

Practice Theme/Topic

General Notes

TRANSITIONS

Aims & Objectives

To educate players on the cues to recognize who, when, where and why we transition from offence to defence and from attacking to possession

Organisation & Setup

FIELD SET UP

-play side by side games as numbers allow

Coaching Factors & Outcomes

As Coaches we should be trying to create an environment that reflects the moments of a game.

This can be done with creating a sense of urgency and intensity within the session

Adaptation & Progression

Reaffirming when players recognize the need to transition and rewarding there efforts to be a head of the play

Technical

N/A

Physical

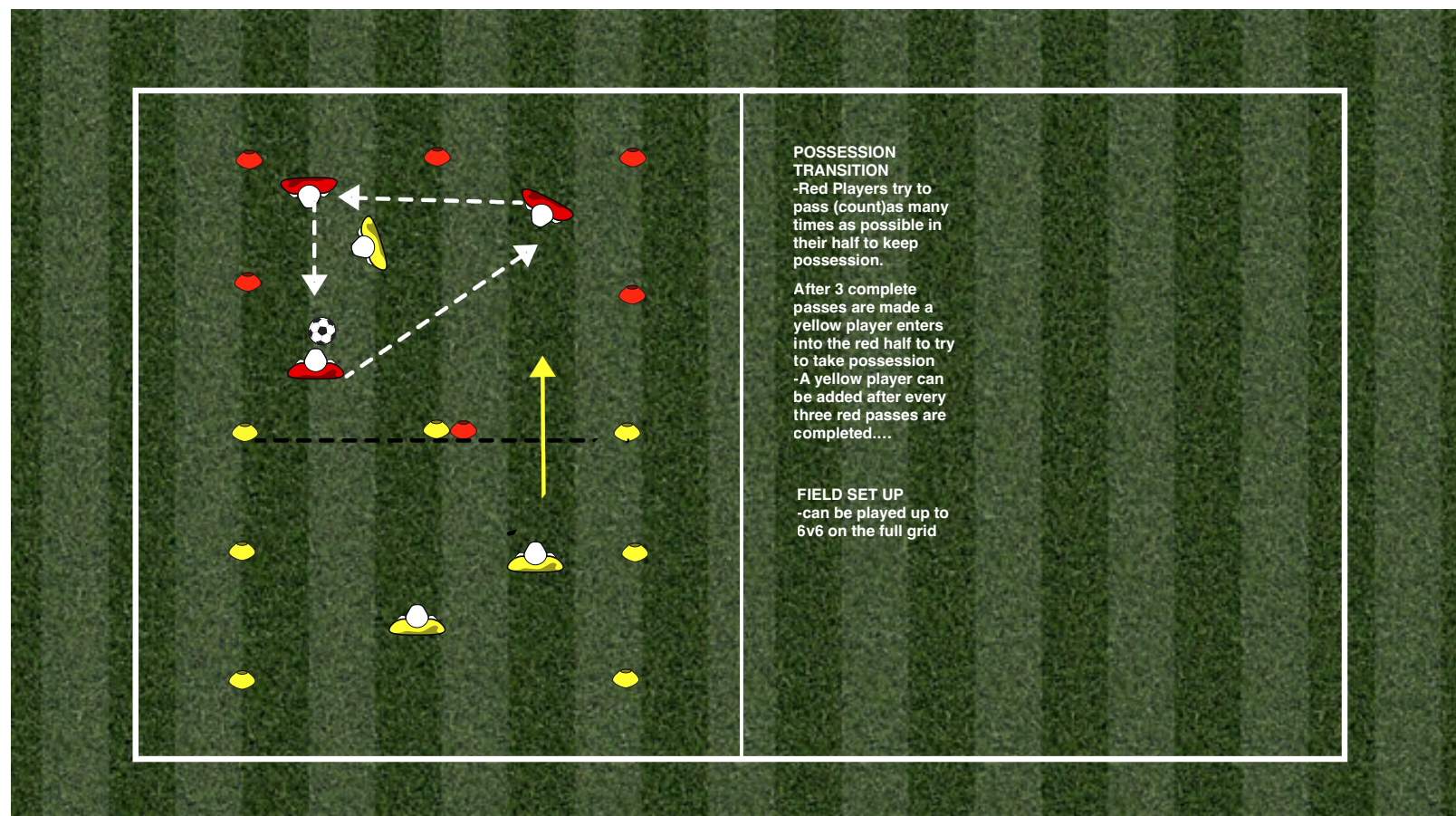
N/A

Psychological

N/A

Social

N/A



POSSESSION TRANSITION

-Red Players try to pass (count)as many times as possible in their half to keep possession.

