner in the middle. As shown in the play at the bottom of the image.  
 Go in both directions.

Progressions	Coaching Points
Players now play a 1-2 before playing wide as in shown in the play at the top of the image.	Cognitive recognition Maintaining good technique while making multiple decisions. Highlight relevance of off the ball movement in transitional play.

### Session Part: Small Sided Game



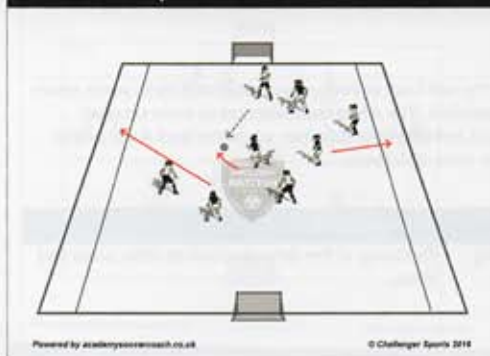
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Organization	Time: 20
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Area: 30x20  
 Numbers: 11  
 4v4 + 3: 3 Neutral Players play down the spine of the exercise (2 on the end lines and 1 centrally). Team rotate roles depending on who has possession. In the image the white team starts by defending, the striped team attacks and assuming the positions on the edge of the playing area. On a loss of possession the two teams switch roles and positioning. 1 goal is scored by finding both end neutral players.

Progressions	Coaching Points
Possession must go through all Neutral Players to gain a point.	Quick transition when gain possession; expand quickly

### Session Part: Expanded Small Sided Game



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Organization	Time: 25
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Area: 40x30  
 Numbers: 8  
 4v4  
 When a team regain possession they must play into a side channel once before they can score. No one is restricted to these areas, the idea is to create width when regaining possession to transition from a defensive to an attacking shape.

Progressions	Coaching Points
Put a time limit on how fast the attacking team must get the ball into a wide channel	Encourage quick speed of play, keep the ball moving at all times and keep the number of touches to a minimum in possession

### Session Part: Game



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Organization	Time: 30
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Area: Full Field  
 Numbers: 11v11  
 4-2-3-1 vs 4-3-3  
 4-2-3-1 should pinch in on defense and use the benefit of a packed midfield to create width without sacrificing shape

Progressions	Coaching Points
As soon as the blacks win possession make the wingers touch the sideline, use their space out wide or the space they have created through the middle.	Speed of transition Ability of players to use the space which is being purposefully created for a team mate - not necessarily to directly receive the ball