



3 vs 2 Transition Breakout

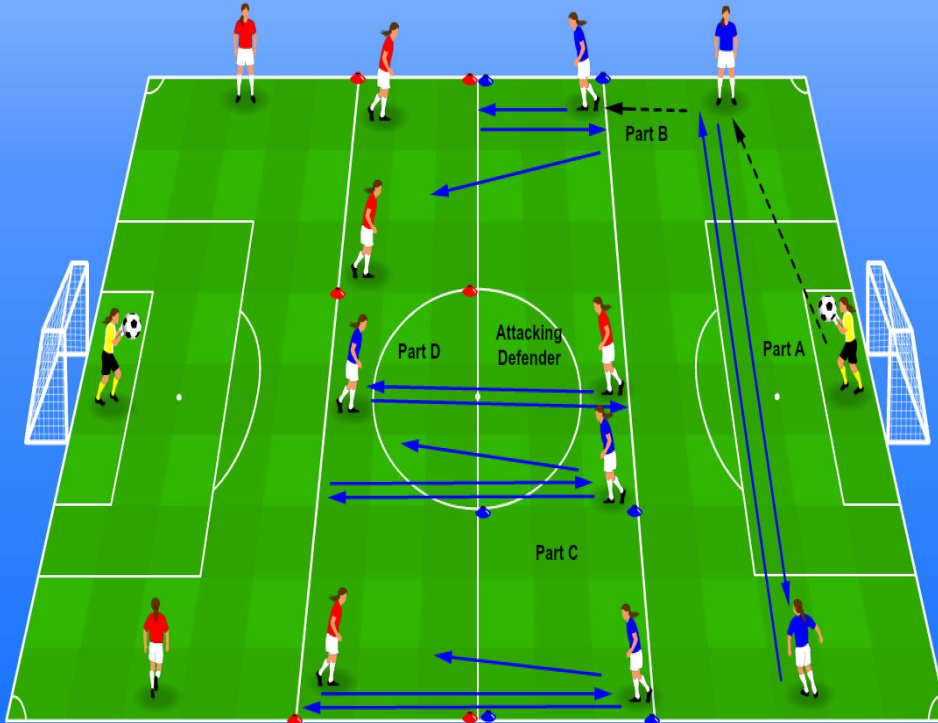
Session Focus

Transitioning from Defence to Offense

Session Objective

1. Look to move the ball up the field quickly
2. Understanding of Positioning
3. Decision Making in 3v2 Situation

Activity



Set Up

Playing Area

Full Field on a Boarded Pitched

Cones

12 Cones, 6 Per Color

Balls

2 Soccer Balls

Goals

2 Main Goals

Pinnies

6 - 8 Pinnies for the defenders

Coaching Points

1. Attack the space in front of you with pace and speed.
2. Find the Open Player
3. Connect the Pass to the Open Player.

Organization

This activity is organized into 4 parts, however they all occur at the same time or close to the same time.

Part A - The keeper will look to pass the ball out to one of their defenders on either side of the field.

Part B - From there, the defender with the ball will look to pass to one of the 3 Attacking players standing at the 3rd line waiting. Whichever player receives the pass, they will look to dribble to the center line, and back to the 3rd line.

Part C - While the player is dribbling, the other 2 players will sprint to the opposite 3rd line and back (or to center, depending on the timing).

Part D - Once the play starts, the Attacking defender will sprint to the 3rd line and back, before joining as a late option.

Developing the 4 Moment Player

Attacking

Wide players look to keep their width while central player looks to stretch

Defensive Transition

Get into defensive position quickly

Defending

Determin who is going to be pressuring the ball and who is going to be stepping to the pass.

Attacking Transition

Attack the space in front of you quickly before the defenders can get into shape.

Progressions

Remove the sprints from side to side and just progress to the players attacking the opposite team's goal. You could also look to remove the attacking defender or add a trailing defensive mid.