After 3 complete passes are made a yellow player enters into the red half to try to take possession
-A yellow player can be added after every three red passes are completed....

FIELD SET UP

-can be played up to 6v6 on the full grid

Coaching Point #1

Coaching Point #2

Coaching Point #3

Coaching Point #4

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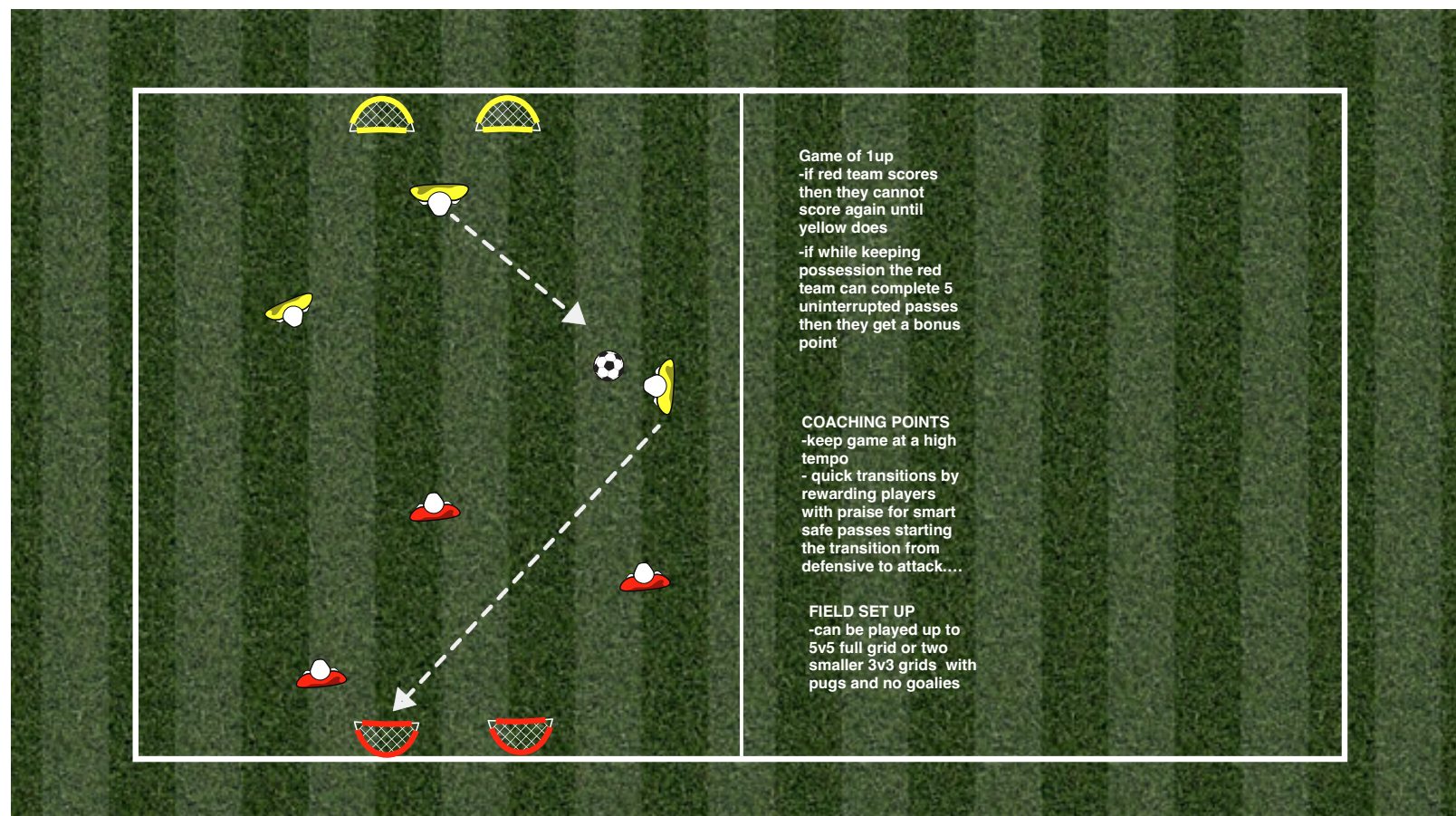
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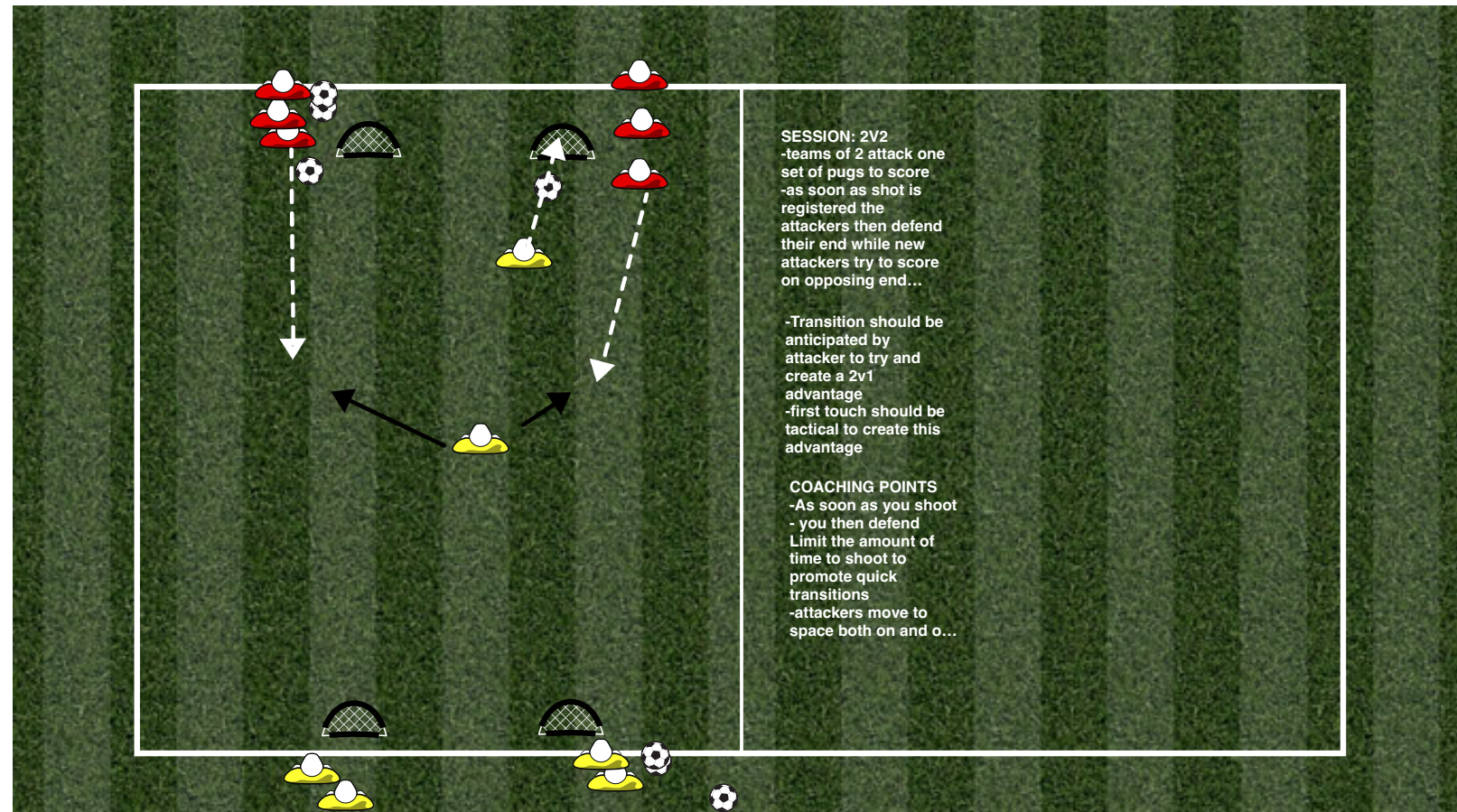
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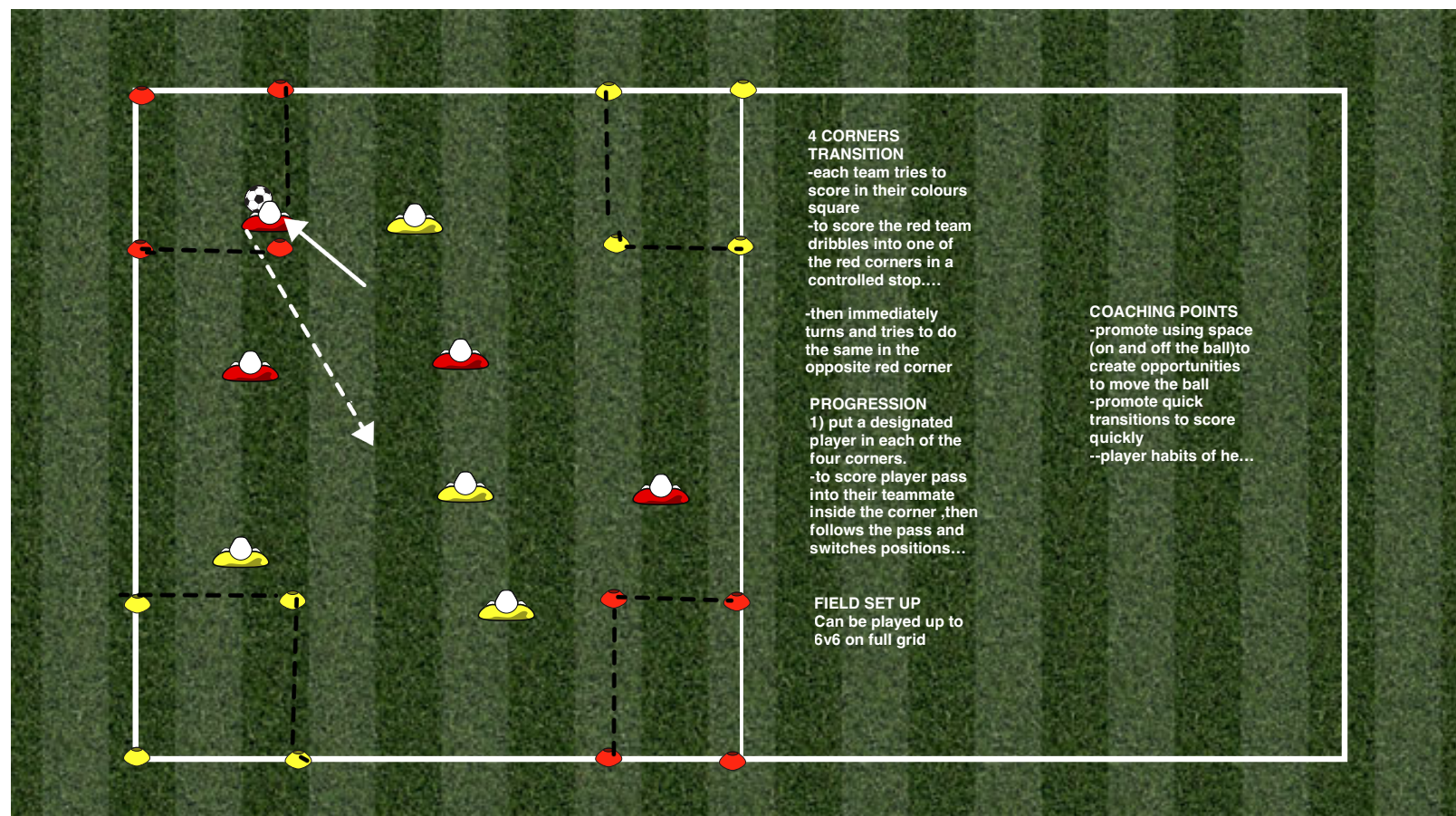
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